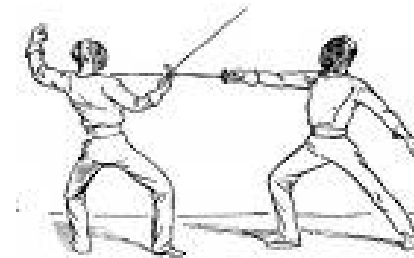




PERFORMANCE COURSE Summer 2010

8th-14th August



Fencing technique and fitness training for

Foil & Epee

Course held at
Leighton Park School, Reading, Berkshire



The Aldershot Fencing Club Performance Course has now been running for six years . Once again the emphasis will be on technique and fitness. The course director ensures attention to detail and personal care for participants with a ratio of no more than 1 coach to 12 pupils

The Performance Course provides an excellent opportunity for fencers to prepare their fitness and skill levels for the oncoming season.

Each day will incorporate up to 5 hours tuition. There is also the opportunity in the evenings to put all this tuition into practice with free fencing for up to 3 hours.

This Year the course will be lead by Bela Patocs. A senior Hungarian coach who has produced a World Champion, as normal he will be supported by a team of Hungarian and English coaches.

The course is directed by Steven Davey of the Aldershot Fencing Club who has in his own right trained a young foilist to World Championship level in 2006.

Leighton Park School is opposite the University of Reading. Five minutes from the M4 motorway

Accommodation is in small boarding houses with 24 hour supervision. Participation at the course for one or more days is also possible, but would have to be on a non-residential basis.



Performance Course

Summer 2010 (8th-14th August)
Leighton Park School, Reading, Berkshire

Name:.....

Address:.....

.....

Telephone no..... Mobile no.

Email address.....

Club Coach

Weapon ...FOIL or EPEE..... Date of Birth
(Please delete as necessary)

Course	Cost	Deposit (non refundable)
<input type="checkbox"/> Full course residential	£ 450	£ 50
<input type="checkbox"/> Full course, non residential	£ 255	£ 50

Please e-mail to check availability as places are limited.

Cheques are payable to “Frensham Heights Training”

and need to be submitted with this form to:

Steven Davey, 3 Ennerdale Grove, Farnham, Surrey, GU9 0RX

A Medical Consent form and a Code of Conduct for our junior members will be e-mailed to you with the confirmation of your booking.

Further information:
Course administration
Tel: 07781 791118