



SYDNEY INTERNATIONAL FENCING CAMP



Sydney International Fencing Camp

(SIFC) 4 - 12 JANUARY 2024

Information Sheet

Hi Fencers, Coaches & Parents,

This information should be read thoroughly by fencers/parents & coaches.

Program

Please note that the timetable is a guideline, and may vary slightly due to varied rates of progress or participant fatigue. It will be published daily on our FB page and the venue screen. Camp days are 4, 5, 6, 7, (8th is a rest & recovery day) 9,10,11,12 January 2024

Contacts

For any problems, information etc.

Camp Director Bill Ronald on **Phone:** 0403 267 330 **email:** fencingcamp@sport.usyd.edu.au

SIFC ARRIVAL - DAY ONE:

Please note that SIFC **commences at 10 am** on Thursday **4th January 2024** at the Sydney University Sport and Aquatic Centre, Cnr Codrington St and, Darlington Ln, Darlington. The camp is in the fabulous Bryden's Stadium.

Accreditation - Registration Check in with admin at our camp sign. You will be issued with an Accreditation wristband, *wear it to all sessions, please!*

What to Bring

- Bring your fencing bag to the venue, and a backpack to transport clothing *containing:*
- **At least 2** working weapons, body wires & mask wires/lames (foilists)
- **1-2 drink large bottles** with water/sports supplements **already made up**. There are water fountains in the area for top-ups.
- **Snacks/lunch** Bring some energy snacks for quick top-ups.
- **Money** or a card to purchase food & drink a public transport card (Opal) if required.
- **Clothing for both fencing and physical activities daily**
Spare Clothing T-shirts, underwear and a towel. There are changing facilities with showers. Remember your deodorant 😊
- **Medical kit** (band aids, painkillers, any other things you might need - see what to pack section))
- **Prescription Medicines** (see what to pack section)
- **Fencing repair kit.** Bring your tools and spares. JG Fencing will be on site & can assist with some "in-camp" minor repairs or replacements
- **Sunscreen & Hat**

FOOD

Bring your own

Pack a Wholesome nutritious lunch with fruit and snacks. You will need energy. Consider protein and carbo balance.

Subway on Campus

Wentworth Building subway.com

The Poolside Cafe in the venue will be open to service our camp in the second period from 9 – 12 January with an excellent range of food and drinks from 9:00 - 2:30 you can order daily in advance if you want. The cafe is at the entrance to the facility

Coffee, smoothies, tea and energy drinks

- cookies, muffins, banana bread, chocolates, yogurt...
- sandwiches including ham, cheese, tuna, egg salad, and chicken
- ham cheese croissant
- smoked salmon bagel
- chicken wrap
- chicken focaccia
- bacon egg rolls available 1000 - 1300

To order before you come so you don't need to wait for the food
send email to: lulu0488800588@gmail.com

Local cafes, coffee shops

An on-wall map will show the location of nearby local businesses within easy walking distance.

LEAVING EQUIPMENT IN THE VENUE

Fencers are able to leave their fencing bags at the venue on the proviso that the bags are zipped up fully, and stored neatly in the designated areas. You leave valuables at your risk.

*Note: 1) Wet fencing gear will not be allowed to be left to dry inside the venue; and
2) Other sports will be using a part of the venue outside of camp hours.*

HOW IT WORKS

The first day will involve introductions, inductions (safety, code of conduct, etc.), an overview of the timetable and activities for the camp (for fencers and coaches), goal setting and then plenty of activity. We will work to grade you into subgroups of people with similar capabilities!

Daily Program is available from the event website. It's indicative only and may be varied, but not the start or finish times or the lunch break. We will have the daily activity on the admin screen.

SOCIAL

Subway (4 Jan) 5:00 pm -7:00 pm (2 mins walk from the venue)

We will conclude day 1 with a get-together at Subway on the University grounds - so come along, and get your parents to join in. We have arranged for Subway to be ready for hungry campers! This one is at your cost. Your parents, partners etc welcome.

Camp BBQ Celebration (11 Jan) 5:00 pm -7:00 pm We will celebrate the camp with a BBQ and mix with other campers/coaches on the campus on the second last evening. ***This is our shout so no charge for campers.***

Want others to come, like mum/dad partners/friends? They can come for a fee of \$20. Book their place with our Admin and pay by 5 January!

Alcohol - SIFC is an alcohol-free event

Smoking - SU Campus is a smoke-free environment

TIMELINESS:

The venue will be open from 9:00 a.m. each day. It is an expectation that fencers arrive prior to the scheduled 1000 start of training and **to be ready** – they should be **taped up** (if required), **dressed in sportswear** and with **full drink bottles** on arrival. Participants should keep close watch of the time and the coaches, as they don't like to be made to wait! No need to commence a warm-up, that's the first action on the daily program

Camp Days: 4, 5, 6, 7 (rest 8th) 9, 10, 11, 12 January 2024

Unless otherwise advised, start and finish times for **SIFC** are:

- 1000 -1100: Warm Up & Footwork
- 1100 - GEAR UP
- 1100 -1200: Group Work - Skills, Drills, Group Lessons, Structured Bouting
- 1200 -1300: LUNCH
- 1300 - 1630: Group Work - Skills, Drills, Group Lessons, Structured Bouting, There will be a hydration break during this session
- 1630 -1645 - Warm Down
- 16:30 - 1830: Booked lessons, Pack Up, Clean Up

Training groups are split by weapon and may change daily according to competitive bouting results each day. This will ensure a diversity of training partners, but also opportunities to train with people who are similar in skill.

FITNESS:

Hopefully, you are attending the camp with a reasonable level of fitness. With 8 days of hard training, it can be tiring and injuries can occur. The fitter you are, the better your body is able to cope with the demands of training. That being said, your level of fitness is not something to lose sleep over - we will encourage you to push your limits, but we will also train you to listen to your body and recognise when you need to slow down and back off. Part of the value of SIFC is that you get to test your fencing fitness and get a sense of what discomfort is 'ok' and what is not. This comes in handy when you feel similar levels of fatigue or soreness during major events. This camp has a broad range of participant ages and experiences, and we will work with you to achieve the most out of it.

RECOVERY:

Each day will end with a warm-down session and stretching to aid in recovery. Aside from the physical activities we undertake to recover, there are three other **vital** elements to recovering and being ready for training the next day - these are:

- **Hydration** - Please make sure you drink before, throughout the training session and after!
- **Fuel** - Prepare plenty of snacks and meals for training, and have a good breakfast and dinner each day. After training, have an ideal balance of protein and carbohydrate to aid your recovery,
- **Rest** - get to bed early! Maximise your Z's!

INDIVIDUAL LESSONS:

Enrico Di Ciolo, Virginia Di Franco & Other Camp Coaches

Make advance requests for bookings with Enrico and Virginia for individual lessons, via email to Bill Ronald at deploy@tpg.com.au.

There is a fee for these lessons, Enrico \$55, Virginia \$35 for 20-minute lessons. Payable on the final day of camp in cash or card. 1st round of bookings max 3 per international coach

In addition, each day of the camp, all fencers will be working with a variety of coaches on the Coach Development Program - one-on-one. They/you need to apply their skills so approach them about receiving lessons at each day's final session. Ask if they would charge. That's up to the coach. Part of their learning is to give lessons.

COACHING PROFESSIONAL DEVELOPMENT

- 900 -1000: Coaches with Enrico Discussion/review the previous day
- 1000 - 1100 - Observe or participate group Warm up & footwork
- 1100 -1200 - Group Workshops as specified daily
- 1200 -1300: LUNCH
- 1300 - 1630: Practical Group Lessons with Enrico where he demonstrates action with student, then all coaches work with students.
Done in Weapon Groups Epee, and Foil (There will be a hydration break during these sessions)
- 1630 -1830 - lessons with fencers as arranged individually, warm-down, Pack Up, Clean Up

Coach Participation

We encourage coaches to observe/participate in the warm-up and footwork sessions run by our guest coaches, and to participate in the group lessons as relevant (e.g. weapon-specific) - This is where you will get the chance to observe Enrico's teaching method and practice it with camp participants, under Enrico's guidance.

SUGGESTED PACKING LISTS...

PERSONAL MEDICAL KIT

SIFC participants need to be proactive and prepared for possible injuries and illness during the camp. This is good preparation for future competitions and training tours. Please ensure participants pack a personal medical kit with the following contents (as relevant):

- **Your prescription medicines** – bring sufficient and/or scripts
- **SUNSCREEN** – water resistant, 30+
- **Band-aids** / Elastoplast (particularly for blisters)
- **Strapping Tape** (for prevention of blisters and calluses, and injury management)
- **GP or Pharmacist approved medicines** -Ibuprofen / Panadol / Non-steroidal Anti-Inflammatories – tablets, creams or gels e.g. Voltaren, Emulgel (for injury management, headaches, fevers). The camp cannot provide medications.
- **Cold & Flu medication** e.g. Strepisils, Lemsip
Imodium / Gastrostop (for diarrhoea or cramping)
- **Asthma Medication** – if you are prone to it. You must declare an asthmatic condition and you must have your medication with you!
- **Hay fever/Allergy Medication** – if you are prone to it.
- **Other medication taken regularly**
Vitamins or supplements taken regularly (e.g. multivitamins, glucosamine, electrolytes, magnesium for muscle cramping)
- **Hygiene items**

OTHER THINGS TO PACK

Fencing Gear (in **full working order**) – e . g . uniform min 350N jacket and breeches, Underplastron Min 800N, mask, body wires, weapons, gloves, shoes, LONG socks, sports socks, lames, chest protectors. It's a good idea to clean your gear before the camp as it will get a lot of use and will be **very pongy** over the camp!

Repair Kit (screwdrivers, Allen (hex) key, shifting spanner, superglue, grub screws, wires, tips, barrels, tape etc as pertinent to weapon fenced)

Skipping rope

Plenty of t-shirts/singlets, socks & undies (you will go through a lot!), shorts, tracksuit – clothes that you are comfortable training in and for post-training relaxing. A hoodie or light jacket may be necessary for some of the cold weather that may occur in Sydney this summer.

Casual clothes for trips out for dinner (e.g. jeans & a top)

Swimmers/board shorts, goggles – if it's super hot, you may go swimming. Running shoes and a hat – we may be training outdoors on occasion

2 Towels (1 for shower, 1 for pool/training)

Mobile phones, laptops and video cameras (if desired) and chargers Spray deodorant (aka "shower in a can")

Earplugs if you are at the Colleges or other shared accommodation

Notebook & pen

We expect this undertaking

As a participant in the SIFC I will:

- Conduct myself in a proper manner to ensure harmony with other participants and so as to not bring myself, or likely to bring myself, SIFC (including its coaches, mentors, chaperones and managers), the sport of fencing, or the Sydney University Sports & Aquatic Centre into public disrepute or censure;
- Conduct myself in a manner that acknowledges and respects the financial sacrifice of the people who may have funded my participation in SIFC;
- Respect the generosity of the University, the coaches and mentors who are hosting and training me and participate in training activities to the best of my ability, with an open mind and a desire to improve my skills and learn new things;
- Support other SIFC participants and encourage and care for them when they are struggling in training or elsewhere, be it from fatigue, stress, illness, injury, homesickness or other.

As a participant in the SIFC, I will **not**:

- Bully, ostracise, or belittle a fellow SIFC participant or otherwise behave in a manner that will cause an SIFC participant to feel unsafe, upset or distressed;
- Consume alcohol, cigarettes or illicit substances anywhere within the premises of the University. As an U18 participant, I will not consume alcohol or cigarettes, at **ANY** time.

Please note that there is a high expectation that senior fencers and coaches will act as good role models for other participants at SIFC and will refrain from excessive consumption of alcohol outside of the hours of the camp. Any participant attending the camp affected by alcohol will not be permitted to train and will be brought before the coaches to justify their continued presence at the SIFC.

SIFC 2024 Coaches Code of Behaviour:

1. Do not tolerate acts of aggression.
2. Provide feedback to fencers and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise the fencers rights to consult with other coaches and advisers. Cooperate fully with other coaches and mentors
4. Treat all fencers fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate fencers' independence
and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the fencers in decisions that affect them.
7. Encourage fencers to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure that the tasks and/or training set are suitable for the age, experience, ability, and physical and psychological conditions of the fencers.
9. Ensure any physical contact with fencers is appropriate to the situation and necessary for the fencer's skill development.
10. Be acutely aware of the power that you as a coach develop with your fencers in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
11. Avoid situations with your fencers that could be construed as compromising.
12. Actively discourage the use of performance-enhancing drugs, and the use of alcohol, tobacco and illegal substances.
13. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your fencers.
14. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
15. Know and abide by rules, regulations and standards, and encourage fencers to do likewise. Accept both the letter and the spirit of the rules.
16. Be honest and ensure that qualifications are not misrepresented.