SYDNEY INTERNATIONAL FENCING CAMP

2025 3 - 11 January 1st Stage

Rest day

TIME:	Friday 3 January DAY 1		Saturday 4 January DAY 2		Sunday 5 January DAY 3		Monday 6 January DAY 4		Tuesday 7 January
	International Camp	**Coaching PD**	**International Camp**	**Coaching PD**	**International Camp**	**Coaching PD**	**International Camp**	**Coaching PD**	
0900		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors	**REST DAY**
0930									
1000	Camp Induction		Warm Up		Warm Up		Warm Up		
1030	Formulation		Footwork		Footwork		Footwork		
1100	*Athlete grading and evaluation. Formulation of weapon & capability groupings * AGE * Experience*	Coaches with Enrico Assist with athlete grading	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop ENRICO 1	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop VIRGINIA 1	Weapon Group Bouting & Individual Lessons Enrico & Virginia	Coach Workshop 3 (all coaches)	
1130									
1200									
1230		LUNCH 12: - 1:00	LUNCH 12:00 - 1:00		LUNCH 12:00 - 1:00		LUNCH 12:00 - 1:00		
1300									
1330		Coaches with Enrico	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	
1400									
1430									
1500									
1530									
1600									
1630									
1700	Informal Opening Dinner and mixing: 5pm-7pm on campus		**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	
1730									
1800									
1830									
1900									