



SYDNEY INTERNATIONAL FENCING CAMP

2026

3 - 11 January

1st Stage 3, 4, 5, 6 January

Rest day

	Saturday 3 January DAY 1		Sunday 4 January DAY 2		Monday 5 January DAY 3		Tuesday 6 January DAY 4		Wednesday 7 January
TIME:	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	<i>Athlete grading and evaluation. Formulation of weapon & capability groupings * AGE * Experience</i>	Coaches with Enrico Assist with athlete grading	Weapon Group Boutings & Individual Lessons per Schedule	Coach Workshop 1 ENRICO 1	Weapon Group Boutings & Individual Lessons per Schedule	Coach Workshop 2 VIRGINIA 1	Weapon Group Boutings & Individual Lessons Enrico & Virginia	ALL Coach Workshop 3 NSWFA CONTENT	
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 STUDIO or Tennis Court	Lessons with Enrico. Demonstration of action with student. Coaches work with students. In Weapon Groups E1, E2, F1, E3, NSWFA CANDIDATES PER GROUP	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility STUDIO or Tennis Court	Lessns with Enrico. Demonstration of action with student. Coaches work with students. In Weapon Groups E1, E2, F1, E3, NSWFA CANDIDATES PER GROUP	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility STUDIO or Tennis Court	Lessns with Enrico. Demonstration of action with student. Coaches work with students. In Weapon Groups E1, E2, F1, E3, NSWFA CANDIDATES PER GROUP		
1400									
1430									
1500									
1530									
1600		NSWFA Programs BRIEFING							
1630									
1700									
1730	Informal Opening Dinner and mixing: 5pm-7pm SUBWAY on campus		Individual lessons - Enrico & Virginia Fencer Sparring	PD - coaches lessons NSW Programs Lectures OBSERVATION & FEEDBACK	Individual lessons - Enrico & Virginia Fencer Sparring	PD - coaches lessons NSW Programs Lectures OBSERVATION & FEEDBACK	Individual lessons - Enrico & Virginia Fencer Sparring	PD - coaches lessons NSW Programs Lectures OBSERVATION & FEEDBACK	
1800									
1830									
1900									