

Rest day



2026 3 - 11 January

2nd Stage 8, 9, 10, 11 January

| Wednesday 7 January |  | Thursday 8 January<br>DAY 5   |   | Friday 9 January<br>DAY 6   |   | Saturday 10 January<br>DAY 7   |   | Sunday 11 January<br>DAY 8                       |  |       |
|---------------------|--|---|---|---|---|--|---|--|--|-------|
|                     |  | International Camp  | Coaching PD   | International Camp  | Coaching PD   | International Camp   | Coaching PD   | International Camp                               | Coaching PD  |       |
| <b>REST DAY</b>     | TIME:  |   |   |   |   |  |   |  |  | TIME: |
|                     | 0900   |   | Coaches with Enrico, Virginia, Mentors  |   | Coaches with Enrico, Virginia, Mentors  |  | Coaches with Enrico, Virginia, Mentors  |  | Coaches with Enrico, Virginia, Mentors   | 0900  |
|                     | 0930   |   |   |   |   |  |   |  |  | 0930  |
|                     | 1000   | Warm Up   |   | Warm Up   |   | Warm Up  |   | Warm Up  |  | 1000  |
|                     | 1030   | Footwork  |   | Footwork  |   | Referee Seminar  |   | Footwork   |  | 1030  |
|                     | 1100   | Weapon Group Bouting & Individual Lessons per Schedule  | Coach Workshop 4 ENRICO 2   | Weapon Group Bouting & Individual Lessons per Schedule  | Coach Workshop 5 VIRGINIA 2   | Weapon Group Bouting & Individual Lessons per Schedule   | ALL Coach Workshop 6 NSWFA CONTENT  | Camp Competition Individual Lessons per Schedule | Coach Workshop 7 ENRICO 3  | 1100  |
|                     | 1130   |   |   |   |   |  |   |  |  |       |
|                     | 1200   | LUNCH 12:00 - 1:00  |   | LUNCH 12:00 - 1:00  |   | LUNCH 12:00 - 1:00   |   | LUNCH 12:00 - 1:00                               |  | 1200  |
|                     | 1230   |   |   |   |   |  |   |  |  | 1230  |
|                     | 1300   |   |   |   |   |  |   |  |  | 1300  |
|                     | 1330   | Weapon Group Fencers rotate between activities:<br>*Lessons by Weapon groups Open Court<br>*Bouting, situational bouting on pistes<br>*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:<br>*Lessons by Weapon groups Open Court<br>*Bouting, situational bouting on pistes<br>*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:<br>*Lessons by Weapon groups Open Court<br>*Bouting, situational bouting on pistes | Lessns with Enrico. Demonstration of action with student. Coaches work with students. In Weapon Groups E1, E2, F1, E3, NSWFA CANDIDATES PER GROUP | Camp Competition & Indiv Lessons                 | Coaches allocated to support students. In pools & D/E's NSW CANDIDATE ASSESSMENTS & Feedback concluded | 1330  |
|                     | 1400   |   |   |   |   |  |   |  |  |       |
|                     | 1430   |   |   |   |   |  |   |  |  |       |
|                     | 1500   |   |   |   |   |  |   |  |  |       |
| 1530                |  |   |   |   |   |  |   |  | 1530   |       |
| 1600                |  |   |   |   |   |  |   |  |  | 1600  |
| 1630                |  |   |   |   |   |  |   |  |  | 1630  |
| 1700                |  |   |   |   |   |  |   |  |  | 1700  |
| 1730                |  |   |   |   |   |  |   |  |  | 1730  |
| 1800                | Individual lessons - Enrico & Virginia Fencer Sparring | PD - coaches lessons NSW ASSESSORS OBSERVATION & FEEDBACK   | Individual lessons - Enrico & Virginia Fencer Sparring  | PD - coaches lessons NSW CANDIDATE ASSESSMENTS  | Individual lessons - Enrico & Virginia  |  | Camp Wrap Up & Awards   |  | 1800   |       |
| 1830                |  |   |   |   | Closing Dinner BBQ 5:30 - 7:00  |  | <b>GOODBYES!</b>  |  | 1830   |       |