



**SIFC – 5th Edition 3 - 11 JANUARY 2027**

**An International Day Camp**

### **Information Sheet**

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

Hi Fencers, Coaches, Parents, and carers

### **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.

### **Contacts**

For any problems, information etc.

**Camp Director** Bill Ronald on 0403 267 330

**Camp Administration at Camp:** Manager/Technical Director, Helena He on 0416 173 590

Follow the camp information updates at:

<https://www.facebook.com/profile.php?id=100088881105659>

### **SIFC ARRIVAL - DAY ONE:**

SIFC **commences at 10 am** on Sunday, **3rd January 2027**, at the Sydney University Sport and Aquatic Centre, Corner of Codrington St and Darlington Ln, Darlington.

The camp is in the facility named **New Balance Stadium**

**Accreditation - Registration** Check in with the admin at our camp sign. You will be issued 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 large drink 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, and 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, etc. - 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: Swim time may be possible**

## FOOD

You are going to expend a lot of energy during the camp. Your fuel intake must be adequate for the increased physical effort!

### **Bring your own**

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

### **The Poolside Cafe**

The fabulous Poolside Cafe is at the entrance to the facility and is opening especially for our camp!.

They will be open for your morning coffee or health drink, sports drinks and a variety of snacks and healthy and nutritious lunches.

LuLu and Joe look forward to supplying your food and beverage requirements.

### **Subway on Campus**

Wentworth Building [subway.com](http://subway.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 can 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.**

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

## **HOW IT WORKS**

SIFC is a day camp. 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!

**The 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.

There will be bouting, situational bouting, sessions working with the camp coaches and professional development coaches, lectures and discussions.

We conclude the camp with a competition.

## **SOCIAL**

**Camp BBQ Celebration (10 Jan) 5:00 pm -7:00 pm** We will celebrate the camp with a complimentary end-of-camp celebration to eat 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 10 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 before 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:** 3, 4, 5, 6, (7<sup>th</sup> is a rest day – enjoy and recover), 8, 9, 10, 11, January 2027  
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 Boutings
  - 1200 -1300: LUNCH
  - 1300 - 1630: Group Work - Skills, Drills, Group Lessons, Structured Boutings. There will be a hydration break during this session
  - 1630 -1645 - Warm Down or
  - 16:30 - 1830: Sparring by arrangement Warm Down 2
- Booked lessons, Pack Up, Clean Up

Training groups are split by weapon and may change daily according to competitive boutings 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 get 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

- **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:

### Maestro Enrico Di Ciolo, Maestra Diletta Gramigni & Other Camp Coaches

Make advance bookings with Enrico and Diletta for individual lessons;

Bookings are made online and are payable on booking. ***You must be registered for the camp to book lessons***

To book *your* lessons, use the QR or the link: <https://sydneyfencingcamp.simplybook.net/v2/>



There is a fee for these lessons: Enrico \$65; Diletta \$45 for 20-minute lessons.

In addition, each day of the camp, all fencers will be working with a variety of coaches who are 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.

They will WANT to work with you.

Part of their learning is to give lessons.

## COACHING PROFESSIONAL DEVELOPMENT

### **SIFC27 Professional Development**

The 2027 Professional Development program will offer over 50 hours of coaching development.

There are 3 Strands at SIFC27

1. Generic Coach, Development, Foil and Epee
2. NSW Fencing Association L1 Foil and Epee
3. OFMA (Oceania Fencing Masters Academy) Level 2 Epee

Content includes lectures and practical skill development and transfer under the Direction of Maestro Enrico and Maestra Diletta. Coaches will work with the camp fencers in group sessions and workshops where they will deliver their new skills to a variety of fencers with widely varying ages and experience.

**For enquiries or details of the SIFC27 Professional Development program contact:**  
**Bill Ronald (Program Director SIFC27)** [deploy@tpg.com.au](mailto:deploy@tpg.com.au)

**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.

#### **General Daily program for PD**

- 900 - 1000: Coaches with Enrico, Discussion/review the previous day
- 1000 – 1100: Observe or participate in 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 students, 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 pre-arranged, cool-down, Pack Up, Clean Up
- 1630 -1815 sparring and cool-down

## SUGGESTED PACKING LISTS...

### PERSONAL MEDICAL KIT

SIFC participants need to be proactive and prepared for possible injuries and illnesses 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 quantities 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. Strepsils, 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, Under plastron 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 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 a 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 2027 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 fencer's 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 interests 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.