

SUNDAY FENCING COURSE

SURREY SPORTS PARK  
Richard Mayjers Rd  
GUILDFORD GU2 7AD

29TH MAY 2011

TIMES 9am - 1pm  
Course Director Professor Bob Bales

The aim of this course (hopefully the first of regular monthly events) is to offer fencers the opportunity to receive additional training to their club sessions covering in detail technical, tactical and conditioning requirements relative to their age and experience. Coaches wishing to train may also attend to develop their skills.

The intention is to start developing individual training plans, structuring a pathway for each fencer's future improvement. Identifying a fencer's goals within the sport is essential for meaningful coaching and as such this course allows this process to begin. Minimum age is 8 years.

Cost of training course is £25.00

Foil, epee and sabre training is available.

Please contact Bob Bales on 01473 437141 or 07810 392551 to confirm you are attending or for more details.

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Please return with cheque made payable to R Bales to:-  
24 Kitchener Road Ipswich Suffolk IP1 4DT

Name..... Tel No.....

Weapon.....

Address.....

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Post Code .....

Emergency Tel number for U18s.....