

SUMMER CAMP 2012



SAKSKØBING SPORTSCENTER 7th/9th - 12th AUGUST 2012

Fencing Club Trekanten has the great honour of inviting you to participate in our annual summer camp. We hope you will join us for a week of intensive fencing training in preparation for the new season.

The camp is a large social event for the entire club of Trekanten but has over the years become increasingly more international with talented fencers coming from countries such as: Sweden, Germany, England, Egypt, Italy, the Netherlands and the United States.

The camp will offer instruction in all three weapons on all levels up to the highest international level.

LONG CAMP/SHORT CAMP

The SHORT CAMP is for all fencers regardless of age and level and starts on Thursday the 9th.

The best Danish and International fencers are invited to start the camp 2 days earlier on Tuesday the 7th. The LONG CAMP is only open for cadet, junior and senior fencers.

INFORMATION

For information about the camp please contact:

- Ferenc Tóth
ft@trekanten.org, tel. ++45 6082 4408
- Malte Trier Mørch
mtm@trekanten.org, tel. ++45 2683 4408

Participants will receive a full program in June.

FENCING

The training sessions are lead by the clubs own coaches together with a group of especially invited fencing masters from abroad.

The summer camp will not only consist of fencing but will also focus on the physical development of the fencers. We also emphasize the importance of technical preparation and all fencers will therefore be able to receive lessons from the fencing masters present at the camp and take part in numerous fencing drills.

COURSES

The fencers have the possibility to participate in many different courses. Some courses are only in Danish while others are in English.

VENUE

The camp is held at Saksøbing Sports Center which is situated on the island of Lolland approximately one hour south of Copenhagen. The center has two large gymnasiums and a swimming pool, which make facilities ideal. Shuttle transport to and from Copenhagen Central Station will be arranged.

ACCOMODATION

The fencers will be accommodated at a hostel at the sports centre. This year we also offer the possibility of staying at the neighboring school at a reduced prize (bring your own sleeping bag).

ABOUT FENCING CLUB TREKANTEN

Fencing Club Trekanten has existed since 1929 and is one of the most successful clubs in Scandinavia with many fencers participating in international tournaments all around the world.

Please visit our website for more information about the club

COACHES

Coaches are welcome to accompany their fencers to the camp. For coaches bringing 5 or more fencers to the camp we offer a 50% discount on the entry fee. Coaches bringing 7 or more fencers can stay at the camp for free. Coaches who receive a discount are expected to help out at the camp.

PARENTS AND COMPANIONS

Parents, siblings and other companions can stay at the camp at a reduced price. We allow one accompanying person per fencer.

Alternatively it is possible to stay at the neighboring camping site, the town hotel or to rent a summer house in the area. Check with the local tourist information for options.

FÆGTEKLUBBEN TREKANTEN

WWW.TREKANTEN.ORG

SAKSKØBING SPORTS CENTER

WWW.SAXSPORT.DK

SAKSKØBING CAMPING

WWW.SAXCAMPING.DK

VISIT LOLLAND FALSTER (tourist information)

WWW.VISITLOLLAND-FALSTER.DK

COURSES

Refereeing - beginners

The beginners course will focus on seeing and understanding the different fencing actions – and call the right phrase in connection to the action seen on the piste.

Refereeing - advanced

The advanced course is open to fencers who have previous experience in refereeing and will prepare the fencers for the Danish refereeing exam.

Sports massage

The course is recommended for all fencers who wish to know more about how the body works under stressed athletic pressure and how soreness etc. can be cured with easy hands-on exercises.

Pentathlon

Get an introduction to modern pentathlon. We will practice pentathlon fencing (one touche bouts), swimming and the combined event (a combination of cross country running and target shooting).

Sports psychology

On this course you will learn about the psychological mechanisms that influence a fencer both at training and at competitions.



REGISTRATION

Please send all entries to:

Signe Hertzum via e-mail sh@trekanten.org

Please state your name, year of birth, weapon and club name.

FEES & PAYMENT

For fees please see the attached prize list. The fee covers accommodation, all meals, courses, fencing and fencing lessons. The fee can either be transferred to the club's bank account or paid in cash upon arrival. Account details will be given upon registration. **Please note that the fees are lower for those registering before June 15th**

Typical day schedule

- 07.30 – 08.00 Morning run
- 08.00 – 08.30 Breakfast
- 09.00 – 11.30 Morning program
Fencing and courses
- 12.00 – 12.30 Lunch
- 14.00 – 16.30 Afternoon program
Fencing and courses
- 17.00 – 18.00 Swimming pool
- 18.30 – 19.00 Dinner
- 20.00 – 22.00 Evening program
Fencing and seminars

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FEES REGISTRATION BEFORE JUNE 15TH

	Trekanten-members	Non-members
Accommodation at hostel or camp site.		
Long camp	1.900 kr. (€ 255)	2.500 kr. (€ 335)
Short camp	1.600 kr. (€ 215)	2.100 kr. (€ 280)
Per day	450 kr. (€ 60)	600 kr. (€ 80)
Accommodation at school (bring your own sleeping bag).		
Long camp	1.700 kr. (€ 225)	2.300 kr. (€ 305)
Short camp	1.400 kr. (€ 185)	1.900 kr. (€ 255)
Per day	400 kr. (€ 55)	550 kr. (€ 75)
No accommodation.		
Long camp	1.600 kr. (€ 215)	2.200 kr. (€ 295)
Short camp	1.300 kr. (€ 175)	1.800 kr. (€ 240)
Per day	350 kr. (€ 45)	500 kr. (€ 65)
No fencing or courses (parents).		
Long camp	1.800 kr. (€240)	2.100 kr. (€280)
Short camp	1.300 kr. (€ 175)	1.800 kr. (€ 240)
Per day	350 kr. (€ 45)	450 kr. (€ 60)

FEES REGISTRATION AFTER JUNE 15TH

	Trekanten-members	Non-members
Accommodation at hostel or camp site.		
Long camp	2.100 kr. (€ 280)	2.700 kr. (€ 360)
Short camp	1.800 kr. (€ 240)	2.300 kr. (€ 305)
Per day	500 kr. (€ 65)	650 kr. (€ 85)
Accommodation at school (bring your own sleeping bag).		
Long camp	1.900 kr. (€ 255)	2.500 kr. (€ 335)
Short camp	1.600 kr. (€ 215)	2.100 kr. (€ 280)
Per day	450 kr. (€ 60)	600 kr. (€ 80)
No accommodation.		
Long camp	1.800 kr. (€ 240)	2.400 kr. (€ 320)
Short camp	1.500 kr. (€ 200)	2.000 kr. (€ 265)
Per day	400 kr. (€ 55)	550 kr. (€ 75)
No fencing or courses (parents)		
Long camp	2.000 kr. (€265)	2.300 kr. (€305)
Short camp	1.500 kr. (€ 200)	2.000 kr. (€ 265)
Per day	400 kr. (€ 55)	500 kr. (€ 65)