

INTERNATIONAL SUMMER FENCING CAMP

Polanica Zdroj /Poland/

01-14.08.2016	16-29.08.2016
mens' & womens' foil	mens' & womens' foil
open to children up to 15 years old, children over 15 years old, cadets (16-17 years old), junior (18-20 years old) and seniors)over 20 years old)	open to cadets (15-17 years old) -an individual fencers only with an adult accompanying person), junior (18-20 years old) and seniors (over 20 years old)
HOSTEL: 30 euro for a day per fencer HOTEL: 45 euro for a day per fencer	HOSTEL: 30 euro for a day per fencer HOTEL: 45 euro for a day per fencer

We offer you:

ACCOMMODATION: double and triple rooms with bathroom (Hostel) or two double/triple rooms + living room + bathroom (Hotel); double room with bathroom (Hotel); **BOARD** (3 meals a day); **TRAININGS** (3 times a day)- **SPORT BUILDINGS** (sport hall only for fencers, with 21 metallic fencing pistes with apparatus, sport hall for separate lessons or group's training, football field, basketball and volleyball fields, track); **SWIMMING POOL, T-SHIRT Polanica Zdrój 2016**

ADDITIONAL: armorer, medical attention, one day trip to Prague, tennis court, spa center

We would like to invite you for the following International Summer Fencing Camp in Polanica Zdroj in men's and women's foil.

In camp the leaders from the Polish National Team, Polish and European Fencing Clubs will participate. They will be great sparing partners for you. Each year we are hosting more events for fencers. This year we are expecting participation from over 400 competitors from Belarus, Czech Republic, Egypt, France, Germany, Latvia, Poland, Russia, Sweden, Ukraine and USA, Venezuela. Most coaches are from Poland (from the best polish foil clubs) but there will be also coaches from other countries. There will be a lot of fencers from different National Teams (from Poland, Russia, Sweden, Germany).

During the camp you will spend most of the time fighting in categories: cadet, junior and senior. You will have training three times a day. The structure of the day is as follows (for example): after breakfast - fights or tournament, after lunch – warm-up, stretching, footwork, games or individual lessons, training with weapon (technique and tactics), after supper – swimming pool, individual lessons or games.

Aside from really hard training we also propose some pleasure activities to guarantee you appropriate rest during the summer holidays. Polanica Zdroj is a well know resort and resting place situated in the center of the Klodzko Land (South West Poland), and this is also a most interesting tourism region in Poland. It is a small city surrounded by the Sudety mountains which are not very high, but still have charm, beauty, and a picturesque clearness that is not defiled by industry.

We hope you will have a really good time in Poland and you will increase your own technical abilities and physical condition ready for a new season!!!

Best Regards

Krzysztof Glowacki

Organizer

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