



Profencing Fencing Training Center

Training to Compete Summer 2024

Foil and Saber

June 17-21

Monday - Friday 9:00-5:30pm

Fee: \$375.00 for Members Non-Members \$450.00

Main objectives:

Part One: Evaluating and identifying strengths and weaknesses

- Level of physical endurance
- Fencing technic and tactics
- Goals and motivation

Part two: How to design and implement a plan for each training period.

- To teach our fencers the importance of understanding the state of readiness at the physical, technical, tactical, and mental level.
- Fencers need to be aware of their strengths and weaknesses and have a guideline to plan for their improvement. Each fencer will set realistic goals and objectives.
- To teach each fencer to set short- and long-term goals according to their level and fencing experience.
- To help each fencer to plan to train to achieve their goals.

Part Three: Training and Fencing Conditioning and games,

- Fencing drills to improve defensive and offensive actions.
- Tactical fencing: How to identify foreseen and unforeseen actions. Preparation of false attacks and surprise attacks, controlling the bout, How to fence at the end of the strip or during priority or when they are tired.
- Sharp bouts, experimental bouts, free fencing

Schedule:

Morning Session 9:00-12:00

Physical Training, Warm-up, stretching, footwork and agility

•Tactical footwork Special emphasis on agility development and bout-relevant mobility drills and games

12:30 - 1:30 Lunch and Video Analysis.

1:30-2:00 Lectures and dialogues on subjects of interest-

2:00-5:00: Warm up games, Tactical fencing Drills and Free Fencing

5:30pm Pick up



Registration Form

Signing for:

June 17-21 M-TH 9:00-5:30pm

Fee: Members \$375 – Non-Members \$450.

Fencer's Profile

Date: _____ DOB: ____ / ____ Age _____

Fencer's Name _____

Home Address: _____ City: _____ ZIP _____

Parent or legal Guardian Name: _____

Email: _____ @ _____ C.C to _____ @ _____

Emergency Contact Phone :#1 _____ #2 _____

Please indicate any medical condition or Allergies we should be aware of:

(For your child's safety, please consult with your physician if your child can engage in high intensity sports or activities) : _____

Special indications: _____

Goals for this camp _____

Payment Is due on March 15, 2024. We accept checks, Cash, Quick pay with Zelle and Venmo.

This application should be completed and sent with full payment fee to Profencing LLC, 9034 Cotter St, Lewis Center, OH 43035. Camps must be paid in full by March 15th, 2025. This enrollment contract is binding if not canceled before May 15, 2024. After May 15th, the amount paid is non-refundable. Enrollment after March 15th is based on space availability. Please note that there will be no deductions for absence, withdrawal, or dismissal. Profencing has the right to ask the student to leave if there are irreconcilable behavioral issues. Profencing is not responsible for the loss of personal property. Profencing reserves the right to cancel any camp due to lack of enough participants and will refund 100% of any payment.

PHOTO RELEASE: I agree that Profencing may use photographs of my child without their name and for any lawful purpose, including such purposes as publicity, illustration, advertising, and Web content.

Parent or Guardian Signature: _____ Date: _____

WAIVER OF LIABILITY- YOUR SIGNATURE IS REQUIRED.

In recognition of my participation in the sponsored activities of the US Fencing Association, I acknowledge, agree, and understand that: I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death as well as other damages and losses associated with participation in a fencing event. I further agree on behalf of myself, my heirs, and personal representatives, that the US Fencing, Profencing LLC, the host organization, and sponsors of any US Fencing sanctioned events, along with the coaches, volunteers, employees, officers, agents, and directors of these organizations, should not be liable for any injury, loss of life or loss or damage occurring as a result of my participation in the event or as a result of equipment that may have been provided to me for these activities.

_____ Date of application: ____ / ____ / ____
Member's Signature

Parent's or Legal Guardian's Signature* (*required for members under 18)