



U/20 NATIONAL TRAINING CAMP

30 September – 2 October 2007

(FOLLOWED BY U20 NATIONALS 3 October – 7 October)

**THERE IS A LIMIT ON NUMBERS*, PLEASE BOOK EARLY TO AVOID
DISAPPOINTMENT**

NATIONAL REGISTRATIONS CLOSED 08 September 07.

CAMP GOAL

The camp is designed to cater for all levels of fencers. It will provide athletes with an opportunity to finalise their preparation for the U20 Nationals. Participants will also learn activities and techniques that can be used in training in the future.

Activities will include footwork and conditioning, lessons, lectures on fencing topics, free and structured bouts and competitions (team & individual). Fencers will be training against competitors of similar ability in the majority of situations. The coaching staff will work closely with fencers and offer constructive advice to improve technique and tactical application.

All coaching staff will be NCAS accredited coaches and where possible employed by the AFF in other coaching roles, eg as National Coach or Regional Coach.

NATIONAL TRAINING CAMP

The cost of the camp is \$240 (includes GST) for the three days or \$90/day. Athletes who cannot attend for at least 2 full days are unlikely to gain a place at the camp, no ½ days places will be made available. This price includes organised sessions each day and an individual lesson each day during the camp. The camp will be run from 10:00am to 4pm each day. See following page for payment options.

Participants are advised to wear shorts & T-shirt for footwork and to bring full fencing whites and equipment (including long socks) for the fencing activities.

Cold drinking water is provided. Cold drinks will be available for purchase at the centre. Food is available from nearby food outlets (5 minute walk).

CAMP VENUE

**NATIONAL & STATE HIGH PERFORMANCE FENCING CENTRE, FIRST FLOOR,
UNIT 2, 24 LINCOLN ST, BRUNSWICK**

GETTING THERE

Melways Map Reference: Map 30 Ref A4

(enter from right of way behind building off Donald St or Moreland Rd-NO ENTRY FROM LINCOLN ST)

Public transport:

- by train (closest station is Moreland-12 minute walk)
- by trams #1,15,21,22 along Swanston St/Elgin St/Lygon St/Holmes St. Alight at Donald St or Moreland Rd - 5 minutes walk to the centre.

ACCOMMODATION INFORMATION

The following information is a guide to accommodation venues in close proximity to the centre and the city/Carlton restaurant district. In all cases bookings should be made direct to the venue as soon as possible to ensure you obtain your preferred accommodation arrangements.

- (a) 10-20 minutes by trams #1,15,21,22 along Swanston St/Elgin St/Lygon St/Holmes St to the venue

Venue	Accommodation Details as at 30/5/07
Parkville Place Apartments	124 Brunswick Rd, Brunswick +61 (0)3 9387 8477 \$99 double (room only) \$105 twin (room only)
Hotel Enterprize	44 Spencer St, Melbourne +61 (0) 3 9629 6991 \$85 economy room only \$110 business room only
YWCA aka 'Hotel Y'	489 Elizabeth St, Melbourne +61 (0)3 9329 5188 single \$124 - \$250 double/twin \$124 - \$250 2 Bedroom suite, sleeps 4 \$223 - \$340
Last Minute.com.au	Variety of good quality accommodation in and around the city at competitive rates.

CAMP PAYMENT

The cost for the three day camp is \$240 or \$180 for 2 days.

PAYMENT TO BE MADE ONCE YOU RECEIVE AN INVOICE FROM THE AFF.

Once your nomination form is received your state will be asked to endorse your nomination. An invoice will be sent to you via email (**This email address must not be a free email like hotmail/yahoo etc**) or your home address which will need to be paid prior to the camp commencement.

Please identify payment with name, and email receipt number to teapea@internode.on.net

*Limits placed on number of fencers from each State. Maximum number for camp is 55.

U20 CAMP NOMINATION FORM

Participants Details	
SURNAME: _____	GIVEN NAMES: _____
ADDRESS: _____	POSTCODE: _____
PHONE: (home) _____	(work) _____
EMAIL: (not a free email) _____	
EMERGENCY CONTACT NAME: _____	
EMERGENCY CONTACT NUMBERS: _____ _____	
Fencer's Information	
Medical Conditions/Allergies (etc) if any: _____ _____ _____	
Who is your Coach? _____	
Your Date of Birth? / /	
Which weapon (s) do you wish to fencing during the camp	
FOIL EPEE SABRE	
How many days will you be participating in during the camp 2 3	
Participants Signature and Medical Consent	
I apply for participation in the AFF training camp for 2007. I consent to emergency medical, hospital or ambulance services being obtained at my expense in the event of accident or sudden illness. As a camp participant I agree to abide to instructions given by coaches during the camp.	
Participants Signature	Date:
Parent/Guardian (if U18)	Date:
Direct Deposit Payment Receipt Number:	
Office Use Only	
Payment: Cash / Cheque / Direct Deposit	Bank:
Paid:	Date:

PLEASE RETURN NOMINATION FORM TO;
National Coaching Director
3 Martin St, Box Hill North Vic 3129
Fax 03 9897 3190

Email: teapea@internode.on.net

by 08 September 2007

Places are limited at the camp please register early