

# UFC5



The annual *Ultimate Fencing Camp* and *Junior Development Camp* are back for their 5<sup>th</sup> year! As usual, the camps will involve:

- Intensive training for elite and sub-elite fencers (UFC)
- Fun and developmental training for our younger and newer fencers (JDC)
- International guest coach Professor Enrico di Ciolo (ITA) as well as a bunch of Australian coaches and mentors
- Fencers from all over Australia and New Zealand
- Footwork sessions
- Technical & Tactical 'Skills & Drills' sessions
- Structured & Competitive bouting
- Recovery sessions (e.g. swimming, hydrotherapy, ice baths, stretching)
- Strength & Conditioning sessions at the AAMI High Performance Centre
- Video Analysis & Guest Lectures (e.g. Sports Nutrition, Sports Science, Injury Management)

This time we have added a *Coaching Course* – an opportunity for coaches to work with Prof. di Ciolo in theory and practical sessions, and gain updating points for their accreditation.



## Where?

UFC5 will be hosted by VRI Fencing Club at "Tigerland" (Richmond Football Club), in the Black and Yellow ME Bank Centre on Punt Road, Richmond in the shadows of the MCG. The venue has 14 fencing pistes, and is close to public transport (train, tram and bus).

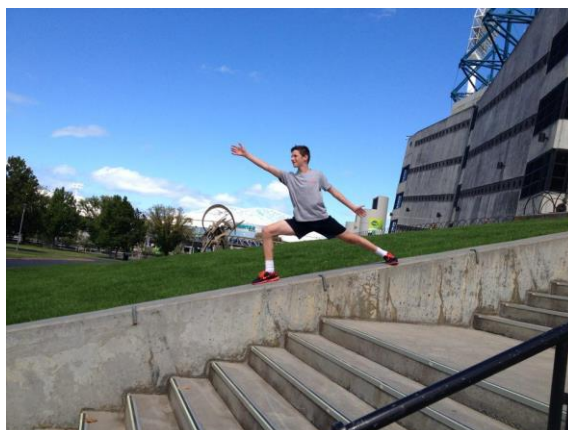
To see the location and pictures of the venue, click on [www.vrifencing.com](http://www.vrifencing.com).

We will also be using high performance facilities at ESS (AAMI Stadium or their High Performance Centre, both in Richmond). See: [www.earthseasky.com.au](http://www.earthseasky.com.au) for more information.

## When?

1. Ultimate Fencing Camp – Friday 3<sup>rd</sup> January 2013 - Sunday 12<sup>th</sup> January 2013. **COST: \$700**
2. Junior Development Camp FOIL – Monday 6<sup>th</sup> – Thursday 9<sup>th</sup> January 2013. **COST: \$200**
3. Coaching Course - Friday 3<sup>rd</sup> January 2013 - Sunday 12<sup>th</sup> January 2013. **COST \$250**

Please note that start and finish times will be set closer to the date, but the UFC & Coaching Course will involve AM and PM sessions, and some training will occur at other locations such as the AAMI High Performance Centre. The JDC will occur in the afternoon/evening, most likely from 4pm-8pm each day.



## Accommodation

UFC5 is NOT a live-in camp. If you are from interstate or overseas, you can organise your own accommodation with family, friends or elsewhere, or take advantage of the arrangements we make each year with a local backpackers in Collingwood. It has 40 beds, is newly refurbished (this year!), is near the club, has kitchen facilities, as well as lounge and media rooms and has been the accommodation for UFC participants the past two years. The commercial kitchen downstairs continues to provide cheap and delicious At least one designated adult-in-charge from the camp will be staying at the backpackers, however from past experience this has always been a very safe and enjoyable place to stay. We have reserved rooms to keep entirely for fencers but we can only hold onto these without payment until the beginning of August. **We ask that you confirm your intention to stay at the backpackers ASAP so we can do our best to retain fencing-only bookings.** Accommodation is \$250 for 10 nights, 3<sup>rd</sup>-13<sup>th</sup> January. Please pay for your accommodation online at [www.vrifencing.com](http://www.vrifencing.com) under **payments** and **camps**. UFC final payment will be due end of November.

## Individual Lessons

Fencers will be able to book individual lessons with Professor Enrico di Ciolo and the other camp coaches, should they wish. These lessons are *not included* in the cost of the camp and will occur outside of general training sessions (e.g. in downtime or breaks). Places are strictly limited. Lessons will be arranged on the first day of UFC.

# UFC5



UFC5 involves an impressive range of training opportunities for our most elite international fencers to our newer and younger fencers:

- The **Ultimate Fencing Camp** – 10 days of intensive training for elite and sub-elite fencers (e.g. people who are competing in National and International events or who are planning to do so in 2014). As with UFC2012-3, we are thrilled to announce that the highly regarded multi-Olympic, Italian National Team Coach, Enrico di Ciolo will be joining us. Enrico is known for his intellectual approach to coaching, and has published several articles and books on fencing, including psychology, didactics, pedagogy and the sociomotoric and psychomotoric aspects of fencing. He is a highly engaging and inspiring coach, who will challenge fencers to think and learn.
- The **Junior Development Camp** – we are running a 4 day camp for young foil, épée and sabre fencers who are between 7-12 years old and who are yet to or just starting to compete in age-based state or national events. Participants will have the opportunity to join in with exercises with the larger UFC group (e.g. footwork, games, team matches) and will perform technical activities separately, to enable them to develop new skills and confidence.
- The **Coaching Course** – will run concurrently with UFC from 3<sup>rd</sup> -12<sup>th</sup> January 2014 and will be run by the esteemed Professor Enrico di Ciolo, from Pisa, Italy. Day sessions will involve theory and technical lessons, evening and weekend sessions will involve practical sessions in which coaches can work with students under the observation and feedback Enrico. A perfect opportunity to work intensively with a top international coach, and see him in action running a high level camp, working with fencers ranging from young and developing, to older, elite athletes. As with other coaching seminars, 1 hour = 1 point for accreditation updating.



## REGISTER NOW!

Places are limited for UFC, so the sooner you register, the sooner we can confirm your participation. Your early registration also helps us plan for activities and resources (such as guest lectures, S&C sessions at AAMI stadium, ice baths) so we do appreciate your promptness.



## UFC, JDC, Coaching Course -

To secure your place in the UFC, JDC or Coaching Course fill out the accompanying registration form and return by email to [elliwellings@hotmail.com](mailto:elliwellings@hotmail.com) along with a deposit of \$200 (full payment is welcome) to VRI Fencing Club inc BSB 033120 Account 123786 (Westpac). Please make sure you write UFC/JDC/CC and your SURNAME so we know who you are, and email us the receipt number of the deposit, so we can cross reference your payment.

*Younger fencers are welcome to join the full UFC, however a high level of fitness and stamina is recommended, as well as a level of technical ability in their weapon of choice. If you are not sure which camp suits you/your child, please email the Camp Manager at [elliwellings@hotmail.com](mailto:elliwellings@hotmail.com).*

## Medical & Consent Forms

You will receive medical and camp participation and consent forms prior to the commencement of the camps. Late registrations will be considered, however there is no guarantee there will be places available.

## Accommodation - **URGENT**

To book a bed at the backpackers, please go to [www.vrifencing.com](http://www.vrifencing.com) and click 'payments' and 'courses, camps...' and purchase 'UFC Accommodation' through the payment portal. Please note we are having some occasional problems with the website (we are soon to be moving to a new website), so email Elli Wellings if this is the case, and pay your deposit through Direct Deposit using the above banking details. Backpackers beds are on hold for a very short time and we cannot guarantee they will remain open and available. Please get in early to confirm your accommodation.

