

ULTIMATE FENCING CAMP

MELBOURNE 2016



The Ultimate Fencing Camp is back by popular demand for a sixth year! Alongside the main 10 day camp, we will be running a Junior Development Camp for 4 days and our second Coaching Course with Professor Enrico di Ciolo, from Pisa, Italy. The camps will involve:

- Intensive, challenging and highly rewarding training for elite and sub-elite fencers (UFC)
- Fun and motivating developmental training for our younger and newer fencers (JDC)
- Theory and practical sessions for coaches (worth updating points for accreditation)
- The camp will be lead by international guest coach, Prof. Enrico di Ciolo and supported by a number of Australian and New Zealand coaches and mentors working collaboratively to bring together terrific training and development opportunities for fencers and coaches alike.
- Two Italian guest fencers will be attending, to train with camp participants and demonstrate higher level lessons and training routines for athletes and coaches.
- Fencers from all over Australia and New Zealand, covering a range of ages, skill levels and experience, and from all three weapons.
- Strength and conditioning sessions
- Footwork sessions
- Technical and Tactical 'Skills & Drills' sessions
- Structured & Competitive bouting
- Recovery sessions
- Guest lectures (e.g. Sports Nutrition, Sports Science, Injury Prevention)



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Where?

UFC6 will be held at the State Fencing Centre, Arden Street, North Melbourne. The venue has 8 electric pistes, an indoor basketball court, lecture theatre, breakout room, showers and changing facilities, a football oval and is next to a public swimming pool. It is near public transport (North Melbourne Train Station and trams) and is a quick trip from Melbourne CBD.

When?

1. Ultimate Fencing Camp - 14-23 January 2016. **Cost: \$700**
2. Junior Development Camp - 15-18 January 2016. **Cost: \$240**
3. Coaching Course - 14-23 January 2016. **Cost: \$250***

Please note that start and finish times will be **confirmed** closer to the start of the camp, however it is anticipated that most days of the UFC will be from 10am-6pm, JDC will be from 10am-4pm; and Coaching Course will be from 9am each day, and run in conjunction with the UFC.

The **first day** of UFC will commence at 11am - interstate fencers, this should allow you to come direct from the airport and save on accommodation and travel - the airport is close to Arden Street and you will be able to share taxis with other fencers. The day will conclude with a welcome dinner at the venue. Fencing bags may be left at the State Fencing Centre, provided they are zipped up.



Accommodation

UFC6 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 stay in one of the venues we recommend. We are currently in the process of trying to secure a group booking at a backpackers hostel in the city and will provide further information on this very soon. There will be designated adults-in-charge at this venue to act as chaperones for any minors. Anticipated costs of backpacker accommodation are around \$30/\$35 per night for a dorm room. We will be making bookings of dorm rooms that are single sex and camp participants only.

Individual Lessons

Each year, fencers request to have individual lessons from guest coaches participating in the camp. A limited number of lessons will be available with Professor Enrico di Ciolo and priority will be given to those athletes who have worked with him in previous camps. These lessons are **not included** in the cost of the camp and will occur outside of general training sessions. These will be arranged on the first day of the camp. Please note that Enrico will give short individual lessons to all fencers throughout the camp, as part of the group lesson sessions.

Many other coaches will be present at the camp and will also be available for individual lessons outside of general training sessions. These coaches will discuss their terms (fees and availability) with participants on the first day of the camp. Fencers are more than welcome to work with different coaches, or none at all!





Which camp is best for me?

The Ultimate Fencing Camp - 10 days of intensive training for elite and sub-elite fencers (e.g. people who are already competing in national and international events, or who are planning to do so in the next 12-18 months). The UFC is an excellent launchpad for the season ahead - it's a perfect way to get your fitness up, fine tune some technical skills, and work on identifying areas for improvement. Feedback from past participants (and parents) has been that it has been a highly motivating and rewarding experience, and fencers have returned to their usual training armed with new ideas, renewed passion and improved skills (e.g. footwork, technical, tactical, psychological). We recommend this for fencers 12 years and over, with a good level of fitness. The days are action packed, and you will only be limited by your willingness to keep on training hard!

The Junior Development Camp - this 4 day camp is for young fencers between 7-12 years old who are just starting to (or are planning to) compete in age-based state events. Participants will have the opportunity to join in with exercises with the larger UFC group (e.g. footwork, games, team matches, mentoring) and will perform technical activities separately, to allow them to develop new skills and confidence. Fencers must provide their own equipment (electric), food and drink.

The Coaching Course will involve theory and technical lessons, and practical sessions in which coaches can work with students under the observation and feedback of Enrico. This camp, Enrico is bringing out two experienced fencers from his club, to assist in demonstrating lessons and to work with coaches in receiving lessons. A perfect opportunity to work side-by-side with a Maestro.

Who are the key coaches?

The highly regarded multi-Olympic, Italian National Team Coach, professor **Enrico di Ciolo** will be leading the UFC & Coaching Course. Enrico is known for his engaging, 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 challenging, witty, inspiring coach, who will insist fencers (and coaches!) think for themselves, find answers to problems and **learn**.

The Junior Development Camp lead coach will be **Frank Bartolillo**. Frank is regarded as one of Australia's greatest fencers, winning a total of 28 national titles across age groups, including setting a record at 16 years old as the youngest winner of the Australian Open foil title, winning 8 more of these titles and representing Australia at the Athens Olympics in 2004. Frank is an amazingly humble person, who has an inspiring story to share with athletes young and old.

The camp will be managed by **Elli Wellings**, who has run the UFC series since their inception. Elli is an experienced coach and manager, including Australian teams at events such as the Asian Cadet & Junior Fencing Championships and Commonwealth Junior Championships, Victorian teams and numerous local and major training camps.

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Registration

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 (e.g. guest lectures, recovery sessions), so we appreciate your promptness.

To register:

UFC - fill out the registration form and email to elliwellings@hotmail.com along with a deposit of \$250 (you are welcome to pay in full) to Elleni Wellings BSB 732 090 Account 691872 (Westpac).

Please make sure you write UFC and your SURNAME so we know who you are, and email the receipt number of the deposit so we can cross reference your payment. Final payment of accounts will be required by 3rd January 2016.

JDC - fill out the registration form and email to elliwellings@hotmail.com along with full payment of \$240 to Elleni Wellings BSB 732 090 Account 691872 (Westpac).

Please make sure you write JDC and your SURNAME so we know who you are, and email the receipt number of the deposit so we can cross reference your payment.

Coaching Course - fill out the registration form and email to elliwellings@hotmail.com along with full payment of \$250 to Elleni Wellings BSB 732 090 Account 691872 (Westpac).

Please make sure you write CC and your SURNAME so we know who you are, and email the receipt number of the deposit so we can cross reference your payment. Final payment of accounts will be required by 3rd January 2016.

**Coaches please note - if you are willing to stay at the backpackers and be a chaperone, we will subsidise your accommodation. Please contact Elli to discuss further. First in, best dressed! Likewise, if you organise a group of your own fencers to come to the camp and organise accommodation for them, we will discuss subsidising your accommodation.*

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.

Any questions... email Camp Manager - Elli Wellings on elliwellings@hotmail.com or contact via Facebook messaging. Camp updates can be found under the Facebook event "UFC 6".