



- 1. Event:** **International Training Camp**
as season preparation with special focus on épée (technique) and athletics
- 2. Participants:** Fencers born 1999 or older (children to veterans)
- 3. Date and time:** Thursday, 18th of august 2011, 12 am – friday, 26th of august 2011, 12 am
- 4. Place:** Turnerjugendheim Annweiler, Turnerweg 60, 76855 Annweiler , Germany (information: <http://www.tjh.de/>)
- 5. Presented by:** Heidelberger Fecht-Club e.V.
- 6. Organizer:** Gert Reising – phone: +49-721-451677 – email: gert.reising@fechten-in-heidelberg.de
- 7. Head Coach :** Dimitrije Pauljev – phone: +49-6221-658897 – email: dimitrije.pauljev@fechten-in-heidelberg.de
- 8. Coaching team:** Dimitrije Pauljev, Head Coach, Heidelberger Fecht-Club TSG Rohrbach
Alexander Hoppe, Assistant Coach, Heidelberger Fecht-Club TSG Rohrbach, focus: individual lessons
Volker Oberkircher, Assistant Coach, Heidelberger Fecht-Club TSG Rohrbach, focus: tactics
Gert Reising, Assistant Coach, Heidelberger Fecht-Club TSG Rohrbach, focus: athletics
- 9. Registration:** Binding registration please until **30th of april 2011** to Gert Reising, email: gert.reising@fechten-in-heidelberg.de
- The registration will be confirmed by email on 1st of may 2011 at latest and counts as accepted only after this confirmation.
The maximum number of participants is 26.
Among the registrations received until 15th of april 2011, members of the organizing club have priority. After 15th of april 2011, the registrations will be confirmed in the order they are received.
- 10. Cost:** 250,00 Euro for members of Heidelberger Fecht-Club TSG Rohrbach
275,00 Euro for members of Encinitas Fencing Academy
325,00 Euro for other fencers
- The participation fee is payable until 15th of may 2011 by bank transfer to: Heidelberger Fecht-Club e.V., account number. 60051003, bank number 67290100, Volksbank Kurpfalz H+G Bank. Foreign participants may pay in cash at the venue.
- 11. Accomodation:** Turnerjugendheim Annweiler, a youth hostel that has been newly renovated in 2010. Price includes eight nights with full board.
- 12. Requirements for participation:** Athletic prerequisites:
- no acute injuries
- 30 minutes running
- willingness to practice hard for at least six hours per day
- Equipment:
- complete fencing gear according to FIE rules
- at least two electrical épées and two body cords
- tools and spare parts for repairs
- 13. Program:** Multiple training sessions daily, including: running practice, stabilization and prevention, speed and agility, games, footwork, individual lessons, partner exercises, bouting, tactics (including video analysis) etc.
- 14. Liability:** The organizers may not be held liable for any damages.
- 15. Languages:** Training camp languages are German and English.