



FENCING !

Edmonton Fencing Club

9937 – 60 Avenue

Edmonton, AB T6E 0C7

780-434-3000

edmontonfencing.com

edmontonfencingclub@yahoo.ca



EFC SUMMER FENCING CAMPS 2010

The camps will include fencing instruction, training, conditioning, games and lots of just-for-fun activities. The last day of each camp will be a fun Fencing Tournament.

Instructed by Jujie Luan, Olympic Gold Medalist and 4-time Olympian (including 2008!)

Beginner / Intermediate Camps – Half Day – Ages 8-14 years

Camp 1 (BC1)	July 5-9	12:00 – 3:00	Beginner/Intermediate	\$150 (+ \$15 AFA Fee)
Camp 2 (BC2)	July 19-23	10 – 1pm	Beginner/Intermediate	\$150 (+\$15 AFA Fee)
Camp 3 (BC3) (4 days only)	Aug 9 – 13	1:30 – 4:30	Beginner/Intermediate	\$120 (+ \$15 AFA Fee)
Camp 4 (BC4)	Aug 16-20	9:00 to 12:00	Beginner/Intermediate	\$150 (+ \$15 AFA Fee)

Outreach Camp – Half Day – Ages 8-14 years

Note: Outreach Camps are taught by Assistant Coach Sarah Morrison

St. Albert Camp 1 (SAC1)	Aug 16-20	1:30-4:30	Beginner/Intermediate	\$200 (+ \$15 AFA Fee)
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Full Day Camps – Ages 8-11 years

Full Day Camp #1 (FC1)	July 12-16	8:00 – 5:00	Beginner/Intermediate	\$250 (+ \$15 AFA Fee)
Full Day Camp #2 (FC2) (4 days only)	Aug 3-6	8:00 – 5:00	Beginner/Intermediate	\$200 (+ \$15 AFA Fee)

Jujie Luan Camps

Coached by 2008 Olympian Jujie Luan and Olympic Coach Yixun Mao

Jujie Luan Competitive Camp #1 (HP1)	July 26-30 \$300 EFC Members \$400 for Non-members \$100 for billeting	8:30-4:30	2 years of competitive experience required. Free t-shirt. Coaches Luan and Mao
Jujie Luan Competitive Camp #2 (HP2)	Aug 23-27 \$300 EFC Members \$400 for Non-members \$100 for billeting	8:30-4:30	2 years of competitive experience required. Free t-shirt. Coaches Luan and Mao
Jujie Luan High Performance Camp (Open to Non-EFCers after Mar 31, 2010.)	Aug 13-15 \$200 for EFC Members \$250 for Non-members \$50 for billeting	8:30-4:30	**Must have competed in a National event** This rule will be strictly adhered to for this camp.) Enrollment limited. First come, first serve. Free t-shirt. Coaches Luan and Mao.

Registrations can either be mailed or dropped off at the Club (registration forms online). Cash or cheque only.

No registration by phone. All participants must provide their own lunches or snacks and drinks.

Please wear clean, indoor runners and comfortable workout clothes (not shorts or jeans).