

## ARES EPEE SUMMER CAMP 2019

### What:

The ARES Summer Camp's objective is to provide performance-oriented training for epeeists, leading into the 2019-2020 Fencing season.

Workouts will focus on General Conditioning/Fitness, Fencing Footwork, Skills, and Tactics. The camp will include conditional bouts, and a mini team event. Throughout the camp, we will focus on development, team spirit and building positive athletic attitudes.



### Coach:

The camp is coordinated and run by Ares Fencing Coach Darragh O'Malley. Darragh is a former Canadian National Epee Team member. He attended Junior and Senior World Championships, as well as the World University Games. Darragh has had medal success on both National and International fencing circuits.

Darragh is an NCCP coach in Fencing, Swimming and Athletics. He is also a UIPM Certified Pentathlon coach.



### When:

**Aug. 20-23<sup>rd</sup>, 2019**

The camp will run 9am-4pm, Tuesday - Friday. Drop off anytime after 8:30am.

Athletes are responsible for their own snacks and lunch. There is a Jugo Juice and Good Earth Café located inside Repsol.

### Where:

Repsol Sports Centre - Calgary

Billeting may be available with Ares Athlete Families. Please inquire for availability.



### Who:

The Fencing Camp is open to ages 12-20 years old.

Intermediate to Competitive level **Epee** Athletes.

### Cost:

**\$250.** Please note the August 1 deadline. Athletes are required to have at minimum an [AFA Associate Membership](#). Athletes without memberships will not be able to register.

Please contact [info@aresfencing.ca](mailto:info@aresfencing.ca) for information. Please click [HERE](#) to register.