

Camp Requirements

All FAP athletes must be at least Intermediate to participate in camps. Non FAP athletes should have at least one full season of training.

Athletes should bring water bottle, lunch, snack or money for same, a notebook to record drills, bouts, lessons and discussion. Camp features outdoor training so bring clothing and shoes for field sports.

All athletes need their own gear appropriate to their level. To fence electric you need full uniform and electric fencing gear. Our Pro-shop will be open for purchases.

Youth Camp (age 8-12) combines Intermediates, Advanced & national competitors.

Cadet Camp (age 13+) improves skills and conditioning in anticipation of the Fall season. It also features more bouting than in a normal class period.

Elite Camp is for national competitors or by invitation to attendees of Cadet Camp. Eligibility: athlete must have qualified for a National Championships or have at least an E competition rating.

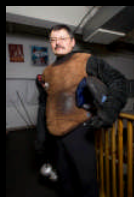
Our coaching staff features;

Lara Masters, certified by the USFCA and the USFA Coaches College and has competed nationally and internationally, has been national finalist and champion, NCAA foil team champion and has over 20 years of teaching experience and has taught several national finalists and an Olympic Silver Medalist in Women's Pentathlon.

Ahren Lalonde, certified by the USFCA and the USFA Coaches College, national saber competitor and finalist, coach of Vet. World Champion Women's Saber fencer Delia Turner and several national finalists with 10 years teaching experience.

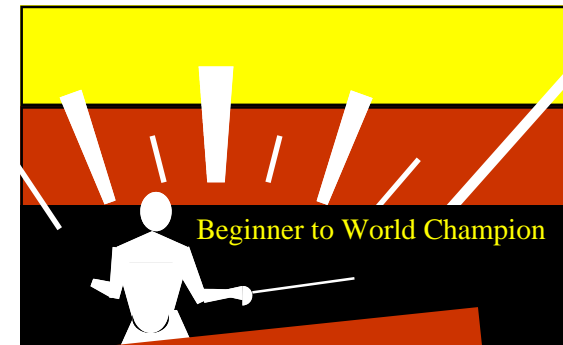
Maitre des Armes Mark L. Masters

Maestro Masters is the coach of two World Champions in epee & saber. He has produced national & world cup finalists in all weapons. He is a USFA international coach & a former international competitor himself. He has a Masters of Arts degree in Education.



Fencing Academy of Philadelphia, Inc.
3519 Lancaster Ave
Philadelphia PA 19104

Draft Only



**SUMMER
TRAINING
CAMPS
2010**



Summer Camp Dates:

**Youth: All levels
August 2nd-6th**

**Cadets: All Levels
August 9th-13th**

Elite Camp: August 16th-20th

**Solti International Camp,
Hungary
July 26th– August 9th; see separate**

**3519 Lancaster Ave Philadelphia, PA
19104**

OUR FACILITY AND PROGRAM REQUIREMENTS

The Fencing Academy of Philadelphia has nine strips for bouts, a separate teaching/ training area, member's fitness room with free weights and basic cardio machines, and a balcony lounge. Our floor is specially cushioned to minimize leg shock and fatigue.

Some equipment will be available as backup for fencers who are only beginning to bout electric. All campers must have their own mask, glove & weapon. Intermediate II fencers must have full uniform (including knickers) and Advanced fencers must have their own basic electric equipment, as they are preparing to compete.



FAP's NCAA competitors & members of US Cadet & Jr international squads

Elite training is for any athlete competing nationally; requirements are to have qualified in the previous year for Junior Olympics or Y-14 and older age group events at Summer Nationals. Fencers will be at camp to boost pre-season training for the upcoming fall tournament schedule. Camp is not necessarily limited to Cadet and junior fencers, Elite youth and adults will be welcome. The daily camp schedule will be: viewing fencing videos for new ideas and understanding, warm-up and physical work, followed by group drill and training games. Lunch break features a serialized movie and more fencing videos. Post lunch training includes more games, bouts and some individual lessons. Juniors and nationally ranked cadets will stay later to fence with the adults in the evening.

Intensive training camps are an integral part of all athletes training. The camps at FAP are for both developing and nationally ranked athletes. Athletes must be registered for the appropriate level; if in doubt, call us! All camps, EXCEPT Elite camp, are open enrollment with requirements stated above. Elite camp is limited entry and by invitation! Members of current and previous international squads and NCAA competitors may be at the Elite camp in addition to National Point holders. In addition there will be a few fencers invited from Cadet Camp. Drill groups and bouts are designed to develop and challenge the different levels. Bouts will be critically observed and commented on by coaches. Athletes should bring a note book to record drills, bouts, comments,

lectures and any lessons taken. All work and no play is as potentially damaging as no work so all training days feature team games and partner exercises to develop the skills of fencing and fitness.

All campers must bring equipment as they would for a tournament. All fencers should have general sports clothing and they should BRING A WARM UP SUIT. Have shoes dedicated to fencing shoes but bring general athletic shoes for outside training (we will be playing outside so appropriate sun protection is also needed). Be ready to work hard and have fun!

FAP coaches are also at the following summer camps for beginner to advanced fencers: Episcopal Academy Summer, The Tatnall School, and Agnes Irwin Summer Sessions.

FAP SUMMER CAMP 2010

Camp Hours Fees

Camp	Hours	Fees
<input type="checkbox"/> Youth Camp ages 8-12 August 2nd-6th All levels but must be armed with steel.	9:30 am-5:30 pm	\$330 5 days or \$78 per day
<input type="checkbox"/> Cadet Camp ages 13-17 (adults welcome) August 9th-13th Must be armed with steel in the FAP system or have some age group experience.	9:30 am-6:30 pm	\$360 5 days or \$84 per day
<input type="checkbox"/> ELITE Camp National Competitive (adults welcome) August 16th-20th Qualified for Jr Olympics, or Summer National Y-14 and up. E rated+, Y-12 National points or by invitation.	9:30 am-7:30 pm	\$396 5 days or \$90 per day

-20% discount given for all FAP members (student/youth/adult)
-75% discount given for all FAP elite members
-25% discount for Elite camp if invited from Cadet camp

Athlete _____ age _____

Parent's name _____

Address _____

Phone _____

Method of Payment

Check (enclosed)
 Credit card: Visa, MasterCard, American Express, Discover Amount enclosed \$ _____

Credit Card # _____ Exp. date _____

Signature _____



Mailing address:
Fencing Academy of Philadelphia, Inc.
3502 Race St.
Philadelphia PA 19104

Phone: 215-382-0293 or email: maestromasters@msn.com