



22ND – 24TH JANUARY
**NSW 2024 PREPARATION
TRAINING & DEVELOPMENT
CAMP – EPEE & FOIL**

Perfect preparation for the 2024 season
NSWFA Preparation Training and Development Epee and Foil
Camp – 3 days of intensive training, including, lessons,
fitness & agility group work, swimming pool recovery
sessions, yoga and lots of Fencing!! Suitable for Fencers or
Beginners from 8 – 14 years old

22nd – 24th January

9:00am to 5:00pm

All equipment provided if needed

1 day - \$130, 2 days - \$240, 3 days - \$360

Link:

<https://account.fencingnsw.assemblesports.io/finder?id=300138>



3 Days

**Epee & Foil
Fencing Camp!**

Technical &
Tactical
Development

Fencing

Footwork

Games

Swimming Pool
recovery

Yoga

More Fencing

9:00 – 5:00

Daily

Suitable for Fencers
from 8 – 14 years old

NSWFA 2024
Membership required