



## 16<sup>TH</sup> – 19<sup>TH</sup> JANUARY NSW 2024 PREPARATION TRAINING & DEVELOPMENT CAMP - SABRE

Let's Go!! Preparation for the 2024 season! NSWFA Preparation Training and Development Sabre Camp – 3 days of intensive training, 1 Beach Fitness Bootcamp day, technical and tactical development, games, fencing, footwork drills, lessons, speed drills, yoga, fitness & agility, more Fencing... Suitable from U8 to Junior Sabre Fencers.

NSW 2024 Junior Participative or Competitive membership required. Interstate Fencers are welcome!  
Contact: [Alex.andre@nswfencing.org.au](mailto:Alex.andre@nswfencing.org.au)

### 16<sup>th</sup> – 19<sup>th</sup> January

16<sup>th</sup> January

- Beach Fitness Bootcamp day  
Time to be confirmed

17<sup>th</sup> – 19<sup>th</sup>

- Sabre Training Camp

9:00 – 5:00 daily

All equipment provided if needed

1 day - \$130, 2 days - \$240, 3 days - \$360 Bootcamp - \$5

Registration Link:

<https://account.fencingnsw.assemblesports.io/finder?id=300139>

4 Days

**Sabre Fencing  
Camp**

+

**Beach Fitness  
Bootcamp Day**

Technical &  
Tactical  
Development

Swimming Pool  
recovery

Yoga

Footwork Drills

**Fencing**

Games

Lessons

**More Fencing**

**9:00 – 5:00**

**Daily**

Suitable for U8 to Junior  
(U20 ) Sabre Fencers