



Salle Seguin Summer Camp 2010

Located at the Private Campus of
THE LUTHERAN COLLEGIATE BIBLE
INSTITUTE
OUTLOOK, SASK.

CAMP DATES: August 15th to 21st (6 days and nights)

CAMP FEE: (ALL INCLUSIVE): \$500.00

REGISTRATION: REGISTRATION FORM AND \$100 NON-REFUNDABLE DEPOSIT MUST BE RETURNED TO:

Salle Seguin Summer Camp 2010
3178 Eastview
Saskatoon SK S7J 3J4

NO LATER THAN JULY 9th, 2010.

PLEASE MAKE CHEQUES PAYABLE TO: *SALLE SEGUIN*

INFORMATION: (306) 652-6397 salleseguin@shaw.ca

CAMP STAFF:

Maître Claude Seguin
Provincial Coach, Saskatchewan
Diploma Fencing Master
NCCP Level IV coach Foil, Epee, Sabre
NCCP Master Course Conductor
Junior National Coach, Epee

Maître Lynn Seguin
NCCP Level IV Foil, Epee, Sabre
World Pentathlon Champion 1983

Maître John Brunning
NCCP Level IV coach Foil, Épée, Sabre
Past Provincial Squad Member
Elite Athlete at National Level ('A' rating)

Doug Jackson
NCCP Level III Foil, Epee & Sabre
Elite Athlete at National Level ('A' foil, 'B' sabre)

Other coaches to be announced at a later date

FACILITY: Lutheran Collegiate Bible Institute, Outlook, Sask. Centrally located in the province on the east bank of the South Saskatchewan River.

ACTIVITIES: General Structured Non-Fencing
Basketball, Soccer, Frisbee, Swimming (every day)

Fencing

- Group Instruction and Individual Lessons
- Electronic Fencing
- Fencing Dynamics of exercise
- Concepts of Training
- Equipment Repair (equipment purchase available)
- Dynamics of Energy Systems Development for Fencing
- Sport Science Seminars with expert instructors

ACCOMMODATION: Double occupancy dormitory rooms. Beds with mattresses, **No linen supplied.** Showers available in dormitory and gymnasium. Separate dormitories for Girls and Boys.

NEED TO BRING:

- Personal:
- 1) Pillow and sleeping bag
 - 2) Toiletries
 - 3) Towel for training and towel for dorm
 - 4) swimsuit
 - 5) Adequate clothing for 6 days
 - 6) Jacket for cool weather
 - 7) Notebook and pen
- Fencing:
- 1) Clothing for gymnasium
 - 2) Personal fencing equipment (contact your club for weapons, lamé jackets, body cords, etc.)
Must have electrical equipment.
 - 3) Equipment for beginners will be available at camp.
 - 4) All club equipment will be returned in working order.
 - 5) Shoes specifically for gymnasium use only are required.
 - 6) Shoes and clothing for dry-land training.

Fencing tool kit: (Also for future use by fencer. Most items can be purchased for reasonable cost at Canadian Tire or similar store.)

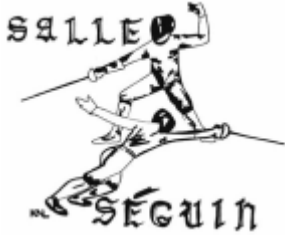
- 1) Set of jeweller's screwdrivers
- 2) 6 mm Allen key
- 3) Small pliers
- 4) Small vice grips
- 5) Utility knife with retractable blade
- 6) 1 tube of Super glue, Le Pages wood glue or Le Pages household cement
- 7) 3 small clear medicine bottles or 35 mm film containers
- 8) 1 piece of emery cloth
- 9) 1 slot head, medium width, short screw driver
- 10) Small plastic box or cloth bag to contain tools
- 11) Weapon tester/multi meter would be nice if possible (optional)

Note: This investment will pay for itself at least 1000%! It is required for personal equipment repair and upkeep. Classes on equipment repair will be held at the camp.

EQUIPMENT SALES: Allstar sales see John Brunning

RULES OF LCBI (The School's rules)

- 1) Enter only rented facilities: gym, cafeteria, and residence.
- 2) Trees are not to be damaged in any way.
- 3) Coaches are there for you and to help you in any way. What they say goes.
- 4) We are responsible for damages and breakages to facilities and equipment. This is a great school!
- 5) No alcohol or prohibited drugs allowed on school property.
- 6) Be on time.
- 7) Respect... Room and lights out times.
- 8) Discipline problem ... Parents will be notified to come and retrieve you and take you home.
- 9) Be nice, have a good time, do not force us to make more rules!!



Salle Seguin Summer Fencing Camp 2010

Registration Form

NAME: _____ GENDER: F ___ BIRTH DATE: ___/___/___
M ___ dd mm yyyy

ADDRESS: _____ POSTAL CODE: _____
TELEPHONE: _____

EMAIL: _____ T-SHIRT SIZE: ___S ___M ___L ___XL

CLUB: _____

MEDICAL/HEALTH CARD NUMBER: _____

NOTEWORTHY ALLERGIES OR MEDICAL PROBLEMS:

FEE: \$500.00 PAYABLE TO: *SALLE SEGUIN*

Registration application must include \$100.00 non-refundable deposit, balance to be paid at registration upon arrival at camp.

Please mail to:
Salle Seguin Summer Camp 2010
3178 Eastview
Saskatoon SK S7J 3J4

Information: (306) 652-6397 salleseguin@shaw.ca

SIGNATURE: _____ SIGNATURE: _____
(camper) (parent or guardian if under 18)

Official Use Only:
Payment received: _____ Receipt issued: _____ Deposit: _____ Full payment: _____
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PROGRAM: 1) **Sample only.**
2) Topics for study sessions still to be finalized.

SUNDAY	4:00-5:00 p.m.	Registration/Arrival
	5:30	Supper
	7:00	Orientation
	8:30	Free Time
	9:30	Rooms
	10:00	Lights Out
MONDAY	7:00 a.m.	Rise
	7:30	Dry land
	8:00	Breakfast
	9:00	Training
	11:45	Lunch
	1:30 p.m.	Training
	3:15	Swimming
	5:30	Supper
	6:45	Frisbee
	8:00	Study Session
	9:30	Rooms
	10:00	Lights Out
TUESDAY	7:00 a.m.	Rise
	7:30	Dry land
	8:00	Breakfast
	9:00	Training
	11:45	Lunch
	1:30 p.m.	Training
	3:00	Swimming
	5:30	Supper
	6:46	Frisbee
	8:00	Study Session
	9:30	Rooms
	10:00	Lights Out
WEDNESDAY	7:00 a.m.	Rise
	7:30	Dry land
	8:00	Breakfast
	9:00	Training
	11:45	Lunch
	1:00 p.m.	Nutrition Seminar Sask Sport Science Program
	2:00	Psychology - Team Building Sask Sport Science Program
	3:00	Physiology Seminar Sask Sport Science Program
	5:30	Supper
	6:45	Frisbee
	9:30	Rooms
	10:00	Lights Out

THURSDAY	7:00 a.m.	Rise
	7:30	Dry land
	8:00	Breakfast
	9:00	Training
	11:45	Lunch
	1:30 p.m.	Training
	3:15	Swimming
	5:30	BBQ
	6:30	Frisbee
	7:30	Study session
	9:30	Rooms
	10:00	Lights Out
	FRIDAY	7:00 a.m.
7:30		Dry land
8:00		Breakfast
9:00		Training
11:45		Lunch
1:30 p.m.		Training
3:15		Swimming
5:30		Supper
6:45		Frisbee
8:30		Study Session
9:30		Rooms
10:00		Lights Out
SATURDAY		7:00 a.m.
	7:30	Dry land
	8:00	Breakfast
	9:00	Cleaning gym & dorms/Pack Equipment and personal kit
	12:00	Lunch
	1:00 p.m.	Wait for ride HOME