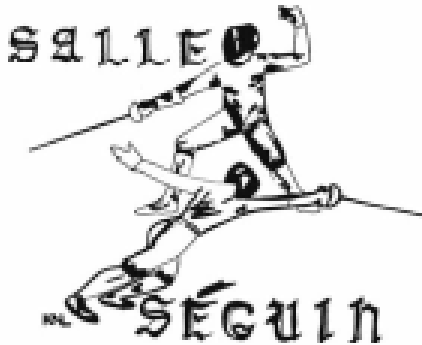


Salle Seguin Summer Fencing Camp 2015



The Salle Seguin Camp is a full-time, and fully residential fencing camp.

A complete range of physical activities and fencing training provides beginning fencers with a sound introduction to the sport. For the experienced fencer,

Salle Seguin camp is excellent preparation for a season of competitive fencing. The camp is suitable for fencers aged 10 to 19.

The camp is held at the Lutheran Bible Collegiate Institute http://www.lcbi.sk.ca/virtual_tour/tandem-4.html in Outlook, Saskatchewan.

The school has separate dormitories for girls and boys, a large dining hall, a full-size gymnasium, and outdoor fields.

The town of Outlook <http://town.outlook.sk.ca> is 40 minutes southwest of Saskatoon. It has a public swimming pool and boasts the “Skywalk” <http://town.outlook.sk.ca/skytrail> across the South Saskatchewan River.

The Salle Seguin Camp welcomes fencers from all of Canada.

CONTENTS:

- CAMP DATES & SCHEDULE
- FEES AND REGISTRATION
- STAFF
- ACTIVITIES
- WHAT TO BRING
- OUT OF PROVINCE
- CAMP AND SCHOOL RULES

CAMP DATES & SCHEDULE

Sunday August 16th to Saturday August 22nd.

Schedule

Sunday August 16th

4:00 – 5:00	Arrival and registration
5:30	Supper
7:00	Orientation
8:30	Free Time
9:30	Rooms
10:00	Lights Out

A Typical Day

7:00 a.m.	Rise
7:30	Dry-land training
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

*Coaching staff lead directed study sessions on topics like weapon repair, preparing for competition, rules of competition, preparing mentally, tactics, fencing rules, teamwork, and fencing history.

Saturday August 22nd

7:00 a.m.	Rise
7:30	Dry-land training
8:00	Breakfast
9:00	Cleaning gym & dorms. Packing
12:00	Lunch
1:00 p.m.	Pick-up.

FEES AND REGISTRATION

Fee: \$600.

The fee includes: Six residential days and nights, with three balanced meals per day
All training and recreational opportunities

Registration application must include \$150 non-refundable deposit, with balance of \$450 due at registration upon arrival at camp.



Salle Seguin

Summer Fencing Camp 2015

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: \$600.00 PAYABLE TO: *SALLE SEGUIN*

Registration application must include \$150.00 non-refundable deposit, balance to be paid at registration upon arrival at camp.

Please mail to:

Salle Seguin Summer Camp 2015

#5112-110 Willis Cres.

Saskatoon SK S7T 0N5

Information:

(306) 241-2172

salleseguin@shaw.ca

SIGNATURE: _____ SIGNATURE: _____

(Camper)

(Parent or guardian if under 18)

Official Use Only:

Payment received: _____ Receipt issued: _____ Deposit: _____ Full payment: _____

STAFF

Maître Claude Seguin

Provincial Coach, Saskatchewan
NCCP Level IV Foil, Épée, Sabre
Diploma Fencing Master
NCCP Master Course Conductor
Junior National Coach, Épée

Past Provincial Squad Member
Elite Athlete at National Level (“A” rating)

Hugh Munby, PhD

Prévôt D’Armes
Head Coach, Queen’s University Fencing
Professor Emeritus

Maître Lynn Seguin

World Pentathlon Champion 1983
NCCP Level IV coach Foil, Épée, Sabre

Scott Nichols

Moniteur D’Escrime, USFCA
Head Coach, Peterborough Fencing Club

Maître John Brunning

NCCP Level IV coach Foil, Épée, Sabre

ACTIVITIES

Footwork, group and individual lessons, bouts (electric scoring)

Daily activities include basketball, ultimate Frisbee, swimming, walking

Experts from Saskatchewan Sport Science will give presentations on topics like physiology, sport psychology, and nutrition for athletes

WHAT TO BRING

Note: dormitory rooms are double-occupancy. No linens, pillows, or blankets are provided.

Personal

Pillow and sleeping bag
Toiletries
Towel for training and towel for dormitory
Swimsuit & towel for pool
Adequate clothing for 6 days
Jacket for cool weather
Notebook and pen
Skipping rope
Yoga mat (optional)
Flashlight
Shoes and clothing for dry-land training (other than fencing shoes)
Light, nutritional snacks

Fencing

Clothing for gymnasium
Shoes specifically for gymnasium use only are required.
Personal fencing equipment including electrical equipment

Electrical equipment (weapons, lamé jackets, body cords, etc.) may be borrowed from your local club.

Equipment for beginners will be available at camp.

All club borrowed equipment must be returned in working order.

Fencing tool kit

A tool kit is an indispensable part of a fencer's equipment. Most items can be purchased for reasonable cost at a large hardware store.

Set of jeweller's screwdrivers
6 mm Allen key
Small pliers
Small vice grips

Utility knife with retractable blade
1 tube of Super glue, Le Pages wood glue or Le Pages household cement
3 small clear medicine bottles or 35 mm film containers
1 small piece of emery cloth
1 slot head, medium width, short screw driver
Small plastic box or cloth bag to contain tools
Weapon tester/multi-meter (optional)

Note: This investment will pay for itself many times over. It is required for personal equipment repair and upkeep. A session on equipment repair will be held at the camp.

Equipment Sales For Allstar sales, contact John Brunning johnsbrunning@shaw.ca

OUT OF PROVINCE

Salle Seguin Camp especially welcomes fencers from all parts of Canada. Fencers flying in to Saskatoon can be met at the airport and taken to Outlook by road if prior arrangements have been made.

Please contact Lynn Seguin salleseguin@shaw.ca

CAMP AND SCHOOL RULES

Enter only rented facilities: gym, cafeteria, and residence.
No climbing on trees. Trees are not to be damaged in any way.
Coaches are there for you and to help you in any way. What they say goes.
Salle Seguin is responsible for damage to facilities and equipment. This is a great school!
No alcohol or prohibited drugs allowed on school property.
Be punctual for all activities.
Respect "Room" and Lights Out" times.
Personal vehicles may not be used during the camp.
Water or pellet guns of any description are not to be brought to camp.
If you cause a discipline problem, your parents will be asked to take you home.
Be nice. Have a good time. Do not force us to make more rules!