



### **Club newsletter items for Summer 2013**

Even though our fencing season is over, we are still fencing – kind of! Here are all the cool things happening this summer at your fencing club. Everyone is always welcome – parents and athletes!

**Children's Festival** – The Saskatoon Fencing club will be at the Children's Festival Monday June 3<sup>rd</sup> at 11:30am to 3:30pm at Kiwanis Park by the river!

We will be bring our foam swords so all kids can try fencing and bring out the inner fencer in them! Get the word out, come by to say HI!

**Strength training** for all club members starts June 5<sup>th</sup> at 6:30pm at the Salle. This is open to any club member who wishes to continue training during the summer off-season months.

Training consists of tubing, medicine ball & balance work etc. our program is designed by Bruce Craven from Craven SPORT Services and is up-dated through out our off-season.

Training sessions are, Monday, Wednesday and Friday nights from 6:30pm to 7:30pm. This training program is in effect until August 9<sup>th</sup>.

**Summer Day Camp** is a fencing day camp for the beginner fencer. We introduce fencing to non-fencers who always wanted to know what fencing is all about!

This camp starts them off with basic footwork, introduction to all three weapons plus an introduction to tournaments. We play fencing games plus other movement skills needed for a healthy life long physical learning life.

If you know someone who always wanted to learn how to fence, let them know about this camp! Registration & information will be on the SFC web site main page. The camp takes place at the fencing club, July 8<sup>th</sup> to 12<sup>th</sup> Monday to Friday from 10:00am to 4:00pm.

#### **Salle Seguin Summer Camp**

For those of you who would like a summer camp that is a bit more challenging! Try the Salle Seguin Summer camp in Outlook SK. Camp information is available on the Sask Fencing web site [www.saskfencing.com](http://www.saskfencing.com) and is a wonderful opportunity to get back into fencing for the fencing season. This camp is for all levels of fencer and is a lot of fun! You will be sorry if you miss this camp!

#### **Canada Games Training Camps**

You may or may not know that fencing is in the Canada Summer Games! Our club fencers have been very busy this past season qualifying for the games.

In preparation for these games, we will be hosting three training camps to help our team prepare for participation at the games. You are welcome to come and train on these dates. The dates are:

July 13<sup>th</sup>

July 27<sup>th</sup> and 28<sup>th</sup>

August 3<sup>rd</sup> and 4<sup>th</sup>

Times are 10:00am to 4:00pm