



Summer Newsletter 2014

The summer is finally here after a rough and cold winter! Here's what's happening at the club during the summer months –

### **Strength training**

Our summer strength-training program is underway! We train from 6:30pm to about 8:00pm on Monday, Wednesday and Friday nights.

Everyone is welcome to train with us during the summer, so if mom and dad would like to “get strong” too, it would be wonderful to have them train with us!

### **Coaching clinic – fencers needed!**

Maître Claude Seguin is again hosting his great coaching clinic and needs fencers to take lessons from coaches attending this clinic.

It does not matter what your experience is or what weapon you fence. If you are a Beginner fencer thinking about trying the Regular group and wondered what fencing lesson are like, this would be a wonderful opportunity to try it!

Contact Claude – [salleseguin@shaw.ca](mailto:salleseguin@shaw.ca) to sign-up for this coach's clinic as an athlete or to register as a coach go to: <https://sites.google.com/a/saskfencing.org/sask-fencing/in-the-news/2014summercoachingcourse>

### **Summer Camp in Outlook**

Salle Seguin is once again hosting its great summer training camp in beautiful Outlook SK.

The camp runs from August 17<sup>th</sup> to 23<sup>rd</sup> with registrations due no later than July 17<sup>th</sup>. Registration forms can be found at <https://sites.google.com/a/saskfencing.org/sask-fencing/in-the-news/2014salleseguinsummercamp>

### **Registration for new season**

Registration for the new 2014-15 fencing season starts at the end of August online. You can register through our website [www.saskatoonfencingclub.com](http://www.saskatoonfencingclub.com) from the end of August all the way through out the fencing season.

We take new fencers at any time, so if you have friends who always wanted to know what you do in your spare time, bring them out for a session or have them sign-up with you!

Bring a friend night, is every night!