

## SABRE FENCING CAMP SUMMER 2017 at Halberstadt Fencers' Club



### FOR COMPETITIVE INTERMEDIATE AND ADVANCED FENCERS WOMEN AND MEN AGES 13 AND UP

**Date:** Monday, August 7<sup>th</sup> to Friday, August 11<sup>th</sup>, 2017  
**Time:** 12 noon to 5:00 p.m.  
**Location:** Halberstadt Fencers' Club  
621 South Van Ness Avenue (at 17<sup>th</sup> Street)  
San Francisco, CA 94110  
415-846-2443 (cell)

For fencers with at least two years of **competitive** experience. Fencers younger than 13 need coach's approval to attend. We will cover how to train to improve your competitive performance. The camp features daily agility and speed training, core stabilization exercises, athletic conditioning, mental toughness exercises, goal setting, technique instruction with drills and individual lessons, bouting with video analysis for each fencer, video review of international level fencing, individual and team competitions. Lead instructors: Rob Handelman, Maître d'Armes, Connie Louie, Maître de Sabre, co-authors of the sabre textbook *Fencing Sabre: A Practical Training Guide for Coaches, Parents, and Young Athletes*, and Sándor Mandoki, Prévôt de Sabre.

Name \_\_\_\_\_ Gender M F Age \_\_\_\_ Date of birth \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_ Zip \_\_\_\_ Phone (cell) \_\_\_\_\_ (work) \_\_\_\_\_  
E-mail \_\_\_\_\_ Years fenced \_\_\_\_ Rating \_\_\_\_  
Request for local family to accommodate my fencer # \_\_\_\_ of nights

**Highest Fencing Achievements:** \_\_\_\_\_

#### **Fees:**

For currently enrolled August 2017 Halberstadt sabre students: \$385 for the week - \$95 per day if attending one or two days, and \$85 per day if attending three or more days and paid in advance. Snacks provided. **If not currently enrolled in an August Halberstadt sabre program, the cost is \$495 - \$115 per day if attending less than five days.** For other questions please contact Rob directly.

For **international fencers** rate of \$495 for the week. Home stay may be requested with a local family for an extra \$125 for the week. Inquire for arrangements.

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**To reserve a spot...**

Send in this entire pre-registration form by June 1 + \$100 nonrefundable deposit.

(See payment Options Below)

\*Note this form and payment for Deposit can all be completed and submitted through our website as well.

<http://www.sfyouthfencing.com/>

**Full payment to Rob Handelman by July 15, 2017.**

*After July 15<sup>th</sup> add \$40 to week long fee or \$20 to each single day payment.*

**Payment options, please choose:**

- Paid Deposit on Website | Contact Email Used: \_\_\_\_\_
- Check Enclosed
- Cash (paid at the club)
- PayPal – use [rhandelman@sbcglobal.net](mailto:rhandelman@sbcglobal.net) or phone # 415-846-2443
- Check mailed by bank (give 10 days to get the check to us on time)

**Questions? Contact Us**

**Photo Waiver:** I grant permission to SF Youth Fencing to take occasional photos or video of my child's fencing activities and post them on the HFC club and SF Youth websites (YouTube/Facebook) for instructional purposes, program marketing or parental viewing.

Parent or Guardian Signature \_\_\_\_\_

**Return this entire form ...**

By Email: [rhandelman@sbcglobal.net](mailto:rhandelman@sbcglobal.net)

or Mail to:

Robert Handelman, D.C.  
747 4<sup>th</sup> Ave  
San Francisco, CA 94118

**\*Note this form and payment for Deposit can all be completed and submitted through our website.**

Simply go to [SFyouthfencing.com](http://SFyouthfencing.com) and [Summer Camps](#).