

SEBASTIANI SUMMER CAMP INFORMATION AND POLICY

FEE: \$595/WEEK
(5%Off for each additional week)

Change of week : If space is available, campers may switch to another week during the same summer season without penalty. Please email your requests to info@sebastianifencing.com.

Refunds / Credits: Full refund is available within 7 days of purchase. After the 7 day period, cancellations that occur at least 15 days before the start of camp will be eligible for a camp credit or a discount towards a yearly membership with the exception of \$100 administrative fee per session and \$180 if notification is provided less than 15 days prior to camp.

Once a student has started participation, no credit can be provided (for expulsion from camp, voluntary withdrawal from camp, or for injuries sustained prior to or at camp).

CAMP FORMAT

- Check in time: 9-9:15am Daily (doors do not open before 9am)
- Check out time: 3:15-3:30pm Daily

We provide after care with a 24h notice Fee is \$15/h per child

Any student who is not picked up by 3:30pm will be automatically placed in after care and a \$15 fee will be charged.

Students must bring:

- Lunch & snacks / beverages / water bottles
- 1 extra t-shirt
- An indoor pair of sneakers (no black sole)

A complete fencing gear and a sword will be given to you the first day of camp.

Parents and family are invited to watch a friendly "end of the week" tournament on the last day of camp (Friday) at 2pm. Would you have any question, do not hesitate to contact us:info@sebastianifencing.com

The SEBASTIANI FENCING CAMPS are designed for all ages from novices to competitors, therefore programs of learning, exercising or training are adapted to the technical class's acquaintance with the sport of fencing. Campers will be paired by age/level and weapon.

They are NOT "boot camps" as far as physical training is concerned, but the instructors are eager to install the passion of the sport and athleticism, therefore, at the completion of the camp, all students will have learned a fair amount of the "Life of a fencer". Camps are structured to synthesize Knowledge and Fun, a concept favored by Maitre Sebastiani and by his instructors, most of them having been long-time pupils of the Maitre.

The daily activities of the camps 9:15 am to 3:15 pm are very similar at all levels, the sole difference being the intensity of effort and of the technical language compatible with the age of the campers.

First day

9:15am

Meeting, Short presentation of the program of the day, Stretching with the instructors, Dynamic warm-up, Calisthenics outdoor.

10:00

For the beginner groups, expose on "What is fencing ?" Video analysis

10:45

Short break / snack and hydrate

11:00 (1st day)

Exposé on the 3 different weapons and getting acquainted with fencing uniforms and weapons.

12:00

Lunch break

*1:00

Review of the morning discussions. Full fencing uniform on. Choice of weapons. Introduction to EPEE< FOIL< SABRE. Drills - Footwork - Distance

*2:00

Fencing bouts - strip coaching

*2:45pm

Discussion with Instructors, Questions Answers. Warm down. Short game

Outdoor

*3:15-3:30pm Sign off !

The following days of the week will be a rapid progression of learning, practices, discussions, understanding the rules of fencing, following the SAFETY RULES of the fencing room...etc

**Make sure to salute your instructors when entering the fencing room.
This is a sport of Discipline, Elegance and Art.**

The tradition has existed for centuries.