



NORDIC EPEE CAMP

JUNIOR and CADET

25.09.-29.09. 2016

DAUGAVPILS, LATVIA

The International Charitable Foundation "For the Future of Fencing"
in cooperation with Latvian Fencing Federation will conduct international epee training camp
after the Nordic Youth (Juniors, Cadets, U14) championship 2016 in Daugavpils Latvia.

VENUE:	Daugavpils Olympic sport hall (DOC), Daugavpils, Stadiona st.1, Latvia
PARTICIPANTS:	8 fencers + 2 coaches from each 7 Nordic Federations are invited. There is a possibility to additional number of fencers from each country to take part in Nordic camp at their own expenses (the price is 220 euros/person: accommodation + full board catering + training courses, transport to Riga airport)
EXPENCES:	International travel expenses to the participants of training camp are at the expense of the national Federations. Accommodation with full board and training costs are at the expense of the International Charitable Foundation "For the Future of Fencing" and Latvian Fencing Federation.
PROGRAMME:	On second page.
SEMINAR:	During the referee seminar coaches, referees and athletes will be encouraged to discuss problems and to share the good practice and experience. Latvian fencing federation has invited Irina Knysch from FIE refereeing commission.
HOTEL:	Training camp participants will be accommodated in comfortable and cozy <i>Latgola****</i> hotel with full board catering.
TRANSPORT:	There is no needed transportation from hotel to venue because it takes only 10 minutes walk.
ENTRIES:	We appreciate if you send (order@paukosana.lv) the confirmation and appropriate participants details before 8th, September .

If You have any question or need help please contact Arturs Klenders +371-26342822 info@paukosana.lv

We are looking forward to see You in Daugavpils!!

NORDIC EPEE CAMP

Schedule

25.09.2016

After Finals of Nordic Champ we are making Check In of participants at **Hotel Latgola** for Nordic Camp.
Evening free time.

26.09.2016

07:00 – 09:30 Breakfast
10:00 – 13:45 Seminar epee/foil (language of speak Russian)
14:00 Lunch
15:30 – 17:30 Training Girls
17:30 – 19:30 Training Boys
19:30 Dinner Girls
20:00 Dinner Boys
20:30 – 22:30 Free time

27.09.2016

07:00 – 09:30 Breakfast
10:00 – 13:45 Seminar epee/foil (language of speak English)
14:00 Lunch
15:30 – 17:30 Training Girls (pratice of refereeing)
17:30 – 19:30 Training Boys (pratice of refereeing)
19:30 Dinner Girls
20:00 Dinner Boys
21:00 – 22:30 Available to visit pool and sauna** at Olympic sport hall

28.09.2016

07:00 – 09:30 Breakfast
10:00 – 12:00 Training Girls
12:00 – 14:00 Training Boys
14:30 Lunch Girls
15:30 Lunch Boys
16:30 – 18:30 Training Girls
18:30 – 20:30 Training Boys
21:00 – 22:30 Available to visit pool and sauna** at Olympic sport hall

29.09.2016

07:00 – 09:30 Breakfast
10:00 – 13:00 Training Girls and Boys
14:00 – Lunch
16:00 – Thank words from org. Committee
16:15 – Check out***

** - At pool will be provided all list of athletes and coach, you will be able to visit it just must say your Name&Surname

*** - On request can be added one night over to 30.09 if your plane is on 30.09.2016.

Please fill table of participants and send it back till 08.09.2016 to email order@paukosana.lv

Nr.	Name	Surname	Girl/Boy		Check out day 29.09 or 30.09
1.				Athlete	
2.				Athlete	
3.				Athlete	
4.				Athlete	
5.				Athlete	
6.				Athlete	
7.				Athlete	
8.				Athlete	
9.				Coach	
10.				Coach	