



SALLE SEGUIN SUMMER FENCING CAMP 2018

The Salle Seguin Summer Camp is a full-time, and fully residential fencing camp.

A complete range of physical activities and fencing training provides beginning fencers with a sound introduction to the sport. For the experienced fencer, Salle Seguin Summer Camp is excellent preparation for a season of competitive fencing. The camp is suitable for fencers aged 12 and older.

The camp is held at the Lutheran Bible Collegiate Institute in Outlook, Saskatchewan.

The school has separate dormitories for girls and boys, a large dining hall, a full-size gymnasium, and outdoor fields.

The **Town of Outlook** is 40 minutes southwest of Saskatoon. Located on the South Saskatchewan River, it is a beautiful piece of rural Saskatchewan.

The Salle Seguin Summer Camp welcomes fencers from all of Canada.

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CAMP DATES

Sunday August 19th to Saturday August 25th.

SCHEDULE

Sunday August 19th

4:00 – 5:00	Arrival and registration
5:30	Supper
7:00	Orientation
8:30	Free Time
9:30	Rooms
10:00	Lights Out

A Typical Day

7:00 a.m.	Rise
7:30	Dry-land training
8:00	Breakfast
9:00	Training
11:45	Lunch
1:30 p.m.	Training
5:30	Supper
6:45	Lessons/group activity
8:00	Study Session*
9:30	Rooms
10:00	Lights Out

**Coaching staff lead directed study sessions on topics like weapon repair, preparing for competition, rules of competition, preparing mentally, tactics, fencing rules, teamwork, and fencing history.*

Saturday August 25th

7:00 a.m.	Rise
7:30	Dry-land training
8:00	Breakfast
9:00	Cleaning gym & dorms. Packing
12:00	Lunch
1:00 p.m.	Pick-up.

FEES AND REGISTRATION

FEE: \$650 the fee includes: Six residential days and nights, with three balanced meals per day, all training and recreational opportunities. Registration application must include \$150 non-refundable deposit, with balance of \$500 due at registration upon arrival at camp.



Salle Seguin

Summer Fencing Camp 2018

Registration Form

NAME: _____ GENDER: F _____ BIRTH DATE: ____/____/____
M _____ dd mm yyyy

ADDRESS: _____ POSTAL CODE: _____

TELEPHONE: _____

EMAIL: _____ T-SHIRT SIZE: __XS__S__M__L__XL

CLUB: _____

MEDICAL/HEALTH CARD NUMBER: _____

NOTEWORTHY ALLERGIES OR MEDICAL PROBLEMS:

FEE: \$650.00 (or \$110/day if full camp is not attended) PAYABLE TO: SALLE SEGUIN (by cheque, money order or e-transfer)
Registration application must include \$150.00 non-refundable deposit, balance to be paid at registration upon arrival at camp.

Mail registration to:

Salle Seguin Summer Camp 2018
5112-110 Willis Cres.
Saskatoon, SK S7T 0N5

Information: (306) 241-2827 salleseguin@shaw.ca

SIGNATURE: _____ **SIGNATURE:** _____
(Camper) (Parent or guardian if under 18)

Official Use Only:

Payment received: _____ Receipt issued: _____ Deposit: _____ Full payment: _____

STAFF

Maître Lynn Seguin

Provincial Coach, Saskatchewan
NCCP Level 4 Foil, Épée, Sabre

Maître John Brunning

NCCP Level 4 coach Foil, Épée, Sabre
Past Provincial Squad Member
Elite Athlete at National Level

Lisa Hagen

NCCP Level 3 foil coach
Head coach, Swift Current fencing club

Other coaches to be announced soon!

ACTIVITIES

Footwork, group and individual lessons plus bouts (electric scoring) and maybe even a Team event!

Daily activities include basketball, ultimate Frisbee or other team sports and walking.

Experts from Saskatchewan Sport Science will give presentations on topics like physiology, sport psychology, and nutrition for athletes.

WHAT TO BRING

Note: dormitory rooms are double-occupancy. No linens, pillows, or blankets are provided.

Personal

Pillow and sleeping bag
Toiletries
Towel for training and towel for dormitory
Adequate clothing for 6 days
Jacket for cool weather
Notebook and pen
Skipping rope
Yoga mat (optional)
Flashlight
Shoes and clothing for dry-land training (other than fencing shoes)
Light, nutritional snacks

Fencing

Clothing for fencing training
Shoes specifically for gymnasium use only are required.
Personal fencing equipment including electrical equipment
Electrical equipment (weapons, lamé jackets, body cords, etc.) may be borrowed from your local club. equipment for beginners will be available at camp upon request. All club borrowed equipment must be returned in working order.

Fencing Toolkit

A toolkit is an indispensable part of a fencer's equipment. Most items can be purchased for reasonable cost at a large hardware store:
Set of jeweller's screwdrivers
6 mm Allen key
Small pliers
Small vice grips
Utility knife with retractable blade
1 tube of Super glue, Le Pages wood glue or Le Pages household cement
3 small clear medicine bottles or 35 mm film containers
1 small piece of emery cloth
1 slot head, medium width, short screw driver
Small plastic box or cloth bag to contain tools
Weapon tester/multi-meter (optional)

Note: This investment will pay for itself many times over. It is required for personal equipment repair and upkeep. A session on equipment repair will be held at the camp.

Equipment Sales – For equipment sales, contact John Brunning johnsbrunning@gmail.com

OUT OF PROVINCE

Salle Seguin Summer Camp especially welcomes fencers from all parts of Canada. Fencers flying in to Saskatoon can be met at the airport and taken to Outlook by road if prior arrangements have been made.

Please contact Lynn Seguin salleseguin@shaw.ca

CAMP AND SCHOOL RULES

Enter only rented facilities: gym, cafeteria, and residence.

No climbing on trees. Trees are not to be damaged in any way.

Coaches are there for you and to help you in any way. What they say goes.

Salle Seguin is responsible for damage to facilities and equipment. This is a great school!

No alcohol or prohibited drugs allowed on school property.

Be punctual for all activities.

Respect "Room" and Lights Out" times.

Personal vehicles may not be used during the camp.

Water or pellet guns of any description are not to be brought to camp.

If you cause a discipline problem, your parents will be asked to take you home.

Be nice. Have a good time. Do not force us to make more rules!