**Indigo Escrime Epee Easter 2024 Training**

**Venue: Davison Leisure Centre, Worthing, BN11 2JX**

**Training: 12, 13 and 14 April 2024 9.30am – 4.30pm**

**Please confirm your attendance to Maggie@sea-lodge.co.uk**

**An exciting opportunity to learn from some top coaches.**

**The course will include;**

**Individual lessons,**

Footwork drills.

How to improve hitting accuracy,

Fencing specific fitness,

Technical exercises,

Improving your repertoire,

Tactical scenarios,

Learn more rules, refereeing,

Psychological exercises for dealing with competitions,

Fun and games!

**You can also discuss a personalised fitness training plan so that you can continue to improve after the course.**

**Please check with your personal coach that they are happy for you to come to this course.**

**Cost:**

**3 days - £120**

**If you require accommodation in Worthing, please contact Maggie directly for availability and cost.**

**If you can offer accommodation for out-of-town fencers, please get back to me.**

**The staff will be – at least!:**

**Maggie Maynard – Manager**

**Conor Staniforth – Coach**

**Ethan Kew – Coach/Mentor**

We will only take people who are serious about their fencing, and prepared to behave impeccably at all times – the staff are there to care for and teach the fencers, not discipline them.

Everyone attending the course will sign the Code of Conduct.

You will also be asked to complete a personal details form.

**Complete the personal details form and sign the Code of Conduct.**

**You can pay by bank transfer (Lloyds Bank SORT: 30-63-64 ACC: 43318560 – ref: {your surname 23}) The account name is Indigo Escrime.**

**It would be helpful if you can confirm to me by email straight away to reserve your place and that you have made the payment.** **Maggie@sea-lodge.co.uk**