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**FOLGARIA FENCING CAMP 2018**

**DATE:**

**22-28 JUNE 2018**

**Staff:**

* GIULIO TOMASSINI
* ANDREA CASSARÀ
* DAGO TASSINARI
* GIACOMO FANIZZA
* NICOLÒ BONETTI

**26 AUGUST -01 SEPTEMBER 2018**

**Staff:**

* GIORGIO AVOLA
* EUGENIO MIGLIORE
* ANDREA CASSARÀ
* GIACOMO FANIZZA
* DAGO TASSINARI
* NICOLA COMINCINI
* NICOLÒ BONETTI

**01-07 SEPTEMBER 2018**

**Staff:**

* ANGELO MAZZONI
* ANDREA CASSARÀ
* DIEGO CONFALONIERI
* DAGO TASSINARI
* NICOLÒ BONETTI
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* **FEE**:
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* **22- 28 JUNE 2018** (7 days, 6 night) --> **€** **540**  (includes insurance and FOLGARIA FENCING KIT)
* **26 August -01 September 2018** (7 days, 6 nights) --> **€** **530**  (includes insurance and FOLGARIA FENCING KIT)

**01-07 September 2018** (7 days, 6 nights)

**FENCING PRO** -->  **€ 620** (includes insurance and FOLGARIA FENCING KIT)

**SPECIAL OFFER: 1°+2° WEEK €940 - 1° OR 2° + 3° WEEK €999 (includes insurance and FOLGARIA FENCING KIT)**

**HOTEL:** Muu Village , Golf Hotel ( Full Board)

**ADDRESS:** Via Negheli n.62 Folgaria (TN)

**ENTRY FORM**: download on [www.folgariafencingcamp.it](http://www.folgariafencingcamp.it) and send to info@acfencingacademy.it

**MEDICAL CERTIFICATE OBLIGATORY**

**TRAINING PROGRAM**

Every day there will be 2 fencing training sessions.

**ACTIVITIES:**

-Fitness and strength

-1 individual fencing lesson

- Group lessons

-Free fencing bouts and specific fencing bouts

-Competition simulation

 **STAFF**

All our staff has more than 10 years experience, they have been high-level athletes themselves, having fenced in the NATIONAL ITALIAN TEAM, and today they are national coaches in Italy and abroad.

**FOLGARIA FENCING KIT**

-hoodie

-shorts

-2 t-shirt

**FOR TRAINING WE SUGGEST:**

-shorts ( blue if possible)

-track suit pants

-training shoes

-t-shirt (white if possible)

-sweatshirt

**FOR FENCING**

All athletes must have a full fencing kit.

**AIMS**

The aim of our camp is to prepare the athletes to the highest level for the upcoming season.

We pay particular attention to physical technical and mental preparation.