



Summer Epee Fencing Course

Monday 3rd to Friday 7th August 2009

An intensive but fun skills and technique course for club fencers



www.plymouthcollege.com

Registered Charity Number 1105544 Registered Company Number 518942

Plymouth College Summer Epee Fencing Course

Running from 9 a.m. to 4 p.m. daily, the fencing course is being held in the Sports Hall at Plymouth College Preparatory School. The course costs £150 for all five days although individual days may be possible at a rate of £35 a day, subject to availability.

A typical day will consist of warm-up, footwork, group work, pairs training, one-on-one lessons and electric box work (including tactical situations and solutions, games and competition work). While the main aim of the course is serious skills and technique training, we also hope to make the course fun for participants.

The course is being led by three distinguished fencing coaches:



Andy Hill

Head Coach of Plymouth Fencing Club and Director of Modern Pentathlon at Plymouth College, Andy was the England Senior Commonwealth Coach in 2006 and a former Great Britain U20 and U17 Coach. He has coached 50 British Champions and World Finalists at U20 and U17 level.



Peter Barrett

A fencer since the 1970s and a coach with Plymouth Fencing Club, Peter is the current Great Britain U20 Coach. A former international fencer himself, Peter has coached numerous British Champions.



David Buist

David was a competitor in Great Britain Cadet Worlds (2000) and Great Britain Junior Worlds (2001). He is presently coaching in London at many top schools and clubs.

Places on the course are limited to ensure a good pupil-coach ratio so please book early to avoid disappointment. Fencers will have the opportunity to work with all three coaches. Participants will need to bring their own packed lunch and a water bottle.

For further information please contact Andy Hill at andyhill@plymouth-college.co.uk or call 01752 293805 (term-time only) or 07891 489824.

Booking Form

Please complete the form below and send with a cheque for £150 payable to 'Plymouth College'.

Please send to: Andy Hill, Summer Fencing Course, Plymouth College, Ford Park, Plymouth PL4 6RN

Fencer's Name

Date of Birth

Address

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Telephone

Email

Fencing Club

Emergency Contact No
(U18s only)

Please list below any existing medical conditions or injuries

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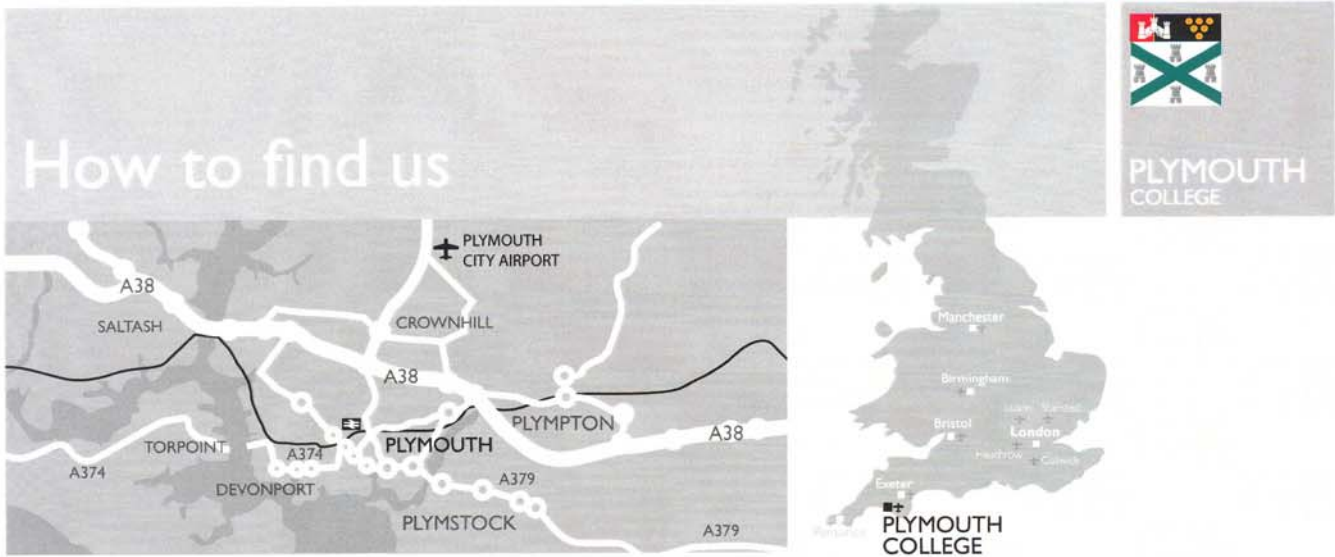
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Signed (parent or guardian if under 18)

Date

Directions



Rail The main line station is Plymouth, only a 5 minute taxi journey away from both Schools, it has regular connections to London, Birmingham and the South West.

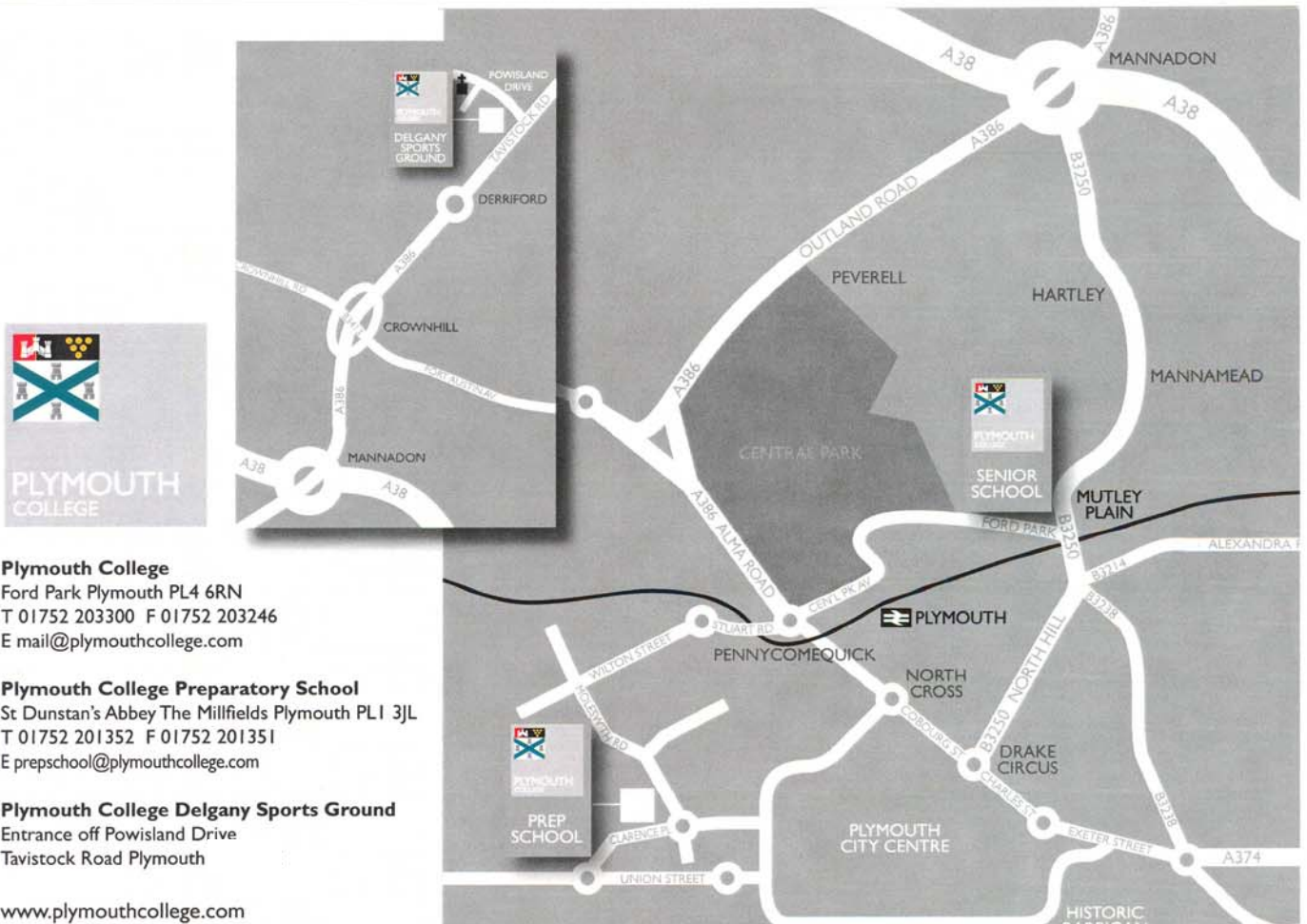
Air Plymouth Airport is 15 minutes from the Schools and has connecting flights to London and other UK airports.

Road For the Schools and Sports Ground, leave the A38 at the Manadon Exit, which is the junction to the A386.

Senior School Leave the A38 at the Manadon exit roundabout. Take the B3250, Mannamead Road, signposted to Mutley for 1.4 miles until reaching the Mutley Plain shopping district. Half way along Mutley Plain, turn right at the traffic lights into Ford Park Road. Plymouth College is 150 metres on your right.

Preparatory School Leave the A38 at the Manadon exit roundabout and take the A386 for the city centre. After 1.2 miles, take the slip road for city centre (A386). At the roundabout take the third exit, Stuart Road, signposted Torpoint. Follow Stuart Road, take the first exit at the mini roundabout onto Wilton Street. At the traffic lights, turn left into Molesworth Road. After 0.3 miles at the roundabout, take the third exit into Clarence Place. At the mini roundabout take the third exit into The Millfields. Report to the Security Office. Follow the road to the left, turn right at the mini roundabout and continue until you reach the School car park.

Sports Ground Leave the A38, at the Manadon exit roundabout and take the A386 for Tavistock. After 1.5 miles, at the Derriford roundabout, take the 2nd exit A386. Follow for 0.3 miles and turn left onto Powisland Drive. The pedestrian entrance to Delgany is immediately before Derriford United Reformed Church.



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 T 01752 203300 F 01752 203246
 E mail@plymouthcollege.com

Plymouth College Preparatory School
 St Dunstan's Abbey The Millfields Plymouth PL1 3JL
 T 01752 201352 F 01752 201351
 E prepschool@plymouthcollege.com

Plymouth College Delgany Sports Ground
 Entrance off Powisland Drive
 Tavistock Road Plymouth

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