



2017 SUMMER FENCING CAMP



CAPITAL FENCING CAMP AT ST. ALBANS

Date | August 7-11

Options | One-Week Session (M-F)

Gender | Boys & Girls

Half-day | 9 a.m. - Noon

Grades | 3rd – 7th (Ages 8 – 12)

CAMP DESCRIPTION

This camp is an ideal introduction to the Olympic sport of sabre fencing, for beginners in grades 3 through 7 (ages 8 – 12). Individual instruction is paired with fun conditioning, games, footwork, blade work, and fencing strategy to ensure that all campers are engaged and learning from day one. No experience is necessary and all equipment is provided.

WEEKLY COST

\$295

FACILITIES

Camp will be held in the Martin Gym on the campus of St. Albans School, 3551 Garfield St. NW.

REGISTER

Online: www.capfencing.com

Email: camps@capfencing.com



PICK UP AND DROP OFF

Check-in will take place at fields' Entry Plaza on Pilgrim Road, and campers should report to the Martin Gym by 8:45 am. Pick up will take place at the same location at noon for morning session campers. Fencing camp will not be cancelled, regardless of weather!

WHAT TO BRING TO CAMP

- All campers should wear t-shirts, shorts, and indoor shoes.
- A water bottle to rehydrate.



About Capital Fencing Academy COACH DARIUSZ

Dariusz Gilman is the head coach and owner of Capital Fencing Academy. A certified fencing master with the U.S. Fencing Coaches Association, Coach Dariusz is a former European and World Champion in sabre.

Coach Dariusz's students have achieved national and international results of distinction, including being champions and medalists at World Cups, Junior Olympics, NCAA and US Fencing Association national competitions. His students have fenced for some of the nation's most prestigious universities and leading collegiate fencing programs, including Yale, Princeton, Columbia, Duke, Harvard, University of Pennsylvania, and many others. Coach Dariusz has a master's degree in physical therapy.