



HI-PERFORMANCE Winter Fencing Camp 2018

Dec. 26-Dec. 30, 2018

Join us and get prepared for 2018! Let's have fun working off those holiday calories, get ready for the January NAC & tournaments plus the Jr. Olympics. Camp will focus on bouting, tactical awareness, mental preparation, critical thinking, focus, distraction control, dealing with the refs, drills, and self-analysis. Fitness for injury prevention daily. Bring your water bottle and lunch.

Camp for those in the Competitive 2 class level or by coach invite

Wed - Friday 9 - 4 pm, Saturday 11:00 - 3:30, Sunday 10 - 4 p.m (closed New Year's eve)

Coaches:



Hi-Performance INTENSIVE Training

For those enrolled in our competitive 2 level and fencers with 3+ years national competitive level (min. age 13+). Must have own electric gear including spares. This is high intensive training in preparation for the Jan 4-7 2019 North America Cup tournament and January 2019 tournaments.



Members \$375.00/Non-\$475.00. Pre pay in full by Nov. 26 and save \$25.00.



Charles Randall, Saber master and PDX Fencing's renowned head fencing coach heads the camp.

Hector De La Torre - former national saber champion of Mexico, he is the only fencing coach in North America to hold the ICECP - Olympic Solidarity coaching credential.

Enroll my child/fencer in the 2018 Winter camp. A non-refundable deposit of \$50.00 per participant per camp is required with this form.

Balance due on first day of camp or PREPAY in full by Nov. 26 and save \$25.00. Full electric gear, knickers are required.



Fencer Last Name: _____ First _____ M/F? _____ Age: _____
 Emergency contact during camp: _____ Phone # _____
 Club member? Yes No (if yes, you may skip the address section, and go down to the Consent and Liability section)
 Address: _____ City: _____, State: _____ Zip _____
 Parent Name (if under 18) : _____
 Telephone w/area code _____ Email address (please print clearly) _____

Consent and Waiver of Liability for ALL Campers : I/we give permission for the camper named above ("Camper") to attend the PDX Fencing camp listed above, and to participate in fencing instruction, bouting, games, tournament and field trip as part of the camp. Camper has no physical or behavioral conditions that may affect or limit his/her full participation in fencing and strenuous activity, except as noted here:

Camper has no known allergies, **except as noted here** (describe allergen, severity of reaction and treatment):

I/we realize that participation in fencing camp and related activities includes strenuous physical activity and/or activities that may be potentially hazardous. I/we hereby waive all claims of liability against PDX Fencing, its coaches, staff and volunteers for any injury or death to Camper caused by accident or negligence. **In the event of a medical emergency**, I/we understand that every effort will be made to contact the emergency contact listed below. If the emergency contact cannot be reached, I/we hereby give permission to the licensed health-care practitioner selected by PDX Fencing to secure proper treatment including hospitalization, anesthesia, surgery, injections or medications for camper.

Camper (if age 18 or over): _____ Parent/Guardian (if Camper is under 18): _____
 Date: _____ Health Insurance carrier: _____ Policy # _____
 Best number to call in case of emergency: Name _____ Phone number: _____