

# Intermediate Winter 2018 Camp

Dec. 26-Dec 28, 2018 \*Wed-Fri 1/2 days 9 a.m.-12



Dec. 29 - Saturday camp tournament

Jan 2-4, 2019 \*Wed-Fri Full days 9 a.m - 4 p.m

## Camp for those in the Competitive 1 class level or by coach invite

Join us and get prepared for 2019! Let's have fun working off those holiday calories, get ready for the January Progressive, RYC & tournaments. Camp will focus on bouting, tactical awareness, mental preparation and mental strength training, critical thinking, focus, distraction control, more advanced drills, tournament nutrition, goals and self-analysis. Fitness for injury prevention daily. For half days bring your water bottle and snack. For full days add lunch. Must have full electric gear.

### Coaches:



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. Coach and Referee Jeff Larsen will join the 2nd half of the camp.

## Intermediate INTENSIVE Training

For those enrolled in our competitive 1 level class and those "visiting" that class level. Must have own electric gear. This is a youth high intensive training in preparation for the January RYC and spring 2019 tournaments. If you want to push your skill level to get ahead this is a great opportunity to advance your technique, tactical awareness, and take away skills you can practice at home. Saturday, Dec. 29 progressive tournament is PART of the camp; entry fee included in your camp fee ("Earn your E" tournament for those 13+ on Saturday Dec. 29 NOT included in camp).



Members: \$375.00/Non Members \$475.00.  
Prepay in full by Nov. 26 and save \$25.00

**HALF CAMP for those in Portland Public Schools \$175.00, Dec-26-28, & 29th camp tournament**

Enroll my child/fencer in the 2018 Winter Intermediate 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 \$25.00.00



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: \_\_\_\_\_