



U/20 NATIONAL TRAINING CAMP

17 - 20 January 2004

(FOLLOWED BY U20 NATIONAL CHAMPIONSHIPS 22 – 25 January)
THERE IS A LIMIT ON NUMBERS, PLEASE BOOK EARLY TO AVOID
DISAPPOINTMENT
ALL REGISTRATION MUST BE THROUGH YOUR STATE SECRETARY.
NATIONAL REGISTRATIONS CLOSED 12/12/03.

CAMP GOAL

The camp is designed to cater for all level of fencers; it will provide athletes with an opportunity to finalise their preparation for the U20's and learn activities that can be used in training in the future. Activities will include footwork and conditioning, lessons, lectures on fencing topics, free and structured bouts and competitions (team & individual). The coaching staff will work closely with fencers and offer constructive advice to improve technique and tactical application. All coaching staff are NCAS accredited coaches and where possible employed by the AFF in other coaching roles, eg as National Coach or Regional Coach.

NATIONAL TRAINING CAMP

The cost of the camp is \$250 (includes GST) for the four days or \$70/day. This price includes organised sessions each day and four individual lessons during the camp. The camp will be run from 10:00am to 4pm each day. See following page for payment options. Participants are advised to wear shorts & T-shirt for footwork and to bring full fencing whites and equipment (including long socks) for the fencing activities. Cold drinking water is provided. Cold drinks will be available for purchase at the centre. Food is available from nearby food outlets (5 minute walk).

CAMP VENUE

NATIONAL & STATE HIGH PERFORMANCE FENCING CENTRE
FIRST FLOOR, UNIT 2
24 LINCOLN ST, BRUNSWICK

GETTING THERE

Melways Map Reference: Map 30 Ref A4

(enter from right of way behind building off Donald St or Moreland Rd-NO ENTRY FROM LINCOLN ST)

Public transport:

- by train (closest station is Moreland-12 minute walk)
- by trams #1,15,21,22 along Swanston St/Elgin St/Lygon St/Holmes St. Alight at Donald St or Moreland Rd - 5 minutes walk to the centre.

ACCOMMODATION INFORMATION

The following information is a guide to accommodation venues in close proximity to the centre and the city/Carlton restaurant district. In all cases bookings should be made direct to the venue as soon as possible to ensure you obtain your preferred accommodation arrangements.

(a) 10-20 minutes by trams #1,15,21,22 along Swanston St/Elgin St/Lygon St/Holmes St to the venue

Venue	Accommodation Details
ST MARYS' COLLEGE (recommend this venue as best value for money. Short walk from Lygon St Carlton, 10 minutes by tram to Melbourne CBD) NB Interstate coaches will be accommodated here for the Camp BOOK BEFORE 16TH DECEMBER TO ENSURE ROOM AVAILABILITY.	At University of Melbourne 887 Swanston St, Parkville +61 (03) 9349 9501 \$40 per student (room & breakfast) \$48 per adult When booking please mention the AFF and ask to speak to Wayne Cameron.
Parkville Place Apartments	124 Brunswick Rd, Brunswick +61 (0)3 9387 8477 \$75 double (room only) \$80 twin (room only)
Hotel Enterprize	44 Spencer St, Melbourne +61 (0) 3 9629 6991 \$25 economy room only \$29 with buffet breakfast
YWCA aka 'Hotel Y'	489 Elizabeth St, Melbourne +61 (0)3 9329 5188 single \$79 double/twin \$89 triple \$99 quad \$120 or \$30/head

REMEMBER BOOK EARLY AS ACCOMODATION WILL GO FAST BECAUSE OF THE AUSTRALIAN OPEN.

CAMP PAYMENT

The cost for the four day camp is \$250 or \$70/day.

Payment will be required on acceptance of nomination to the Camp. No cash payments please.

Cheque or Money Order made payable to AFF and sent to:

Mr Pieter Leeuwenburgh, 3 Martin Street, Box Hill North, Victoria, 3129

or Direct Payment – AFF account details:

Commonwealth Bank

BSB: 063-100 Account #: 10103103

Name of account: Australian Fencing Federation Inc.

Please identify payment with name, and email receipt number to teepee@connexus.net.au

U20 CAMP NOMINATION FORM

Participants Details		
SURNAME: _____	GIVEN NAMES: _____	
ADDRESS: _____	POSTCODE: _____	
PHONE: (home) _____	(work) _____	
EMAIL: _____		
EMERGENCY CONTACT NAME: _____		
EMERGENCY CONTACT NUMBERS: _____		

Fencer's Information		
Medical Conditions/Allergies (etc) if any _____		

Who is your Coach? _____		
Your Date of Birth? / /19__		
Which weapon (s) do you wish to fencing during the camp [circle one or more]		
FOIL	EPEE	SABRE
How many days will you be participating in during the camp [circle one or more] 1 2 3 4		
Participants Signature and Medical Consent		
I apply for participation in the 2004 AFF U20 training camp. I consent to emergency medical, hospital or ambulance services being obtained at my expense in the event of accident or sudden illness. As a camp participant I agree to abide to instructions given by coaches during the camp.		
Participants Signature: _____	Date: _____	
Parent/Guardian (if U18): _____	Date: _____	
Direct Deposit Payment Receipt Number: _____		
Office Use Only		
Payment: Cash / Cheque / Direct Deposit	Bank: _____	
Paid: _____	Date: _____	

**PLEASE RETURN NOMINATION FORM TO;
VAFA, GPO Box 1397M, Melbourne, VIC 3001
by 12/12/03**

Places are limited at the camp - please register early