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# 10<sup>TH</sup> INTERNATIONAL CAMP

## BORDEAUX, FRANCE JULY 28<sup>th</sup> – AUGUST 6<sup>th</sup> 2023

Come spend 10 days in beautiful Bordeaux, recently voted Best European Tourist Destination ! Join our international fencing community for a high quality & fun camp in a historic building downtown, during the glory days of summer in Southwest France.

# COACHING STAFF



FRANCO CERUTTI

**USA** men's epee national coach. Former director of epee for **Switzerland**.



CODY MATTERN

Olympian. Team World champion.

Fencing Master (**USA**)



SEBASTIEN DOS SANTOS

Former director of epee for **USA**. 5-time Olympic coach for modern pentathlon & fencing.



SETH KELSEY

3-time Olympian. Team World champion. Former pentathlon coach for team **USA**.



ANDREY GEVA

2-time **USA** Olympic coach. World Champion with the WE team. Top epee club in the U.S.



JIMMY MOODY

Team Pan American champion. Olympic individual coach (**USA**).



FREDERIC FENOUL National coach for **Belgium** and for Neisser Loyola ranked #5 in the world.



MAXIME BOURDAGEAU

Technical advisor for the French fencing federation. Former assistant coach for the cadet national training ctr. (**France**)

#### TRANSPORTATION

- 90 DIRECT FLIGHTS FROM ALL OVER THE WORLD The Bordeaux airport (BOD) is located 20mn from the fencing center. You can also fly to Paris (CDG) or Toulouse (TLS) and take the train.
- HOURLY TRAINS FROM PARIS TO BORDEAUX Bordeaux is located 2:04 hours from Paris downtown and 3:35 from Paris CDG airport.
- LOCAL TRANSPORTATION Will be provided to and from the airport and the train station, as well as to and from organized activities.

#### HOUSING

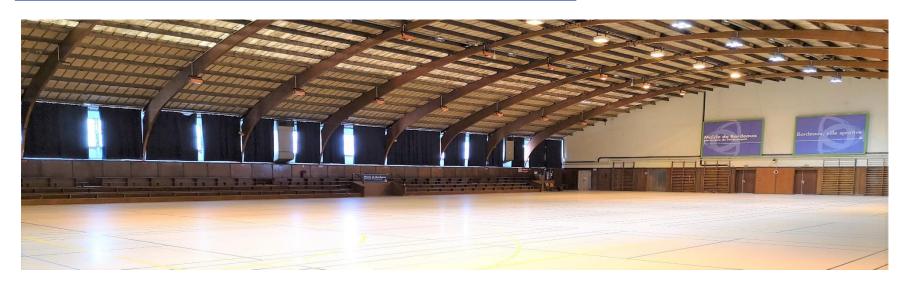
- HOTEL VICTORIA GARDEN (discounted room) 300 meters from the training center. Single or twin rooms – kitchenette and Wi-Fi. 12% discounted room code: SUMCAMP23
- HOTEL MERCURE Upscale hotel 20 minutes by tram from the training center.
- OTHER HOUSING OPTIONS

There are many B&Bs and AirBnB options close to the training center. Look for housing around "Place Nansouty", and contact us if you have any questions.

BORDEAUX



## A SALLE UNIQUE IN THE WORLD



### Central location with unforgettable architecture.



**30** fencing strips under stone vaults.

The 10 days camp begins Fri. July 28th at 2:00pm and will finish at 5pm on Aug 6th with the "Challenge International de Bordeaux competition"

The camp is open to competitors of all ages starting with cadet. It is run in both English and French.

Lunch and dinner will be prepared by our in-house Chef.

#### FENCING:

- video analysis and mental aspects of performance,
- tactical footwork and exercises,
- structured and theme bouting,
- > critical debriefings and individual feedback.
- 9:30 am 12:30pm MORNING WORKSHOPS
- 2:30 pm 6pm AFTERNOON SESSIONS
- 6:30 am 8:30pm EVENING SESSIONS (open to the top junior and senior French regional fencers)

#### ACTIVITIES:

- Bordeaux old town tour, a beach day and a walk around the picturesque vacation town of Arcachon, a visit to the medieval village of St Emilion. There will also be two game nights, a dinner, and wine tasting (for 21 and older).
- > Daily activities will be suggested for parent chaperones.

## 585€

Fee includes: 10 days of camp, lunchtime meals and snacks, all activities, and the entry fee for the "2020 Challenge International de Bordeaux" on August 6<sup>th</sup>.

## 385€

For the top 8 seniors, top 4 juniors and top 2 cadets on National ranking.

## 25€

Optional individual lessons are available:

- fencing lesson
- boxing lesson
- sport psychology session
- individualized strength and conditioning session
- massage therapy session
- osteopathic session

## City of Bordeaux Bordeaux voted best European destination

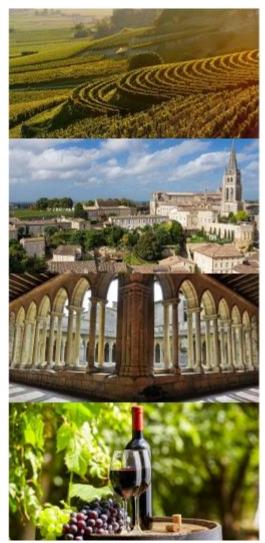


## Arcachon and Atlantic ocean

Rugged coastline and a picturesque vacation destination with unique architecture



# Medieval village St Emilion in the heart of wine country



#### ONLINE REGISTRATION (must be 15 at the start of the camp): https://form.jotform.com/230309364199157 Deadline: July 10th



#### TO FINALIZE PAYMENT & REGISTRATION PLEASE CONTACT US

- Camp manager (registration and logistics) : FREDERIC DURAND Email : frederic.durand3@wanadoo.fr
- Camp director (technical) : SÉBASTIEN DOS SANTOS
  Email : sbtn.dossantos@gmail.com

#### WHERE TO FIND US

Salle André LABATUT Gymnase Nelson Paillou

53 rue Pauline Kergomard, 33 800 Bordeaux, France

- Tramway B ( "Bergonié stop) - Bus line # 5 ( "Kergomard " stop)