

Day 1	Sunday June 25, 2017
	First session AM
9:00 AM	Meeting with coaches.
	Camp info and registration
	Safety issue
	Equipment check/dress code
	Sport goals of the camp.
9:45 AM	Change and warming up
10:00 AM	Footwork basic actions technique
10:30 AM	Game of the day
11:00 AM	Change for fencing
11:10 AM	Weapon drills
11:30 AM	Stream group lessons and free bouting
12:00 PM	Door closed - Lunch until 2.00pm
	Second session PM
2:00 PM	Warming up Individual warming up under coach supervisions
2:15 PM	Stretches and flexibility
2:30 PM	Speed exercises Plyometrics/Games/Racing
3:00 PM	Footwork with elements of speed endurance.
3:15 PM	Change for fencing
3:30 PM	Group practice in weapons, lessons/drills/bouting
4:30 PM	Doors closed