



March 18 / 2007

TO: All fencers, parents & coaches
RE: Rocky Mountains High Performance Camp 2007
DATES: August 20-25, 2007

Dear parents, coaches and fencers,

The **Epic Fencing Club** and **Gladiators Fencing Club** are co-hosting a high performance training camp this summer. The program has been carefully designed to target fencers of advanced experience levels (must be competing nationally as a minimum), ages 14 and up. National level and high performance athletes fencing foil and epee will be challenged physically, technically and tactically in an intensive training environment over a six day program (Monday to Saturday).

In addition to Leslie Palmi (Head Coach of **Epic Fencing Club**) and Jeremy Hill, Elya Perritt (Head Coaches of **Gladiators Fencing Club**), we are proud to welcome two guest coaches to our camp. Zoltan Dudas, Head coach for Princeton University, past asst. coach for Notre Dame University, will join us from New Jersey. Rolando Tucker, 1994 Foil World Champion; Bronze medalist Team Foil at 1996 World Championships, from Valencia, Spain will complete our coaching staff. We are excited by this opportunity to work with such high level, and internationally experienced coaches.

General camp activities will include: footwork drills and physical conditioning, partner technical drills and exercises (event specific), conditional offensive and defensive exercises and bouting time with a variety of skilled opponents. Fencing will be conducted using electrical score boxes. Individual lessons are a very important part of each fencer's development at all levels. The camp format is designed to incorporate individual lessons for all participants; it is a great opportunity to get individual instruction from a variety of high level coaches. In addition to fencing training, there will be games (soccer & other sports whose skill set compliment the sport of fencing), swimming and a BBQ. There will also be guest presentations by other sport-related professionals. More specific details will be provided with confirmation packages – closer to camp date.

Sincerely,
Administration and Coaching Staff
Epic Fencing Club & Gladiators Fencing Club

Rocky Mountains High Performance Fencing Camp 2007

August 20-25, 2007

Camp Venue: Epic Fencing Club

Bay #1, 3320 - 14 Avenue NE
Calgary, Alberta, Canada
T2A 6J4

Events: Foil & Epee

The objective of the camp is to improve each individual fencer; and to expose them to a variety of training methods and training partners. The camp is an exciting chance to learn from both clubs' head coaches and from our special guest coaches. Our guests bring a wealth of international coaching experience to participants. National and international level athletes will be highly challenged by the camp.

Coaching Staff

Leslie Palmai (Epic Fencing Club) - Canadian National Team Women's Epee coach; former Canadian National Team Junior Men's Foil coach; 30+ years of high performance coaching; coach to numerous National team members, Olympians and the current world #1 Women's Epeeist

Zoltan Dudas (Princeton University) - Head Coach of Princeton University; Former assistant head coach of Notre Dame (2 National Titles, 29 All-Americans); coach to bronze medalist at World Championships; assists US National Coaches at international competitions.

Rolando Tucker - 1994 Foil World Champion; Bronze medalist Team Foil at 1996 Olympic games; 3 gold medals at Pan American Games (1995,1999).

Jeremy Hill (Gladiators Fencing Club) - BKin.Sc (Exercise Physiology), BEd (Physical Education, University of Calgary), 8 time Canadian national foil team, former Canadian #1 Men's Foilist.

Elya Perritt (Gladiators Fencing Club) - National Coaching Certification Level 3, 6 time Canadian national champion, 3 time Canadian national foil team.

Group training activities will include

- Group skill practice (technical drills, event specific training)
- Footwork and physical training
- Tactical analysis, video analysis and classroom sessions
- Boutings with all opponents (on scoring machines)
- Games and swimming

All participants should plan to arrive at the training venue for 9:00 AM training will end daily at 4:00 PM for all fencers. On Saturday (August 25th) afternoon there will be a wind-up BBQ.

Individual training included in the camp:

Each participant will receive two private lessons during the camp from an event specific coach! The coach to athlete ratio provides maximum individual attention.

Welcome and BBQ – August 19th

We will be hosting a welcoming BBQ the Sunday evening before the camp starts.

Registration & Payment Information

6-Day Camp

\$500 CDN or \$425 US

The number of fencers is limited, pre-registration is required. A \$100 non-refundable deposit is required to hold a spot (credited towards registration fee at the time of full payment). Full payment is due June 1 / 2007

Accommodations For Out Of Town Fencers

Billeting with Calgary fencing families will be available for limited numbers.

Please contact the club for more details.

Arrangements can be made for group accommodations as well by contacting the club.

Hotel rates for hotels in close proximity to the venue are as follows:

Coast Plaza \$129/night based on double occupancy (taxes extra)

Travelodge \$89/night based on double occupancy (taxes extra)

For Additional Information

Epic Contact Person: Brenda Prymack (English/French) registrar@epicfencing.net

Gladiators Contact Person: Jeremy Hill (English) Jeremy@gladiators.ca

Call 403 207-4406 **Epic** club line

Websites: www.gladiators.ca; fax: 403 220-0081

www.epicfencing.net; fax: 403-241-0515

Payment:

Select a payment option:

- _____ I would like to pay the camp fee in full (spot held immediately)
_____ I would like to hold a spot with a \$100.00 non-refundable deposit
(full payment, less the deposit, is due by June 1st 2007)

Make cheques / money order payable to: Epic Fencing Club

Credit Card Payment (circle one): Visa Mastercard Amex Discover

Card#: _____ Expiry: _____ / _____

Card Holders Name: _____

Card Holder Signature: _____

(credit card payments will read 'Calgary Fencing Centre' on your statement)

Mail all forms/ payments to:

EPIC FENCING CLUB

Bay #1, 3320 - 14 Avenue NE

Calgary, AB

Canada

T2A 6J4

It is understood that the above program is subject to change.

All accepted applicants will be advised by e-mail/mail or phone by May 15-07.

Rocky Mountains High Performance Training Camp Coach Bio's

Leslie Palmai

Canadian National Team Women's Epee coach; former Canadian National Team Junior Men's Foil coach; 30+ years of high performance coaching; coach to numerous National team members, Olympians and the current world #1 Women's Epeeist.

Romanian Cup Champion – 1966.

Team coach for the province of Manitoba 1986-91.

Head Coach at Epic Fencing Club 1991 to present.

Club or Canadian national coach for various world cups and world championships since 1998.

Coach for Canadian national team members in all 3 weapons.

Zoltan Dudas (Princeton University) -

See Princeton University link:

http://www.goprincetontigers.com/ViewArticle.dbml?SPSID=51563&SPID=4262&DB_OEM_ID=10600&ATCLID=508222&Q_SEASON=2006

Courtesy: Princeton Athletic Communications

Release: 07/18/2006

[Zoltan Dudas](#) begins his first season as head coach of the Princeton University men's and women's fencing teams in 2006-07. Dudas, who was previously a five-year assistant coach at the University of Notre Dame, succeeds [Michel Sebastiani](#), who guided Princeton fencing for 25 years.

"It is very exciting," Dudas said of taking the reins of the Princeton program. "At the same time it is a little bit bittersweet. I worked at Notre Dame for five years and [the UND fencers' reaction to his departure] was very touching. Princeton is a nice program and it will be a big challenge to compete with the other programs at a high level."

Dudas, a native of Hungary, helped guide a Notre Dame fencing team that finished a combined fourth of 29 teams at the 2006 NCAA Championships in Houston. While at Notre Dame, he coached at the Escrime du Lac, a fencing club, where his fencers won three national titles.

Dudas inherits a Princeton program that sent 13 competitors to the NCAA Mid-Atlantic/South Regional this year, eight of whom return, and six fencers to the NCAA Championships, four of whom return.

A 1992 graduate of Juhasz Gyula College in Hungary, Dudas came to the United States in 2000 after serving as a physical education teacher at both grade school and high school levels for 10

years, first as a student teacher and then as full-time staff. As a physical education teacher at Szechenyi Istvan High School, the handball team he led won the National Handball Championship in 1999, topping more than 250 teams. He also coached fencing at the Szegedi Postas Sport Club from 1985-1999. Once in the U.S., Dudas was a fencing coach at the Saturn Fencing Center in Cleveland, Ohio, from 2000-01 before moving to the Notre Dame, Ind., area. Before becoming a full-time assistant at UND in 2002, he served as a consultant to the Fighting Irish program while heading up the fencing program at the Indiana Fencing Academy in Mishawaka, Ind.

While at UND, Dudas helped direct the men's and women's program to combined team titles in 2003 and 2005. Focusing his tutelage on the foil and epee competitors, the Irish had 29 All-America finishes and 34 NCAA Championships appearances in those disciplines.

Rolando Tucker

Rolando Tucker is one of the most accomplished foil fencers of his generation. A member of the powerful Cuban Men's foil team in the nineties, he is a World Champion and Olympic medalist. Rolando was the senior individual world champion in 1994 in Athens, Greece, and twice a team world champion in 1991 and 1995. In addition to three world championship gold medals Rolando holds two world championship silver medals, gold and silver world university games medals and numerous world cup medals. His Olympic record over a twelve year career includes an impressive silver and bronze by team and three top 16 finishes. He currently resides and coaches in Valencia, Spain.

Jeremy Hill

Jeremy has more than 15 years of experience in the sport of fencing at a high performance level. He was a member of the Canadian National team for 8 years, in which he received many awards at the national level. Internationally he attained North American Circuit podium finishes as well as World Cup top 32 finishes. Jeremy is currently a Level 3 certified coach. As the head coach of Gladiators Fencing Club, Jeremy has produced strong results in his young career. His athletes have won several medals on the Canadian Elite circuit and compete internationally. Jeremy holds university degrees in both exercise physiology (BKIn.sc) and Physical Education (BEd.) from the University of Calgary.

Other Local Activities to Consider

(Not endorsed nor sponsored by **Epic Fencing Club** nor **Gladiator Fencing Club**)

ACTIVITIES

Paintball & Laser Tag

Capture the Flag 12 blocks away from venue
Corner of 7th Avenue and 28th Street
247-8887

Wall/Rock Climbing – <http://www.indoorclimbing.com/alberta.html>

Crux Climbing and Bouldering 5 blocks away from venue
9 – 1415 – 28 Street N.E. (Barlow and 16th)
235-2789
www.thecruxclimbing.com

Calgary Minor Soccer Association – 279-8686

Eastside Indoor Soccer Centre 10 blocks away from venue
401 – 33 Street N.E.
235-1600

Bowling

Fairview Bowling and Billiards Centre 2 blocks away from venue
1010 – 999 36 Street N.E.

EVENTS IN AND AROUND CALGARY;

<http://www.tourismcalgary.com/e-cvb/coe/main.cfm>

Frequently Asked Questions About The 2007 Rocky Mountains High Performance Camp

Where will the camp be held?

The camp will take place at the Epic Fencing Club's new venue. The centre is equipped with a 12 electric pistes and is fully handicap compliant. It is right next to the Coast Plaza Hotel – one of the options if hotel stay is your choice.

Will meals be provided?

Participants will be responsible to bring their own lunch and snack. On the Sunday evening (August 19th) we will host a BBQ at the camp's registration/welcome. On Saturday we will end training early to enjoy an Alberta Beef BBQ (at the centre) which is included in the cost of the camp. The camp facility has microwave for the participants' use at lunch.

If I am not from Calgary what accommodations are available?

Participants can billet with host families. This service is being provided by some of the families in the fencing community in Calgary. Should you be interested – please contact Brenda or Jeremy. The billeting family will provide the guest with all meals and transportation. Billeting fencer's families will be provided with their hosts contact information prior to the camp so they can talk over the phone or email. If larger groups wish travel to the camp together multi-person accommodations can be arranged.

Are non-residents provided transportation?

Those fencers from out of Calgary who are being billeted, will be picked up, and dropped off at the airport / bus by their host family. The host family will also provide transportation to and from the training venue.

What should I bring?

Fencers must bring all required fencing equipment for electric scoring, non-marking shoes for fencing as well as separate running shoes, swim suit and towel, extra t-shirts, warm-up suit for running and games outside in cooler weather, equipment repair kit, and lunch.

Are the non-fencing activities free?

All outlined activities (swimming, BBQ etc.) are included in the camp cost. Please see the attached list of local activities offered in the area – outside the scope of the camp.

Is there an opportunity for extra individual lessons?

Yes. A number of individual lesson spots outside the camps outlined times / activities will be arranged with our staff (guest coaches included). These extra spots can be booked in advance to ensure your time. The cost for each extra individual lesson is \$35.00, Contact the club to book in advance. Bookings will open closer to the spring. All participants will be notified by email.