



## **BARCELONA INTERNATIONAL TRAINING CAMP**

### **DATE :**

From Sunday 16th of August, 2pm ; to Saturday 22nd of August, 2pm.  
(The first training will start at 3pm on Sunday, and the last training will finish at 12 on the Saturday)

### **PARTICIPANTS :**

Fencers (sabre) from U15 to Senior. International competitors from France, Italy, USA, Spain, China, Netherlands, Germany, GB, Argentina, etc.. will participate  
Sabreurs et sabreuses des catégories M15 à SENIORS. Avec la participation de tireurs internationalement reconnus (France, Italie, USA, Espagne, Chine, Pays Bas, Allemagne, GB, Argentine...)

### **TRAINING PLACE :** <http://esgrimasam.cat/sala-esgrima/>

Fencing hall of Barcelona SAM

### **ACCOMODATION :** <http://www.residenciasarria.com/en/gallery>

University residence of Sarria : a modern sport resort, with swimming pools, gym and musculation room, soccer fields, a rooftop with a swimming pool and panoramic view, and a relaxing area. It is located at 5 minutes by walk of the fencing hall.

Meals are buffets style, organic food, meat and fish cooked with plancha.

Double modern bedrooms with bathroom ; housework, bathroom linen and fridge included.

### **WEEK SCHEDULE :**

- Physical preparation,
- Strengthening and building of fencing footwork, technical and tactical practice,
- Matches,
- Presence of a physiotherapist specialist of fencing
- Individual and collective lessons with the international fencing masters.
- one afternoon at the beach of Sitges (with the meal at the restaurant - tapas/paella)

### **STAFF:**

International trainers : *Master Schneider (France), Master Medina (Espagne), Master Jérôme Filipeto (France), Master Flora Palu (France), Master Arash (Nederland/Iran) and Physiotherapist/Physical trainer Laura Réguigne (France)*

### **TRANSPORT :**

**By your own.**

The training center is located at 20 minutes from the airport by taxi (25€ average), and 15 minutes from the train station of Barcelona (15€ average).

A shuttle from the airport of Barcelona will be organised, around 11am (free).

### **REGISTRATION :**

To be return, at the latest the 15 of march 2020, by mail :

[c-arnaud-schneider@hotmail.fr](mailto:c-arnaud-schneider@hotmail.fr)

You will receive a reservation confirmation by mail, with the documents to fill, and the bank RIB for the payment of the camp.

No registration will be effective without the reception of the documents  
AND THE FIRST PAYMENT OF 450€

### **COST :**

Full Board Accomodation, 1185€/person for the week.

***Possibility to pay in 4 instalments  
Limited number of places available***

*N.B : the major athletes (+18 years) will be free to go out of the center during the day on their free time.*