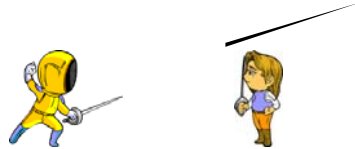


F A S J

PRE-SEASON TRAINING CAMP

(August 22 - 29, 2010, 8 days)



FENCING ACADEMY OF SOUTH JERSEY

2060 Springdale Road, Suite 200 Cherry Hill, NJ 08003

Camp's objective: To improve the competitive fencer's skill level in 3 weapons

Camp's emphasis: *To train athletes for the 2010 Summer Nationals. *(6/21-6/30/10)*

*To train athletes for the 2010-2011 competitive season. *(8/22-8/29/10)*

Coaching Team

Andy Ma,

Alex Ivanov

Slava Danylov

Witold Rutkowski,

Csaba Gall

Kevin Cho

Milos Vasic

Luther Clement

Gilbert Gelinas,

Jane Eyre

LiFu Xu

Robert Scott

Training Schedule (3 sessions per day)

Morning: Footwork, partner drills, tactical analysis

Midday: Private lessons, offense/defense,

Afternoon: Bouting, conditioning training, competition,
Swimming, bowling, beach, six flags, etc.

Registration & Payment Information

\$695 for 8-day camp / \$100 per day if fewer than 7 days

Number of fencers is limited. Please register early.

Overnight room accommodations are available.

For additional information

Call (856) 424-5070; (908)240-1911; visit our Web site at www.FASJ.com;

e-mail fasj1@yahoo.com; or fax (856) 424-5073

Frequently Asked Questions about FASJ _____ 2010 Pre- Season Training Camp

Where will the camp be held?

The camp will be held at the Fencing Academy of South Jersey, a brand-new 6,500 square foot facility with 10 Olympic-sized strips. It's located at 2060 Springdale Road, Suite 200, Cherry Hill, NJ 08003.

Where can I find directions to the Fencing Academy of South Jersey?

Go to the Yahoo Maps Web site at <http://maps.yahoo.com/dd>. In Section A put your address. In Section B put "2060 Springdale Road" in the Address box and "08003" in the City, State, or Zip box. Then click [Get Directions](#).

What are the camp's days and times?

2010Pre-Season Camp	Aug. 22- 29, 2010	Starts at 11 A.M. and ends at 6 P.M.
---------------------	-------------------	--------------------------------------

Will meals be provided?

Campers will have the option of buying lunch (\$8.00) and dinner (varied) from a menu provided by the Fencing Academy of South Jersey. Most days, lunch will be from 1-2 daily. The club has a refrigerator which campers who prefer to bring their own lunch can use.

Are overnight accommodations available?

Yes. For \$20 a day campers can stay with host families or at the FASJ facility. This fee is in addition to the registration fee. Host families are families of current FASJ fencing students. Parents of campers who will be staying with host families will have the opportunity to talk by phone with their host families before camp starts. For those wishing to stay at our facility, it has central air-conditioning and a locker room with shower facilities.

FASJ 2010 PRE-SEASON INTENSIVE

TRAINING CAMP AGENDA

(8 days from Aug 22 - 29, 2010)

Sun., Aug. 22	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	1:00 pm - 2:00 pm	Lunch is at this time every day However, this is the only day it's included in this agenda.
	2:00 pm - 4:30 pm	Private lessons; offense/defense drills
	4:30 pm - 6:00 pm	Bouting (Station 5-touch bouts)
Mon., Aug. 23	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 4:30 pm	Private lessons; offense/defense drills
	4:30 pm - 6:00 pm	Bouting
Tue., Aug. 24	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 4:00 pm	Private lessons; offense/defense drills
	4:30 pm - 6:00 pm	Bouting
	7:00 pm - 9:00 pm	Bowling (optional)
Wed., Aug. 25	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Camp competition(USFA), outside Fencers are welcome
Thur ., Aug. 26	11:00 am - 1:00 pm	Warm-ups, and partner drills,
	2:00 pm - 6:00 pm	Private lessons; offense/defense drills Bouting
Fri., Aug. 27	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 4:30 pm	Private lessons; offense/defense drills
	4:30 pm - 6:00 pm	Bouting

Sat., Aug. 28	11:00 am- 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm- 4:30 pm	Private lessons; offense/defense drills
	4:30 pm - 6:00 pm	Bouting
Sun., Aug. 29	11:00 am- 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Camp competition (USFA), outside Fencers are welcome

If you have any questions, please call (856) 424-5070. 908-240-1911.
973-668-8988 or e-mail FASJ at fasj1@yahoo.com.

Fencing Academy of South Jersey (FASJ)

PRE-SEASON *August 22-29, 2010 (8 days)*
INTENSIVE TRAINING CAMP

Registration Form

Name _____ Age _____ Sex _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____

Club Affiliation _____

Classification Foil [] Saber [] Epee []

Please choose camp option:

() Pre-Season 8 days (full camp) @ \$695

or _____ days @ \$100/day Total due: _____

Make check or money order payable to FASJ

Send registration form and payment to:

Fencing Academy of South Jersey

P.O. Box 3637

Cherry Hill, NJ 08034