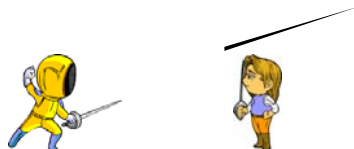


**F A S J**  
**PRE-SUMMER NATIONALS CAMP**  
( **June 16 - 24 , 2012, 9 days** )  
**PRE-SEASON TRAINING CAMP**  
( **August 18 - 26, 2012, 9 days** )



**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 2012 Summer Nationals. \*(6/16-6/24/12)*  
*To train athletes for the 2012-2013 competitive season. \*(8/18-8/26/12)*

**Coaching Team**

**Andy Ma,  
Alex Ivanov  
Gilbert Gelinas  
Li Fu Xu**

**Milos Vasic  
Kevin Cho  
Witold Rutkowski,**

**Training Schedule** (3 sessions per day)

Morning: Footwork, partner drills, tactical analysis

Midday: Private lessons, offense/defense,  
Bouting, conditioning training, competition,

Afternoon: Swimming, bowling, beach, six flags, etc.

**Registration & Payment Information**

\$795 for 9-day camp / \$105 per day if fewer than 9 days

\$795 for 9-day camp / \$105 per day if fewer than 9 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](http://www.FASJ.com);  
e-mail [fasj1@yahoo.com](mailto:fasj1@yahoo.com)

# **Frequently Asked Questions about FASJ 2012 Pre-Summer Nationals & 2012 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 2 camp's days and times?**

2012 Pre-Summer Camp	June 16 - 24, 2012.	Starts at 11 A.M. and ends at 6 P.M.
2012 Pre-Season Camp	Aug. 18- 26, 2012.	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 2012 PRE-SUMMER NATIONALS

## TRAINING CAMP AGENDA

(9 days from June 16 – 24, 2012.)

Sat., June 16.	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)
Sun., June 17	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Private Lessons & Electric Bouting
	8:00 pm - 10:00 pm	Bowling (optional)
Mon., June 18.	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Private lessons and electric bouting.
Tue., June 19.	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 4:30 pm	offense/defense drills/ Private lessons
	4:30pm -6:00 pm	Bouting
Wed., June 20.	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.
	7:00 pm - 10:00 pm	Movie (optional)
Thur., June 21.	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 4:30 pm	offense/defense drills/ Private lessons
	4:30 pm - 6:00 pm	Bouting
Fri., June 22.	11:00 am- 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm- 6:00 pm	Private lessons and bouting.

Sat., June 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	Team competition
Sun., June 24.	11:00 am - 1:00 pm	Warm-ups, footwork & Partner drills
	2:00 pm - 6:00 pm	Camp Competition (USFA) outside fencers are welcome.

If you have any questions, please call Mr. Ma at (609) 280-7579  
(856)424-5070 or e-mail [fasj1@yahoo.com](mailto:fasj1@yahoo.com).

# FASJ 2012 PRE-SEASON INTENSIVE TRAINING CAMP AGENDA

**(9 days from Aug 18 - 26, 2012)**

Sat., Aug. 18.	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)
Sun., Aug. 19.	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
Mon., Aug. 20.	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)
Tue., Aug. 21.	11:00 am - 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Private lessons, offense-defense drills
Wed., Aug. 22.	11:00 am - 1:00 pm	Warm-ups, and partner drills,
	2:00 pm - 6:00 pm	Camp competition (USFA), outside fencers welcome
Thur., 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

Fri., Aug. 24.	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. 25.	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. 26.	11:00 am- 1:00 pm	Warm-ups, footwork, and partner drills
	2:00 pm - 6:00 pm	Camp (USFA), outside Fencers are welcome

If you have any questions, please call Mr. Ma at (609) 280-7579  
(856)424-5070 or e-mail fasj1@yahoo.com.

# Fencing Academy of South Jersey (FASJ)

PRE-SUMMER NATIONALS June 16 - 24, 2012 (9 days)

PRE-SEASON August 18 - 26, 2012 (9 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 Summer Nationals or Pre Season camp)**

- 9 days (full camp) @ \$795 before June 6. 2012. or Aug. 5. 2012.  
@ \$850 between June 7. & June 17. 2012. or Aug. 6. & Aug. 19. 2012.  
@ \$900 after June 17. 2012. or Aug 20. 2012.  
or \_\_\_\_\_ days @ \$105/day before June 6. 2012. or Aug. 5. 2012.  
or \_\_\_\_\_ days @ \$110/day between June 7. & June 17. 2012. or Aug. 6. & Aug. 19. 2012.  
or \_\_\_\_\_ days @ \$115/day after June 17. 2012. or Aug 20. 2012.  
or \_\_\_\_\_ days @ \$125/day after June 20. 2012. or Aug 23. 2012.

Total due: \_\_\_\_\_

( ) 10% off if paid in advanced for two full camps (\$1431) before June 6. 2012.

**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