



## ***Fencing RMCC/CMRC Escrime***

### **High Performance Fencing Training Camp 2016 Canadian Armed Forces CISM Training Camp 2016**

**A high intensity pre-season training camp for competitive fencers 14 yrs+ will be held at the Royal Military College of Canada in Kingston Ontario from August 24<sup>th</sup> to 27<sup>th</sup> 2016. RMCC's newly renovated salle d'armes, which is located on picturesque Point Frederick overlooking historic Fort Henry, is equipped with 14 pistes & 2 Fencing Replay systems.  
*Life is simple.....eat, sleep, fence!***

**Cost** \$452 (inc HST) Full Camp or \$113/day(inc HST) Adidas Souvenir Shirt \$45 (inc HST)

**Training Schedule** 3 training sessions/day 0930-1200hrs, 1330-1630hrs, 1830hrs-2030hrs (24-26<sup>th</sup>)

- Outdoor warm-up activities/sports on campus (*weather permitting*)
- Sessions aimed at improving footwork technique, power & speed
- Circuit Training focused on Core Strength
- Medicine Ball training
- Technical and tactical training sessions
- Daily Electrics with Directed Bouting and use of Fencing Video Replay (*fencers require all their own competitive gear*)
- Functional Movement Screen (FMS) and Sport Med info
- Individual attention/mini-lessons & line lessons with both Maîtres d'armes
- Fencing-specific info sessions on sport psych tools, sport nutrition, physical training & yearly planning for high performance athletes (*moving from Train to Train into Train to Compete*)
- Special sessions in iRest Yoga Nidra and NIA Movement
- Campus tours and RMCC recruiting info available upon request
- Visit the RMC Museum, home of the Douglas Arms Collection

### **Accommodations**

Recommended hotels walking distance to RMCC:

Holiday Inn Waterfront (613) 549-8400

Sheraton (613) 544-4434

Delta 1 888-548-6726

## RMCC High Performance Camp Staff

### **Maître d'armes Patricia Howes, Ch.P.C.**

- **Head Coach of the RMCC Varsity Fencing Program since 2002**
- **Head Coach of the Canadian Armed Forces CISM Fencing Program since 2005**
- 2005, 2006 & 2007 OUA Women's Champions 2007 & 2008 OUA Men's Champions
- Maître d'armes Diploma from the *Academie d'Armes Internationale* in Germany 2005
- Graduate of the National Coaching Institute's "*High Performance Coaching Program*" & NCCP Level IV in all weapons
- Canada Games Coach: Team Manitoba 1995,1999,2003 and Team Ontario 2007 & 2013
- Personal Coach for Jr WS National Team members 2011 Jr Worlds Jordan, 2012 Jr Worlds Russia
- CFF Junior WS National Coach 2014-15 including Jr Pan-Ams Toronto, and Jr Worlds Uzbekistan
- CISM Program Head Coach for the World Military Games 2011 Brazil and 2015 Korea
- Head Coach for the Canadian Team for the FISU Games Russia 2013 and FISU Games Korea 2015

### **Maître d'armes David Howes, Ch.P.C.**

- **Olympic Coach for Women's Epee Rio 2016**
- **CFF National Coach Women's Team Epee since 2013**
- **Head Coach of Cutting Edge Fencing since 2003**
- RMCC Varsity Fencing Assistant Coach since 2003
- Maître d'armes Diploma from the *Academie d'Armes Internationale* in Germany 2007
- Graduate of the National Coaching Institute's "*High Performance Coaching Program*" & NCCP Level IV in all weapons
- Canada Games Coach: Team Manitoba 2003 & Team Ontario 2007
- Assistant Coach CISM Team 2008 to present
- Personal Coach for Jr ME National Team members: 2011 Jr Worlds Jordan, 2012 Jr Worlds Russia, 2014 Jr Worlds Bulgaria
- Women's Epee Coach for Sr National Team: Budapest 2013, Kazan 2014, Moscow 2015, Toronto 2015

For more HPTC information or to become a recruited RMCC Fencer  
please contact [Patricia.Howes@rmc.ca](mailto:Patricia.Howes@rmc.ca)  
or visit our website at [www.rmc.ca](http://www.rmc.ca)

Interested in an education and career with the Canadian Armed Forces please visit

[www.recruiting.forces.gc.ca](http://www.recruiting.forces.gc.ca)

1-800-856-8488



**CISM Fencing "Friendship through Sport"**

[www.cism-milsport.org](http://www.cism-milsport.org)



RMCC/CISM High Performance Fencing Camp  
LTAD Stages: Train to Train moving into Train to Compete

Registration Form

Name of Athlete: \_\_\_\_\_ Club: \_\_\_\_\_

Age: \_\_\_\_ DOB: \_\_\_\_\_ Weapon: Foil Epee Sabre Gender: M F

Mailing Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Cell # \_\_\_\_\_

Purchase an HPTC souvenir Adidas Shirt \$45 YES!!! \_\_\_\_\_ Size \_\_\_\_\_ No Thanks \_\_\_\_\_

Best Competitive Results: Domestic \_\_\_\_\_ International (NAC, WC...) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

In Case of Emergency: \_\_\_\_\_

First Contact Name

Daytime Phone Number: \_\_\_\_\_

Secondary Contact: \_\_\_\_\_

Alternate Person's Name

Daytime Phone Number: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Military \_\_\_\_\_ Family Doctor: \_\_\_\_\_

Do you require billeting? Yes No I can provide billeting: Yes (number) \_\_\_\_\_ No

I, the undersigned, as the parent/guardian of the above named athlete, do hereby consent to this athlete's participation in the RMCC HP Fencing Training Camp. I acknowledge that participation in this program involves the possibility of injury. I am aware of no physical, or other reasons, why this athlete should not participate in this program. I hereby agree to waive and release any and all rights against the Royal Military College of Canada, its employees, agents, and volunteers for any and all causes of action that may arise other than by the negligence of the Royal Military College of Canada, its employees, agents, and volunteers as a result of participant in this program.

\_\_\_\_\_  
Fencer 18+ or Parent/Guardian's Signature

\_\_\_\_\_  
Date

Please return this signed form along with a cheque payable to:  
"RMCC Fencing HPTC"

Mail form and fee to:

RMCC 2016 High Performance Fencing Training Camp  
Royal Military College of Canada  
Attn: Maître Patricia Howes  
P.O. Box 17000 Station Forces  
Kingston, Ontario, Canada K7K 7B4