



## Elite international training camp at Hellerup Fencing Club, 2 - 6th November 2015, Schedule:

The training camp is held in cooperation between Hellerup Fencing Club, Trekanten Fencing Club and the Danish Fencing Federation.

The week after the Copenhagen satellite it is also possible to train in Hellerup before the Tallinn World Cup.

The camp is for cadets, juniors and seniors in foil, epee and sabre.

If you are able to participate or have any questions please contact Hellerup headcoach Ferenc Toth.

Lunch will not be provided, please bring your own food. Can be purchased near by.



Updated: 30th October 2015

	2nd November	3rd November	4th November	5th November	6th November	7th & 8th November	
Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday	Time:
10:00		Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	FIE Satellite Competition	10:00
10:30		Systematic Fencing	Free fencing and lessons	Systematic Fencing	Free fencing and lessons	Ryparken, Copenhagen	10:30
11:00							11:00
11:30						Fencing Club Trekanten	11:30
12:00						c/o Ryparken Idrætsanlæg	12:00
12:30						Lyngbyvej 110	12:30
13:00						DK-2100 Copenhagen	13:00
13:30						tournament@trekanten.org	13:30
14:00						www.to.trekanten.org	14:00
14:30							14:30
15:00	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	NOTE: Search	15:00
15:30						"Fencing Club Trekanten"	15:30
16:00						on Google Maps for	16:00
16:30						location (not address)	16:30
17:00							17:00
17:30						Nearest station is Ryparken	17:30
18:00							18:00
18:30							18:30
19:00	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork			19:00
19:30	Poules with 5 touches	Free fencing and lessons	Individual competition with	Team Competition			19:30
20:00			poules and direct elimination.				20:00
20:30			Maybe the competition will				20:30
21:00			start earlier. To be informed.				21:00
21:30			Camp photo to be taken.				21:30

<b>Place of training:</b>	<b>Address:</b>	<b>Homepage:</b>	<b>Nearest train:</b>	<b>Info:</b>
HFK Hellerup Fencing Club	Strandparksvej 46, DK-2900 Hellerup	<a href="http://www.hellerupfaegteklub.dk">www.hellerupfaegteklub.dk</a>	Hellerup Station	6 km north of Copenhagen 30 min from the airport by train

<b>Head Coach:</b>	Hellerup Fencing Club	Ferenc Toth	<b>E-mail:</b>	<a href="mailto:ferenc@hellerupfaegteklub.dk">ferenc@hellerupfaegteklub.dk</a>	<b>Mobile:</b>	+45 40 62 51 11
<b>Assisting coaches:</b>	Hellerup Fencing Club	Eric Boisse			<b>Mobile while in Denmark:</b>	+45 60 82 44 08
<b>Assisting coaches:</b>	Hellerup Fencing Club	Nick Lapuste			<b>Mobile:</b>	+45 60 21 98 33
<b>Other sports facilities:</b>	Public swimming pool Gym	Kildeskovshallen, Adolphsvej 25, DK-2820 Gentofte Small gym in Hellerup Fencing Club.				



Hellerup Fencing Club. 10 pists.



International Training Camp July 2014

Near by accommodation:

Hellerup Park Hotel  
Gentofte Hotel  
Scandic Lyngby  
In copenhagen City.

Walking distance

4 km distance, go by train or taxi  
9 km distance, go by train  
6 km distance, go by train to Central station