

H)-ellerup
F)-encing
K)-amps
Hellerup
Denmark



EPEE for
YOUTH 20, SENIOR/VETERAN
MEN AND WOMEN

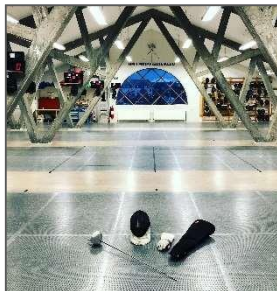


Friday 17th, Saturday 18th, Sunday 19th July 2020

10am to 4pm



Welcome



CREATION OF HFK AND LATEST EVENTS

- 1944 Foundation of the club
World championships
- 2012 Frederik Von Der Osten,
European junior epee
champion
- 2015 Patrick Jorgensen,
Bronze medal at the world
epee senior championship
- 2019 The Danish men's epee
senior team became vice-
European senior champion

The HFK is excited to make something special for its members. The three days camp of complete immersion in the HFK world with different activities included (surprise activity, bicycle and fencing...) is a great opportunity for adult fencers to have an enriching experience. This camp offers the possibility to train fencing skills during the summer period as well as to enjoy good time doing other sports. This experience, without any doubts, will leave unforgettable memories! During the camp fencers will be supervised and trained by the Sports chef and Fencing Master Hugo Dergal with the help of other assistants depending on type of activities. U20, Senior and Veteran will train together.

Instructive and beneficial for fencing skills, summer camp is also a chance to share a human experience in the world of sport.

Mia Maja Frederiksen
HFK Chairwoman

Plan

Subject to change

TIME	FRIDAY 17	SATURDAY 18	SUNDAY 19
10h00	Surprise Activity	Collective sport	Duathlon by team (Run/Bike/Run)
11h00	Free Fencing	IL & Fencing	Duathlon by team (Run/Bike/Run)
12h00	Footwork	Footwork	Lunch/Rest
13h00	Lunch/Rest	Lunch/Rest	Fencing competition
14h00	Warm-up	Footwork	Fencing competition
15h00	IL & Fencing	Free Fencing	Fencing competition
16h00	End of the day	End of the day	End of the day

(IL = Individual Lesson)

July 17th - 18th - 19th

The camp starts in the fencing hall.
The hall will be open by the organizer at 9.30am.
The camp ends at 'pm in the fencing hall.

MORE?

The official picture of the camp will be send by e-mail to all the participants



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General information



Hellerup fencing club
Strandparksvej 46
DK-2900 Hellerup
DENMARK

CATEGORIES

Youth 20, Senior, Veteran Men and Women

DEADLINE FOR INSCRIPTIONS

July the 3rd of 2020

To register for the camp, you need to fill your name on the registration paper which is on the black board in HFK. None registration will be accepted if your name is not on the list.

PRICE

0 DKK – FREE FOR THIS YEAR (sport activities, fencing and individual lessons are included – The participants have to bring their own meals for the lunch time and snack for the breaks, water, fruit etc.)

CANCELATION

It is possible to cancel at any time before the beginning of the camp, please contact the responsible of the camp - Hugo Dergal.

INSURANCES

In the events of accident, the organizer disclaim responsibility.

EQUIPMENT FOR FENCERS

- 1 complete fencing outfit
- 1 (epee body cord and a small repair kit)
- 2 epees minimum
- 2 pairs of sneakers (in and out)
- 1 tracksuit and several tee-shirts
- 1 bike and helmet
- 1 swimsuit and a bathing cap (if participant want to swim)

SUPERVISING

The instruction and the guidance of the camp are trusted to the Fencing Master Hugo Dergal. The different members of the camp's staff are also instructors. Each member of the staff will take care of the fencers in order to provide the best quality of security.

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