

## **HFK and sport chef Hugo Dergal wish you nice summer holidays!**



**Dear HFK members,**

**I want to start this letter by saying that the club, the committee and the coaching staff are really happy to have you back in the fencing hall. It is such a joy to practice together the sport that we all love – fencing.**

**The season 2020/2021 is now officially over and the summer fencing holidays will start for the club. Due to the period that kept us apart and didn't allow us to fence for too long, I want to remind you that the club will be open during all summer. The purpose of those open days is for each member to enjoy the practice through free fencing. It is important to note that during this period you also have the possibility to bring along your friends, parents or new people who are not members but who would like to try. One professional coach will be present in each training session to guide/assist you or the person that you may bring with you if you desire.**

### **Open hours of the club during the summer period for free fencing:**

- Tuesday 7<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Thursday 9<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Tuesday 14<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Thursday 16<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 21<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Thursday 23<sup>rd</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 28<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Thursday 30<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 4<sup>th</sup> August – From 6.00pm to 8.30pm - Coach Nick Lapuste
- Thursday 6<sup>th</sup> August – From 6.00pm to 8.30pm – Coach Nick Lapuste
- Tuesday 11<sup>th</sup> August – From 6.00pm to 8.30pm - Coach Nick Lapuste
- Thursday 13<sup>th</sup> August – From 6.00pm to 8.30pm – Coach Nick Lapuste

**Finishing this letter I wish you a nice summer holidays on behalf of Hellerup Fencing Club. Enjoy the time with your friends, family and don't forget to do some sport in order to**

stay in shape and be ready to start the new season on Monday 17th August 2020. You will receive the schedule and all necessary information about the next season by mail latest the beginning of August 2020. Please note that you will also find this information on club's website or facebook page.

Once again happy holidays, the coaching staff and I are looking forward to see all of you next season.

Best regards and take care,

Hugo DERGAL  
Sportschef i HFK  
Teamleader for DFFs på kårde