

# 11<sup>TH</sup> INTERNATIONAL

BORDEAUX JULY 22<sup>nd</sup> – 28<sup>th</sup> 2024

Experience fencing excellence with international coaches and fencers from all over the world in the stunning city of Bordeaux, France.

#### TRANSPORTATION

#### 90 DIRECT FLIGHTS FROM ALL OVER THE WORLD

The Bordeaux airport (BOD) is located 20mn from the fencing center. You can also think about flying to Paris (CDG) or Toulouse (TLS) and take the train.

#### HOURLY TRAINS TO BORDEAUX

Bordeaux is located 2:04 hours from Paris downtown and 3:35 from the Paris airport (CDG).

#### LOCAL TRANSPORTATION

Will be provided to organized activities.

#### HOUSING

#### HOTEL VICTORIA

300 meters from the training center. Single or twin rooms – kitchenette and Wi-Fi.

#### HOTEL MERCURE

20 minutes by tram from the training center. High class hotel.

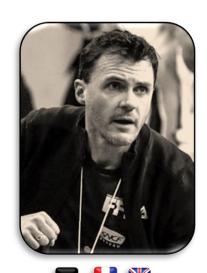
#### OTHER HOUSING OPTIONS

For information on B&Bs, Airbnb and other options close to the fencing center, please contact us.





FRANCO CERUTTI National coach for the **USA** 



MATHIEU SISSLER Sport psychologist FRA Former director of epee for **SUI** Team Passe Avant Head Coach



SEBASTIEN DOS SANTOS Former Director of epee for **USA**. 5-time Olympic coach.



FREDERIC FENOUL Director of epee for **BEL**.



JULIAN RUEDA Head coach at LEO - USA Coached 30+ national and international medalists.



**TOMMI HURME** Head coach at Olympian FC Former Princeton team Captain **USA**.



**JASON PRYOR** Harvard coach 2016 Olympian for **USA**.



THIBAULT BRETON Video Analyst for the **BEL** Federation Strategist for Neisser Loyola.



ASHELEE RASMUSSEN
Licensed massage therapist
USA.



MICHAEL BINDAS
NJIT NCAA Head coach
USA.



CAMILLE YETTOU
Fencing master Brussels BEL.



BRUNO GOOSSENS

Medical doctor

Vet World Champion USA.



PIERRICK ROUSSEAU
Strength & Conditioning coach
junior national training center
FRA.



CHARLES JULIEN HUBERT
Cooking chef.



LOUIS LEBEAU
Osteopathic medicine.



FABIEN DUCHESNAY Interviews & video.

### A SALLE UNIQUE IN THE WORLD



Central location and unforgettable architecture.



The camp will begin at 10am July 22nd and will finish at 5pm on July 28th with the "Challenge International de Bordeaux".

The camp is open to competitors of all ages starting with cadet. It is run in both English and French.

The camp activities include:

— day trips and evening gatherings

9:45 am - 12:15pm MORNING SESSION

- organized bouting
- critical debriefings and individual feedback

1:45pm – 5:15pm AFTERNOON WORKSHOPS

- video analysis
- tactical footwork and exercises
- sport psychology
- fencing drills
- theme bouting

6:00pm - 8:00pm evening session

— organized bouting open to all campers and the top junior and senior France local competitors.

600€

Fee includes: 7 days of camp, lunchtime meals and snacks, all activities, A pair of fencing socks and the entry fee for the "2020 Challenge International de Bordeaux" on July 28th

400€

For the top 8 seniors, top 4 juniors and top 2 cadets on National ranking.

### 20€

Optional 20 minutes individual lessons are available outside of camp hours:

- fencing lessons
- > video analysis lessons
- > sport psychology sessions
- individualized strength and conditioning sessions
- massage therapist sessions
- > osteopathic sessions

## City of Bordeaux Bordeaux voted best European destination 2015&16

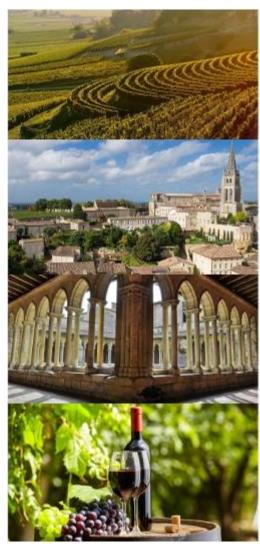


### Atlantic ocean

1 hour from Bordeaux



## Medieval village St Emilion in the hearth of wine country



#### IN PARTNERSHIP WITH





## Registration deadline June 30th 2024

- REGISTRATION FORM Here
- VIDEO OF THE 2023 CAMP Here
- MORE INFORMATION AskFred
- INSTAGRAM Here
- BEC ESCRIME www.bec-escrime.fr
- QUESTIONS summercamp.bx@gmail.com
- WHERE TO FIND US

Salle André LABATUT Gymnase Nelson Paillou

53 rue Pauline Kergomard, 33 800 Bordeaux

- Tramway B ( "Bergonié " stop)
- Bus line number 5 ( "Kergomard " stop)