



Jr.



2019 JR. RANGERS FENCING CAMP AT DREW UNIVERSITY - MADISON, NEW JERSEY

NEW

1 Week -- July 22 thru July 26

- ▶ OPEN TO ALL BOYS AND GIRLS ENTERING **GRADES 5TH THROUGH 8TH**
- ▶ ALL THREE WEAPONS ▶ LEARN TO MAXIMIZE YOUR COMPETITIVE SUCCESS
- ▶ OUTSTANDING PROFESSIONAL, COLLEGE, & HIGH SCHOOL COACHING STAFF
- ▶ HOME OF THE SANTELLI & CETRULO TOURNAMENTS – THE SIMON FORUM
- ▶ INDIVIDUAL ATTENTION AND GROUP INSTRUCTION

SESSIONS 9 AM – 4:45 PM. CAMP INCLUDES FRESH HOT LUNCH MON-FRI.

IF NEEDED, RENTAL EQUIPMENT FOR THE WEEK WILL BE AVAILABLE AT CHECK-IN FOR AN ADDITIONAL \$40.

TOURNAMENT TRAINING OR PREPARATION FOR HIGH SCHOOL OR MIDDLE SCHOOL TEAMS

OUR COACHING STAFF INCLUDES USA FENCING CERTIFIED COACHES WITH COLLEGE AND/OR NJ VARSITY HS EXPERIENCE. WE HAVE A LOW RATIO OF COACHES-TO-CAMPERS. EACH FENCER RECEIVES PERSONAL ATTENTION FROM A STAFF COACH, INCLUDING WEAPON-SPECIFIC AND GROUP INSTRUCTION. WE EMPHASIZE GOOD FORM, SMART TACTICS AND SPORTSMANSHIP.

WE PROVIDE TRAINING IN PHYSICAL TECHNIQUE, MOBILITY, STRATEGY AND TACTICS. LESSONS ARE GEARED TO TEACH STUDENTS:

- WHAT TO DO
- HOW TO DO
- WHEN TO DO
- SITUATIONAL VARIATION
- BOUT LOGIC
- ALTERNATIVE TACTICS

LECTURES AND SEMINARS ADDRESSING VALUABLE SUBJECTS NOT TAUGHT IN OTHER PROGRAMS, INCLUDING:

- ♠ FENCING ON A HIGH SCHOOL TEAM
- ♠ FENCING IN COLLEGE
- ♠ INJURY AVOIDANCE
- ♠ TRAINING CALENDAR
- ♠ NUTRITION & HYDRATION

FULL DETAILS ON OUR WEBSITE

ON-LINE REGISTRATION & MORE INFO: JR.DREWRANGERSFENCING.COM
FACEBOOK: "DREW UNIVERSITY FENCING"
FURTHER INFORMATION: JRRANGERSFENCING@GMAIL.COM