

DYNAMO FENCING INTERNATIONAL SLEEP-AWAY

MEGA CAMP

ZHONGSHAN, CHINA

SCHEDULE WEEK 1

Breakfast: 8:45 to 9:30

Lunch: 12:45 to 13:45

Dinner: 18:30 to 19:30

Day 1: Monday August 3

8:00 to 8:45: Warm Up - Running, Stretching

10:00 to 12:00: Footwork, partner drills (fencing), matches 1 x 2 hits

16:00 to 18:30: Private Lessons, Open Fencing

20:30 to 21:30: Private Lessons, Games

Day 2: Tuesday August 4

8:00 to 8:45: Footwork

10:00 to 12:00: Private Lessons, matches according to assignment

16:00 to 18:30: Private Lessons, 15 point matches according to assignment

20:30 to 21:30: Games and Private Lessons

Day 3: Wednesday August 5

8:00 to 8:45: Running and stretching (changed from Gorbachuk schedule)

10:00 to 12:00: Footwork, matches to get 50 hits total

16:00 to 18:30: swimming pool, games, private lessons

19:30 to 21:30: Pathway to USA University Speech, Q/A by all NCAA coaches.

Open to all fencers and parents (changed from Gorbachuk schedule)

Day 4: Thursday August 6

8:00 to 8:45: running, stretching

10:00 to 12:00: Fencing Poule (matches to 5)

16:00 to 18:30: Fencing Poule continued

20:30 to 21:30: Private Lessons, games

Day 5: Friday August 7

8:00 to 8:45: footwork

10:00 to 12:00: Private Lessons, Matches according to assignment

16:00 to 18:30: Private Lessons, Free Fencing (full supervision by coaches and mentor athletes)

20:30 to 21:30: Private Lessons, Games



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ZHONGSHAN, CHINA SCHEDULE WEEK 2

Breakfast: 8:45 to 9:30

Lunch: 12:45 to 13:45

Dinner: 18:30 to 19:30

Day 6: Saturday August 8

8:00 to 8:45: running, stretching

10:00 to 12:30: Team Matches according to assignment

16:00 to 18:30: Team Matches according to assignment

20:30 to 21:30: Private Lessons, games

Day 7: Sunday August 9

8:00 to 8:45: footwork

10:00 to 12:00: Private Lessons, Free Fencing with assignment

16:00 to 18:30: Private Lessons, Free Fencing with assignment

20:30 to 21:30: Fencing Theory led by Olympic Coaches

Day 8: Monday August 10

8:00 to 8:45: running, stretching

10:00 to 12:00: Team Matches

16:00 to 18:30: Team Matches

20:30 to 21:30: Private Lessons, games

Day 9: Tuesday August 11

8:00 to 8:45: footwork

10:00 to 12:00: Private Lessons, Fencing and Swimming (depends on age and group)

Small change to Gorbachuk schedule)

16:00 to 18:30: Private Lessons, Fencing Matches

20:30 to 21:30: How to become an Olympian and Road to Gold

(led by Olympic medalist, Olympic champions and Olympians)

(Small change to Gorbachuk schedule)

Day 10: Wednesday August 12

8:00 to 8:45: Running, Stretching

10:00 to 12:00: Free Fencing (with assignment and coaches), Private Lessons

14:00 to 16:00: Free Fencing (with assignment and coaches), Private Lessons

16:00 to 17:00: Clean - Up / Take Down, Dismissal

