



Elite international training camp at Hellerup Fencing Club, 3-12th November 2014, Schedule:

The training camp is held in cooperation between Hellerup Fencing Club, Jysk Akademisk Fencing Club, Trekanten Fencing Club and the Danish Fencing Federation.
 The camp is placed between the two Danish Satellite World Cups. The week after the Copenhagen satellite it is also possible to train in Hellerup before the Tallinn World Cup.
 The camp is for cadets, juniors and seniors in foil, epee and sabre.
 If you are able to participate or have any questions please contact Ferenc:
 Lunch will not be provided, please bring your own food. Can be purchased near by.



Preparation for fencers going to Tallinn World Cup
 Join training in Hellerup Fencing Club

3rd November	4th November	5th November	6th November	7th November	8th & 9th November	10th November	11th November	12th November
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday	Monday	Tuesday	Wednesday
10:00	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	Satellite Competition	10:00	Warm up, stretching, footwork	Warm up, stretching, footwork
10:30	Free fencing and lessons	Individual competition with 2 poules	Free fencing and lessons	Team competition	Ryparken, Copenhagen	10:30	Free fencing and lessons	Free fencing and lessons
11:00						11:00		
11:30					Fencing Club Trekanten	11:30		
12:00					c/o Ryparken Idrætsanlæg	12:00		
12:30					Lyngbyvej 110	12:30		
13:00					DK-2100 Copenhagen	13:00		
13:30					tournament@trekanten.org	13:30		
14:00					www.to.trekanten.org	14:00		
14:30						14:30		
15:00	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	Sports hall "3" available	NOTE: Search		
15:30					"Fencing Club Trekanten"	15:30		
16:00					on Google Maps for	16:00		
16:30					location (not address)	16:30		
17:00						17:00		
17:30					Nearest station is Ryparken	17:30		
18:00						18:00		
18:30						18:30		
19:00	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork	Warm up, stretching, footwork		19:00	Warm up, stretching, footwork	Warm up, stretching, footwork
19:30	Poules with 5 touches	Free fencing and lessons	Individual direct elimination	Free fencing and lessons		19:30	Free fencing and lessons	Free fencing and lessons
20:00						20:00		
20:30						20:30		
21:00						21:00		
21:30						21:30		



Place of training:	Address:	Homepage:	Nearest train:	Info:
HFK Hellerup Fencing Club	Strandparksvvej 46, DK-2900 Hellerup	www.hellerupfaegteklub.dk	Hellerup Station	6 km north of Copenhagen 30 min from the airport by train
Head Coach:	Ferenc Toth	E-mail:	Mobile:	+45 40 62 51 11
Assisting coaches:	Eric Boisse		Mobile while in Denmark:	+45 60 82 44 08
Other sports facilities:	Public swimming pool	Kildeskovshallen, Adolfsvej 25, DK-2820 Gentofte		
	Gym	Small gym in Hellerup Fencing Club.		

Direct flights are available between Copenhagen Airport Kastrup and Tallinn, Est.

Near by accommodation:

Hellerup Park Hotel	Walking distance
Gentofte Hotel	4 km distance, go by train or taxi
Scandic Lyngby	9 km distance, go by train
In copenhagen City.	6 km distance, go by train to Central station

JAF Satellite 1-2nd November in Aarhus, Denmark



Hellerup Fencing Club. 10 pists.



International Training Camp July 2014