

# I International Fencing Camp

## FENCING FOR KIDS

Cabo de Gata- El Toyo



**ALMERÍA 2013**

From 21 st of 27 th of July

( For Foil and Sabre minimum 25 registrations )

Contact: Astrid Ferrando Guillem  
astrid.ferrando@gmail.com  
telf. +34 666 325 097  
www.almeriaesgrima.es





## HOTEL

The Hotel BARCELÓ Cabo de Gata 4\* is an exceptional establishment, placed next to the beach at El Toyo, at 15 Km from the city of Almería and 7 km from its airport

The hotel has a range of facilities and services such as reception, lounge, lounge-bar, restaurant and cafeteria buffet, wonderful swimming pools, solarium and terraces surrounded by a well cared atmosphere.

A wonderful, tasty, wide and varied hot and cold buffet awaits you for breakfast, lunch and dinner.



## ACCOMMODATION

Luxury, comfort, space and attention to detail Hotel BARCELÓ Cabo de Gata 4\* contributes to even more special and memorable days of your stay in our Campus: bathroom, terrace or balcony, view of the garden, the sea or the pool, satellite television, hair dryers, air-conditioning, Internet connection are some of the comforts that the hotel offers.

Hotel BARCELÓ Cabo de Gata 4\* in full board, including three buffet meals with drinks and training program 550€.



## FULL PROGRAM

**Sunday** The organization receives athletes at Hotel BARCELÓ Cabo de Gata 4\*. Reception, accommodation and reunion of coaches and fencers. Presentation of the concentration and program distribution. We offer a welcome cocktail.

**Monday** Physical training. In afternoon: working in pairs and technical preparation of displacement.

**Tuesday** Working in pairs, exercises for attack and parry, conventional exercises, methodical bouts. In afternoon: individual classes. Spanish lessons and material workshops

**Wednesday** Physical training, working in pairs, free assaults and individual classes. In afternoon: assault with protocol by age.

**Thursday** Technique and displacement preparation, preparation tactics of assault, working in partnership with white-free rounds. In afternoon: classes, fitness and games space.

**Friday** **ANDALUCIA FENCING TOURNAMENT 2013.** Evening: Closing event.

**Saturday** Departure of the athletes, to their countries of origin.

The International Fencing Camp - Almería, has prestigious national and international masters