



# Fencing



## Our Program

Fencing is one of the *fastest growing* sports in the United States. Here on Long Island High School teams are hard to come by, but every summer LuHi Fencing offers kids the opportunity to try something new! Many of our kids go on to join their school district teams, join local Fencing clubs and even Fence in college. Over the course of the 2-week session here at LuHi each camper will have the opportunity to try all 3 discipline of Fencing-Epee, Foil and Saber. They will learn footwork, blade work and how to compete in a Fencing Match. We provide all of the gear they will need, just wear gym clothes and sneakers!

## Daily Schedule

Time	Activity	Description
8:45-9:15am	Arrival	Campers will be greeted by a coach at the bus and car drop off area and brought in groups to the Fencing Room
9:15-9:30am	Warm-up	Run/Stretch/Calisthenics
9:30- 11am	Morning Drills	Fencing Instruction
11- 11:45am	Gym/Outside Games	Any games the kids want to play
11:45- 1pm	Lunch/Pool Time	All walk down to cafeteria, after done eating option to free swim/playground
1:15- 1:30am	Warm-up	Run/Stretch/Calisthenics
1:30- 3:pm	Afternoon Drills	Fencing Instruction
3:15-3:45	Canteen	All walk down to cafeteria/ group free time
4- 4:15pm	Busses Depart	Go Home!

## Session Schedule

Day	Goal	Description
1	Introductions	Go over rules, expectations, camp norms History of Fencing, basics of the sport
2	Gear Distributed	Each camper will be fitted for and given 1 glove, 1 mask, 1 underarm protector, 1 jacket
3	Footwork	By this day all campers will have become familiar with all footwork
4	Blade work introduced	By the end of this day each camper will learn how each of the fencing weapons are used
5	Introduction to Bouting	This is the day students will be prepared to duel/bout
6	Choose your weapon	Campers will choose 1 of the 3 weapons to master
7	Lessons	One on one lessons, group fencing drills
8	Prepare for Battle	Set up for competition, Practice "Fencing Pools"
9	Competition Day!	Full Day competition, parents invited for 1-3pm
10	Fun Day!	Free Fencing,



**Fun Fact!**  
 Fencing has been  
 contested at every  
 Summer Olympic Games  
 since the birth of the  
 modern Olympic  
 movement at  
 the 1896 Summer  
 Olympics in Athens