

TEMA-UAE Fencing Federation International Camp August 29 - September 3, 2021



Sharjah, United Arab Emirates

Foil, Epee, Sabre/ Under 9, 11, 13, 15, 17, 20 & Senior / Female & Male

Date		Start	Morning			Break	Evening			End
Sunday	29-Aug-21	Σ	Check-In			12:00 PM 02:00 PM	3:30 PM 4::00 PM	4:00 PM -700 PM	7:00 PM 8:00 PM	8:00 PM 9:00 PM
		2:00 PM				Launch Break	Worming Up	Body Conditioning	Lecture	Dinner
Sı		2:(Explain Camp Outline	Fencing Injuries	
Monday	30-Aug-21	8:00 AM 9:00 AM	9:30: AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM 02:00 PM	2:00 PM - 7:00 PM		7:00 PM 8:00 PM	8:00 PM 9:00 PM
		Breakfast	Worming up	Footwork	5 Points Pool	Launch Break	Initial Competition		Lecture	Dinner
			Agility & Response Training	Footwork "Speeds with Distance Limitation "	Scheduled Individual lesson				Nutrition	Din
Tuesday	31-Aug-21	8:00 AM 9:00 AM	9:30: AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM 02:00 PM	3:30 PM 4::00 PM	4:00 PM -700 PM	7:00 PM 8:00 PM	8:00 PM 9:00 PM
		Breakfast	Worming up	Body Conditioning	Exercises	eak	Worming Up	Free Fencing	Lecture	nts rene +
			Free Games	Footwork "Speeds with Distance Limitation "	Group Lessons	Launch Break		Scheduled Individual lesson	Parents Awarene ss + Photo	
Wednesday	1-Sep-21	8:00 AM 9:00 AM	9:30: AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM 02:00 PM	3:30 PM 4::00 PM	4:00 PM -700 PM	7:00 PM 8:00 PM	8:00 PM 9:00 PM
		Breakfast	Worming up	Match at 15 Points Pool	Free Fencing	Launch Break	Worming Up	Free Fencing	Lecture	Dinner
			Speed Training & Agility	Scheduled Individual lesson	Scheduled Individual lesson			Scheduled Individual lesson	Mental Training	Din
Thursday	2-Sep-21	8:00 AM 9:00 AM	9:30: AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM 02:00 PM	3:00:PM- 7:00 PM 8:00 PM			
		Breakfast	Pool at 5 Touch & Free Warming up & Pool at 5 Touch & Competition all day			Launch Break	Final Competition			Dinner
>	3-Sep-21	8:00 AM 9:00 AM	9:30: AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	PM				
Friday		Breakfast	Light Worming up	Footwork	Camp Closing Meeting	2:00 P	Check-Out			
riday	Sep-21	Check-In Arab Club Championship								