



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	2:00 PM	Check-In		12:00 PM 02:00 PM	8:00 PM 9:00 PM
				Launch Break	Dinner
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
	Breakfast	Worming up Agility & Response Training	Footwork	5 Points Pool Scheduled Individual lesson	Launch Break
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
	Breakfast	Worming up Free Games	Body Conditioning Footwork "Speeds with Distance Limitation "	Exercises Group Lessons	Launch Break
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
	Breakfast	Worming up Speed Training & Agility	Match at 15 Points Pool Scheduled Individual lesson	Free Fencing Scheduled Individual lesson	Launch Break
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
	Breakfast	Pool at 5 Touch & Free Warming up & Competition all day	Pool at 5 Touch & Competition all day		Launch Break
Friday 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	2:00 PM
	Breakfast	Light Worming up	Footwork	Camp Closing Meeting	Check-Out
Friday 3-Sep-21	Check-In Arab Club Championship				