

# FENCERS CLUB

EST. 1883

*Fencers Club is a 501(c)(3) not-for-profit organization dedicated to the pursuit of excellence through the sport of fencing. We actively support a culture of sharing by performing community services that extend beyond fencing.*

## 2025 Summer Day Camp Info Sheet

### Sample Daily Schedule

#### **10:00 AM to 12:30 PM: Fencing for Beginners**

Choose your weapon: epee, foil or sabre. Modern fencing is a dynamic, exciting sport. Fencing teaches discipline, grace, agility and strategic thinking. Young beginners will learn the fundamentals of fencing and then get on the strip to try to outsmart their opponents in classic battle. Students of all levels will work with our world-class coaches and elite athletes. Proper technique and safety are emphasized.

#### **12:30 PM to 1:15 PM: Lunch (bring from home)**

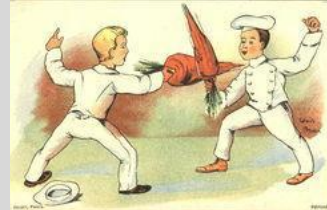
**1:15 PM to 3:45 PM: Fencing** Elite senior athletes and coaches will lead students in drills and training that will teach discipline, grace, agility and strategic thinking. Students of all levels will work with our world-class coaches and elite athletes.

- Monday through Thursday: Skill building and tactical training
- Friday: Camp-wide competition with awards. Parents and guardians are encouraged to attend

#### **3:45 PM to 4:00 PM: Clean up, and departure**

*Note: early drop off (9:30AM) and late pickup (after 5:00PM) are available for \$20/day flat fee. Please e-mail our office at [info@fencersclub.org](mailto:info@fencersclub.org) for more information.*

### Food for Camp



#### **Lunch:**

**Please have campers bring their own lunches from home each day except...**

#### **Fridays: Pizza!**

Pizza (cheese and pepperoni) will be provided for all campers on Fridays.

*Campers can also bring their lunch on Fridays, if they prefer. Please make sure bags/containers are clearly labeled with the camper's name. Campers can keep lunches in our refrigerator until lunchtime. Campers will be expected to clean up after lunch.*

*Please let camp staff know before camp if a camper has any dietary restrictions and food allergies. A water fountain is available throughout the day to ensure campers stay hydrated during all activities.*

### What Should I Wear?

For fencing, all campers must wear long pants (no jeans), leggings or fencing knickers. They must also have socks and sneakers/tennis shoes. If you have your own fencing equipment, please bring it! If not, Fencers Club will provide fencing gear.

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## Fencers Club Code of Conduct and Honor for Camps

*Revised July 2024*

The types of behavior and conduct that are prohibited or considered inappropriate during camp include, but are not limited to, the following:

1. Theft or inappropriate removal or possession of Fencers Club or camp property.
  2. Withholding knowledge or information on any inappropriate actions or behavior by campers, employees and/or independent contractors—an incident must be reported to the Executive Director or Camp Manager immediately.
  3. Fencing or participating in camp sessions under the influence of alcohol or illegal drugs or any other violation of the FC Drugs, Narcotics and Alcohol policy.
  4. Any form of unlawful harassment and/or discrimination or other unlawful or unwelcome conduct.
  5. Insubordination or other disrespectful conduct.
  6. Fighting, using obscene, abusive language, gestures or threatening violence.
  7. Negligence or improper conduct leading to damage of property.
  8. Boisterous or disruptive activity in the camp environment.
- **Hospitality** - All Fencers Club staff and campers will graciously extend themselves to welcome other campers, members, visitors, and newcomers to the sport of fencing.
  - **Safety** - All Fencers Club staff and campers will place safety first in the maintenance of their equipment and their personal behavior while at camp.
  - **Civility** - All Fencers Club staff and campers will treat themselves, each other, and our facility with the highest degree of respect. We will all leave our club and camp facilities cleaner than when we arrived.
  - **Responsibility** - All Fencers Club staff and campers must abide by this code of conduct and conduct themselves in an appropriate manner at all times while at camp.

NOTE: Fencers Club reserves the right to dismiss a camper if the camper's behavior interferes with the rights of others, the smooth functioning of the group or activity, or violates the camp's code of conduct. No refunds or transfer of funds will be made for withdrawal, dismissal, failure to attend, or incomplete attendance.