

East Midlands Fencing



## U21 East Midlands Fencer Development Training

A Fencer Development training programme aimed at bringing together fencers from across the East Midlands Region to train and spar together under the guidance of weapon specific coaches. Open to any fencer aged 13 to 21 who has been fencing for over one year.

**Where** - Lee Westwood Sports Hall, Clifton Campus of Nottingham Trent University, Clifton Lane, NG11 8NS

**When** - Next session Saturday 8<sup>th</sup> October.

10am to 12pm - Strength & Conditioning with Sport981

12.30pm - 4pm - Group & individual lessons, sparring on electric boxes

**Cost** - £21

**What you'll need** - Full electric kit, weapon and drink & food

**Booking** - is via the online booking and payment system

**Contact** - [EMCadets@gmail.com](mailto:EMCadets@gmail.com) for further information, future dates, and to be sent the link to the booking form.

