



Lynne Melia BAF,  
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*Team Melia* and *Shakespeare's Swords*, are running a 5 day training camp at King Edward VI Grammar School, Stratford-upon-Avon, during October Half Term (27<sup>th</sup> – 31<sup>st</sup> October, 2008).



The camp will cost £250 full board (bed, breakfast, packed lunch and evening meal), with accommodation booked at the Youth Hostel in Alveston, approximately 2 miles from the training venue. This is a “splendid Georgian Mansion”, and facilities include a classroom, games room, lounge, TV lounge and library.

The course will include fitness, footwork, technical exercises, tactical exercises and sparring. We hope too, to include information on training plans, periodisation, psychology, competition stress, hydration and nutrition for those who want it.

Fencers will include a group of foilists and epeeists from La Rochelle in France, returning a visit made by Team Melia last Easter.

#### Coaching Staff:



Lynne Melia, Course Director, is an Advanced Level foil coach (Level 4 UK Sport) and is qualified at all 3 weapons. She coaches across the West Midlands Region and runs the H & W County Development Squad.



Patócs Ákos is a Hungarian Master based in Budapest. He runs the Debrecen training camp in July/August in conjunction with David Kirby. Ákos will coach sabre on this camp.



David Kirby is the Maitre d'Esprime at King Edward VI School, Stratford-upon-Avon and Eton College, Windsor. He qualified in Hungary, and is the elite coach at Birmingham University. He runs the Debrecen training camp in Hungary with Ákos Patócs.



Glen Golding is an Advanced Level foil coach working in the South West Region. He is the Bristol Grammar School Coach and runs the South West Development Squad.



Jamie Melia is studying Physics and Sports Science at Loughborough University. He fences épée, and is currently working with some regional Pentathletes, and supports Lynne at the H & W Squad. Jamie came 51<sup>st</sup> at the U23 European Championships in May 2008.



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**TEAM MELIA / SHAKESPEARE'S SWORDS AUTUMN HALF TERM TRAINING CAMP**  
**27<sup>th</sup> – 31<sup>st</sup> OCTOBER 2008**

Fencer's name \_\_\_\_\_ BFA no: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ Mobile (fencer's) \_\_\_\_\_

E-mail (please print clearly) \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please enrol \_\_\_\_\_ on the half term training  
camp from 27<sup>th</sup> – 31<sup>st</sup> October 2008.

I enclose my deposit of **£150**, cheque payable to *Team Melia Ltd*, and note that the remainder  
must be paid by 15<sup>th</sup> October 2008.

I give permission for my son / daughter to travel in a minibus or car driven by a member of the  
camp staff, or an adult attending the course at the request of course staff.

Signed \_\_\_\_\_ Date \_\_\_\_\_

I understand that photographs and video may be taken for training purposes, and may also be  
used as publicity for this course or further courses.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Medical form / emergency contact form to follow.