

FENCING INSTITUTE OF TEXAS'
GET FIT! Competitive Fencer
Summer Camp
at Austin College in Sherman, Texas
June 18-24, 2023



Fencers 12 years to adult of all skill levels are invited to get competitively FIT at our Summer Fencing Camp; younger fencers require permission from a coach. Fencers will be divided into skill levels and weapon groups during training sessions. Programs are designed to prepare fencers for Summer Nationals, but all fencers are invited. **ALL ATTENDEES MUST HAVE A COMPETITIVE MEMBERSHIP with USA Fencing.** Coaching Staff will be led by Hossam Mahmoud Egypt National Team, Fencing Master Yury Molchan OLY, Fencing Master Gregoris Serrano Sierra, Prevost April Alford, Prevost Rhonda Trietsch, and other coaches as available. (Biographies available on FIT website.) Instruction in all three weapons.

- **Check-in:** 12-2 PM on Sunday, June 18th. Fencers should eat lunch prior to check-in; the first meal will be dinner on the 18th.
- **Check-out:** 9-10 AM on Saturday, June 24nd. The last meal served will be breakfast on June 24nd.
- All students must have a USA Fencing Competitive or Access membership.

Fencers arriving by air should fly into DFW Airport. We will make arrangements to pick you up and take you back. It takes approximately 2 hours to drive to Sherman from DFW. Please allow enough time for travel when making flight schedules. Contact us at info@fenceintexas.org with flight information.

FEES: \$300 non-refundable deposit required by May 15th, balance due 1st day of camp.
\$630 for FIT fencers
\$745 for non-FIT fencers

Campers should bring fencing clothing and equipment (electric if you have it); exercise clothing; extra t-shirts; marked water bottles; sleeping bag or blanket and sheet; pillow; swimming suit and towels. Dorms are air conditioned, but it still gets hot in Texas in June. Dorms have refrigerators and microwaves. Fencers may bring extra cash for pizza, and extra camp snacks, Gatorade, and water. For more information, contact FENCING INSTITUTE OF TEXAS:

- Call (972) 242-0399
- E-mail info@fenceintexas.org

The Austin College campus is located just north of Dallas on Lake Texoma. Out-of-state campers should fly to/from DFW airport; free airport pickup/drop-off will be arranged.

Enrollment is limited to 40 fencers. A non-refundable **deposit of \$300** is required by **May 15th** to hold your place. Registrations will be taken after May 15th if space is available.

Fencers must report to camp mentally and physically ready to participate in strong training sessions as this camp is designed to prepare fencers for Summer Nationals. Please complete the registration and medical release forms and mail with check or money order to 1000 West Crosby Road Suite 134, Carrollton, Texas 75006.

TENTATIVE CAMP TRAINING SCHEDULE

Sunday

Gym setup 10AM to noon (need adults to help)

Campers check-in from noon to 2pm on Saturday in Sid Richardson Gymnasium (campers should have eaten lunch) Meet at gym at 3pm for orientation

Dinner 5-5:30 pm (first meal)

Back to rooms for rest until 6:30 pm

First training in the gym 6:30-9 pm

Back to rooms for showers, games and lights out at 10 pm

Monday/Wednesday/Friday

6 am wakeup call

7-7:30 am run

8-8:30 am **Breakfast**

9:30-11:30 am training in the gym

12 noon-12:30 pm **Lunch**

1:30-3:00 pm training in the gym or outside

3:00-4:30 Pool cross-training

5-5:30 pm **Dinner**

6:30 – 9 pm training in gym

10 pm lights out

Tuesday/Thursday

6 am wakeup call

7-7:30 am run

8-8:30 am **Breakfast**

9:00-11:30 am training in the gym

12 noon-12:30 pm **Lunch**

1:30-4:30 pm training in the gym or outside

5-5:30 pm **Dinner**

6:30 – 9 pm training in gym

10 pm lights out

Saturday

6 am wakeup call

7-7:30 am run

8-8:30 am **Breakfast** (last meal)

10:00 am -noon pack out rooms pick up strips and equipment

Last pickup at NOON (everything should be picked up, thrown away, or packed in cars – rooms and gym should be SPOTLESS)

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Parents,

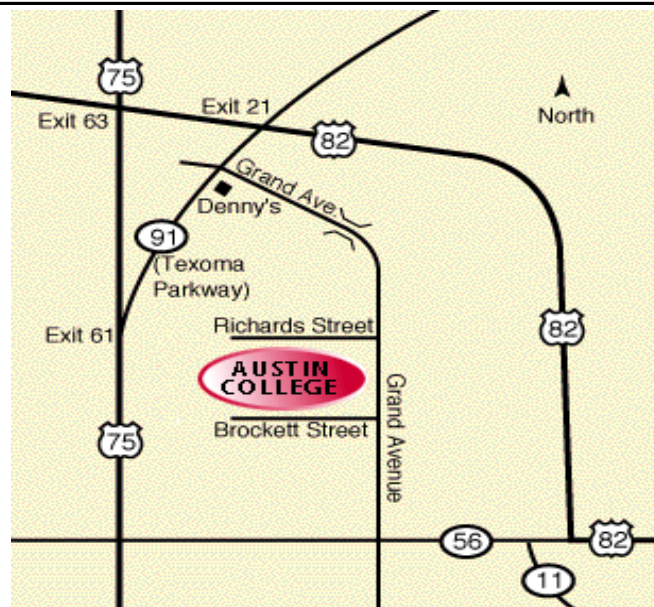
Your help will be needed to set up the strips and training areas in the gym on Sunday and take down on Sunday. Please come ready to HELP! Mr. Ovy is getting too old to do this all himself (but he won't admit it).

Please instruct your students about the following rules:

1. Fencers go to meals TOGETHER. You must be in the cafeteria at the appointed time. FIT wrist bands must be worn at all times to identify your fencer with our camp.
2. Students will be responsible for their 2 room keys. One key is for the quad entry, the other is for their room. We will have string for them to tie around the keys and wear on their neck. We need a **ROOM KEY DEPOSIT OF \$70 cash**. When we receive the keys, you will receive the deposit back. You will be charged \$35 for **EACH** lost key.
3. All students must follow the FIT Camp Code of Conduct. Students not following these rules and those of Austin College will be sent home and no refund will be given.
4. Parents, inventory your child's room carefully and document any damage by photograph. Be sure to check the other side of the mattress, also.
5. Ensure FIT Coaches have clear instructions for any medications your child needs. Inhalers may be kept with the student. Ensure the coaches are aware of any allergies, special food needs, etc.

PERSONAL VEHICLE POLICY:

- Campers who bring their own cars to camp are NOT allowed to transport campers under the age of 18 in their personal vehicle without written permission of the parent or legal guardian of the other camper. These campers must have a background check and safe sport certification through USA Fencing.
- Campers under the age of 18 are NOT allowed to transport other campers (not even siblings).
- Fencers are not allowed to leave Austin College campus at any time without the express permission of the coaches.
- Fencers who violate these policies or rules of the college, USFA or host clubs shall be expelled and no refund shall be given.



From the East (U.S. Hwy. 82 or State Hwy. 11):

From Highways 82 or 11, take State Hwy 56 West, turn right on Grand Avenue. Austin College is 1/2 mile on the left.

From the West (U.S. Hwy. 82):

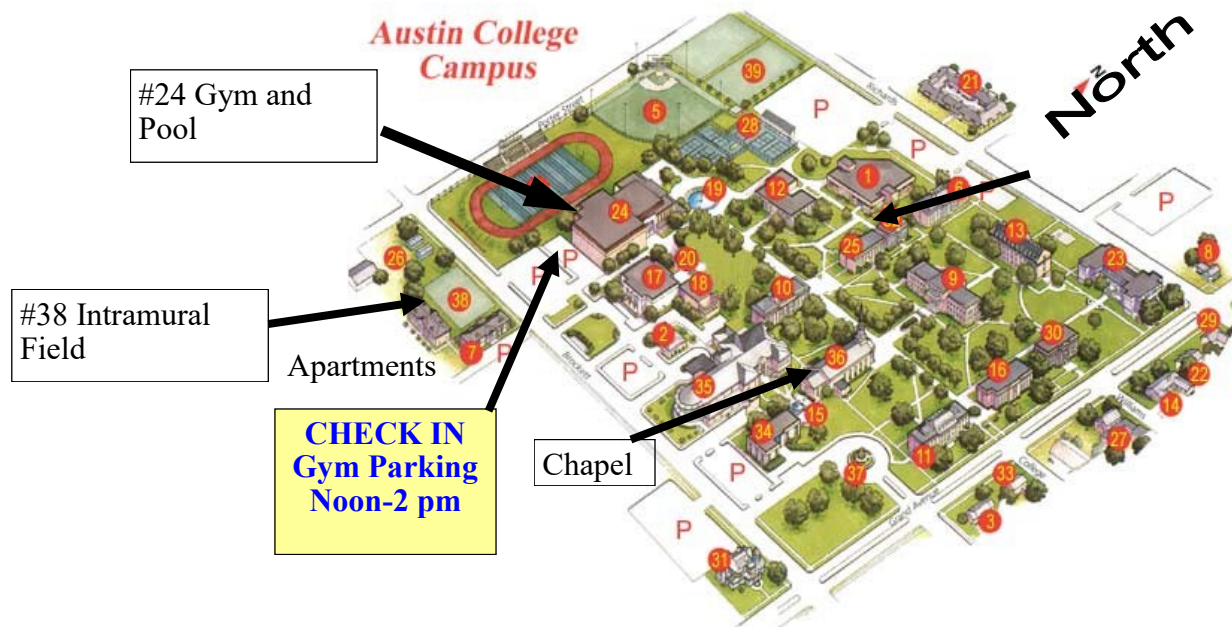
From U.S. Hwy. 82, take Exit 21 for State Hwy 91 (Texoma Parkway), turn right on Texoma Parkway and proceed to third traffic light (Grand Avenue). Turn left on Grand Avenue and continue on Grand across the overpass. Austin College is 1/2 mile on the right.

From the North (U.S. Hwy. 75):

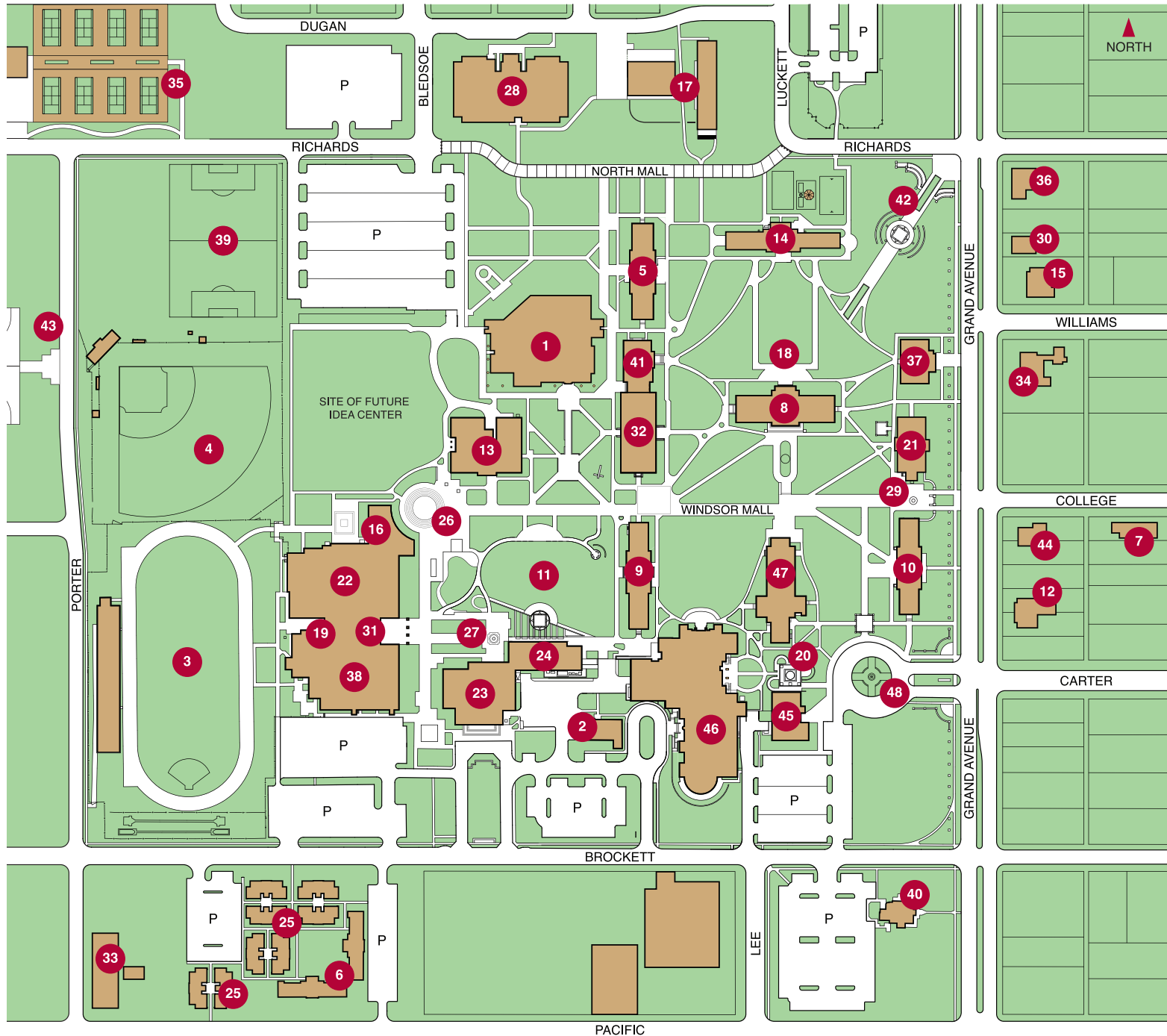
From U.S. Hwy. 75, take Exit 63 to U.S. Hwy 82. Travel east on U.S. Hwy 82 and follow directions "From the West" as stated above.

From the South (U.S. Hwy. 75):

From U.S. Hwy 75 North, take Exit 61 for State Hwy 91 (Texoma Parkway). Turn right at the second traffic light on Grand Avenue. Continue on Grand across the overpass. Austin College is 1/2 mile on the right.



Austin College Campus



MAP KEY

1. Abell Library Center
 2. Adams Center
 3. Apple Stadium
 4. Baker Athletic Field
 5. Baker Residence Hall for Men
 6. Bryan Apartments
 7. Carruth Guest House
 8. Caruth Administration Building
 9. Caruth Residence Hall for Women
 10. Clyde Residence Hall for Women
 11. College Green
 12. Collins Alumni Center
 13. Craig Hall for Music
 14. Dean Residence Hall
 15. Detweiler House
 16. Dickey Fitness Pavilion
 17. Forster Art Studio Complex
 18. Hall Graduation Court
 19. Hannah Natatorium
 20. Honors Court and Collins Fountain
 21. Hopkins Social Science Center
 22. Hughey Gymnasium
 23. Ida Green Communication Center
 24. Jackson Technology Center
 25. Johnson 'Roo Suites
 26. Jonsson Fountain
 27. Jonsson Plaza
 28. Jordan Family Language House
 29. Kappa Fountain
 30. Lockett-Gillespie House
 31. Mason Athletic-Recreation Complex
 32. Moody Science Center
 33. Physical Plant Building
 34. President's House
 35. Russell Tennis Center
 36. Settles House
 37. Sherman Hall (Humanities) and Hoxie Thompson Auditorium
 38. Sid Richardson Recreation Center
 39. Soccer Field
 40. Temple Center for Teaching and Learning at Thompson House
 41. Thompson Hall (Sciences)
 42. Williams Founders Plaza
 43. Williams Intramural Complex
 44. Windsor House
 45. Wortham Center
 46. Wright Campus Center
 47. Wynne Chapel
 48. Zauk Circle Drive and Garden
- P = Parking

GET FIT COMPETITIVE FENCER SUMMER CAMP!

APPLICATION FORM

This and the Training Authorization form are required with mail in deposits. Mail along with \$300 deposit to:

Fencing Institute of Texas
1000 West Crosby Road, Suite 134
Carrollton, Texas 75006

before **May 15th** —After deadline, call for space availability.

Fencer's name: _____ Age: _____ Gender: _____

Address: _____

Emergency Point of Contact Name: _____

Telephone Numbers: _____

E-mail address: _____

USFA Ratings: _____ US Fencing Member #: _____

How long have you fenced? _____ Weapon(s): _____

Roommate preference: _____

Your goal(s) for this camp: _____

Airline Arrival information: _____

Airline Departure information: _____

- Please remember Austin College is 2 hours from Dallas/Fort Worth Airport or Love Field *

A FIT parent or coach may transport my child to/from the airport to the Camp: ☐ Yes ☐ No

Parent signature: _____ Date: _____

A non-refundable deposit of **\$300** must accompany this application form. Reservations made after **May 15th** are not guaranteed—call for space availability. Your **reservation** is not complete until we have received these forms and **all** fees are paid.

	Total Fees	For Office Use
Deposit enclosed	<input type="checkbox"/> \$300 by May 15th <input type="checkbox"/> FIT Fencer fee \$630 <input type="checkbox"/> Other Fencer fee \$745	<input type="checkbox"/> Cash paid _____ <input type="checkbox"/> Check # _____ Paid _____ <input type="checkbox"/> Credit Card Pmt _____
Balance Paid	<input type="checkbox"/> FIT Fencer \$335 <input type="checkbox"/> Other Fencer \$445 <input type="checkbox"/> Other Amount: _____	<input type="checkbox"/> Cash paid _____ <input type="checkbox"/> Check # _____ Paid _____ <input type="checkbox"/> Credit Card Pmt _____
Room Key deposit Do not include with payment	\$35 (refundable with return of room key)	Collected first day of camp EXACT CASH only

TRAINING AUTHORIZATION

Student Fencer's Name (please print): _____ Birth Year: _____

Check One:

- ☐ I am an adult student, 18 years or older, and agree to ---
☐ I am the Parent of the named student (under 18 years of age) and agree to direct my child to --

Cooperate and to conform with directions and instruction of the Fencing Institute of Texas (FIT), activity co-sponsors, and/or their representatives in charge of the activity, with the rules and regulations of the facilities, and all directions given by FIT per-sonnel, activity co-sponsors, and/or their representatives.

All persons participating in these activities are deemed to have waived all claims against Fencing Institute of Texas, Inc., Irving, Texas, and its employees, Austin College, and the co-sponsoring organization(s) for injury, accident, illness or death occurring during or by reason of the camp.

I, _____, as a parent or guardian of the above named student, give permission for this student to participate in the program activity. I understand the proposed activity, the mode of transportation, the leadership accompanying the group and all other circumstances relating to this activity. I certify that my child is in good health and can participate in all normal activities of the group.

WAIVER OF LIABILITY: I understand that participation in any sporting activity carries a certain degree of risk for injury. Upon entering this activity, I agree to abide by the current rules and safety regulations of the Fencing Institute of Texas. Failure to follow these rules and regulations will result in expulsion and no refund of fees will be made. Expulsion is at the sole discretion of Fencing Institute of Texas' Board of Directors and the decision may not be appealed. I enter this activity at my own risk and release the Fencing Institute of Texas, its Board of Directors, sponsors, and organizers from any liability. I understand that reasonable measures will be taken to safeguard the health and safety of the group and that I will be notified as soon as possible in case of an emergency.

I have read and understand the forgoing statements and agree to assume the responsibility stated and waive all claims.

(Signature of Fencer) (Date) (Signature of Parent or Guardian of Minor) (Date)

Home Phone: _____ Other Phone: _____ of Student (if 18 or older) or Parent/Guardian

Emergency Contact Name: _____ Relationship: _____ Emergency Number: _____

CONSENT FOR MEDICAL TREATMENT

This is to certify that on this date I, _____, give my consent to the Fencing Institute of Texas and its representative to obtain medical care from any licensed physician, hospital or clinic for the above named athlete for any injury or illness that may arise during this activity. **In the event of sickness or accidents, I will not hold the administration or group sponsor responsible. In case of sickness or accident, I authorize the calling of a medical doctor and/or providing of other necessary medical services. I agree to pay for those medical services that are deemed necessary by medical authorities.**

(Signature of Fencer) (Date) (Signature of Parent or Guardian of Minor) (Date)

Does your child have an unusual medical condition(s)/reaction(s) that would require immediate medical attention? **Yes** ☐ **No** ☐

Please explain _____ Emergency Procedures to follow if necessary: _____

List any known allergies to food or drugs: _____

Limiting physical conditions (e.g., asthma): _____

Current medications: _____

Personal Physician's Name and Telephone: _____

Other information for emergency or medical staff: _____

INSURANCE INFORMATION

	Primary Insurance Information	Secondary Insurance Information
Name of Carrier		
Name of Policy Holder		
Address of Carrier		
Policy Number		

GET FIT Competitive Fencer Summer Camp

June 18-24, 2023

Sponsored by Fencing Institute of Texas at Austin College in Sherman, Texas

PAYMENT AUTHORIZATION FORM

Fencing Institute of Texas can take credit card payment from Visa, Master Card and Discover only. **You will receive an email when your account is charged.**

NOTE: This payment is for the camp fees only. Austin College requires an additional \$35 CASH deposit at the time of check in for room keys. This may be by CASH only.

APPLICATION FOR (print fencer's name): _____

AMOUNT authorized: ☐ \$300 non-refundable deposit (due by May 15)
☐ \$630 full camp fee FIT fencer
☐ \$745 full camp fee Non-FIT fencer

ACCOUNT AUTHORIZATION SIGNATURE(S)

Signature _____

Date _____

CREDIT CARD AUTHORIZATION

☐ I hereby authorize Fencing Institute of Texas, Inc. to charge the below referenced credit card account and apply said charge toward the payment of the charges I owe Fencing Institute of Texas, Inc..

☐ I understand that I will remain responsible for additional late fees should my credit card be canceled or otherwise made unavailable for payment.

Type of Card: ☐ Visa

☐ Master Card

☐ Discover

Card No.: _____

Exp. Date: _____
mm/yyyy

CSV #: _____

Zip Code: _____

PRINT Card Holder Name: _____

Email Address: _____

Billing address: _____ City/State: _____

Please bring an additional **CASH** made for Room Key Deposit of \$35 (exact cash only). This will be returned to you when your room key is returned.

CAMP POLICIES

1. All students should be in good physical condition and bring appropriate training wear for swimming, outdoor exercises, and fencing.
2. Students must bring their own electric equipment.
3. **PERSONAL VEHICLES:** Campers who bring their own cars to camp are NOT allowed to transport other campers under the age of 18 without written permission of the parent or legal guardian of the other camper, including siblings.
4. **CELL PHONES:** Cell phones are not to be brought to training. Campers may retain possession of their cell phone as long as they do not abuse this. There is no internet access for campers. (Parents, understand this is a training camp and not a vacation camp. Your child will be pushed mentally and physically, and may call to complain. The first thing to ask them is, "Did you tell your coach about this?" Most of the time they have not.)
5. Fencers who violate these policies or rules of the college, USFA, or host club(s) shall be expelled and no refund shall be given.
6. **Students over the age of 18** must have checkEd added to their USA Fencing membership, a valid USA Fencing background check and SafeSport training prior to the first day of camp

CODE OF CONDUCT

I understand that participating in Fencing Institute of Texas Summer Competitive Camp is a privilege and an opportunity for personal growth. I understand my behavior as a member of the Team reflects on me, my family and my team. I pledge to represent my family, my team and myself with honor and conduct myself with dignity and good sportsmanship.

I shall follow all the rules of the United States Fencing Association and the rules set forth by the coaches for camp.

I pledge to treat all teammates, coaches, chaperones and school staff with respect. I understand harassing or demeaning remarks or gestures are grounds for reprimand and possible removal from the FIT Competitive Team.

I understand any "Black Card" offense given for misconduct at camp is grounds for reprimand and removal from the camp and I will be asked to return home immediately. Additional reprimand or counseling may be imposed by the Board of Directors for egregious offenses.

I will set a healthful example for my teammates to follow. I understand the use of tobacco products or alcoholic beverages is grounds for removal from the FIT Competitive Team. I understand use of any illegal substance is grounds for removal from the FIT Competitive Team.

I agree that I am responsible for the logistics of my equipment and belongings to and from the gym and dorm. At no time shall a FIT Coach or Team Representative be responsible for the logistics of my equipment or belongings.

I shall not interrupt fencers on strips, nor interrupt the Fencing Masters or instructors during private lessons or classes.

I shall wear all protective equipment required for competitive fencing including, but not limited to, jacket, underarm protector, mask, glove, and long pants or knickers with long socks when fencing and as required by the instructor during lessons or classes. It is absolutely forbidden to touch an unmasked person with a weapon. The complete fencing outfit shall be clean and free of odor.

I understand and agree that a member or members of the FIT Board of Directors will arbitrate Team conflicts. Serious breaches of conduct will be submitted to the Board of Directors for disciplinary action. I will be offered an opportunity to address the Board of Directors directly (personally or through written statement) concerning any breach of conduct involving me/my child, whether caused by my/my child's actions or through actions of another. I also understand and agree that the Board of Directors' recommendation of disciplinary action is the final decision.

Students may "free bout" *only* if an instructor, knowing their ability, has given permission. It is prohibited to engage in the exercise of arms in the camp without a protective jacket, underarm protector, glove, and mask appropriate to the weapon in use.

During fencing, if one or more of the two fencers is disarmed and his/her weapon drops, the other, regardless of his rank, must pick it up and hand it to his adversary by the guard in order to avoid even the idea of haughtiness. Fencers must salute prior to beginning, and upon completion of, any drills or bouts which involve multiple fencers. At the end of a bout, the fencers are expected to remove their masks, disarm themselves, and shake hands with their opponent.

Students shall respect and take care of the club and Division property. Any equipment or property broken or damaged beyond repair by a student shall be replaced or paid for by that person.

Parent/Guardian's Signature for minor Date

Signature of Athlete Date

Parent/Guardian's Signature for minor Date

Checklist for Competitive Camp

Below is the minimum suggestion to take to camp.

- ◇ Electric fencing equipment and proper fencing attire (including protective undergarments)
 - 2 Body cords
 - Glove (no holes) and sabre gauntlet for sabre fencers
 - Mask and cord
 - Underarm protector
 - Breast protector (women)
 - Athletic supporter (men)
 - Working lamé (foil and sabre only) - NO HOLES or patches that might catch a blade (patched lames are allowed)
 - Jacket
 - Knickers, baseball pants, or warm up pants (legs must be covered during practice)
 - 4 pairs of LONG socks (above the knee)
 - Shoes: Fencing shoes, Track shoes for running and playing ultimate Frisbee, Flip flops for pool
- ◇ Plenty of extra t-shirts (this is a working camp with endurance training)
- ◇ Swim wear, goggles if they like
- ◇ Running/track shoes and exercise clothing (remember it gets HOT in Texas!)
- ◇ Rain gear (they walk between dorms, venue and cafeteria)
- ◇ Change for vending machines and laundry in dormitories
- ◇ Extra food and drinks for evening snacks (there are no convenience stores near the campus; some campers will order pizza delivery)
- ◇ Any medicines, mosquito repellent and sunscreen as necessary (prescription medicines should be discussed with the coaches)
- ◇ Frisbee, football, basketball, water guns and other games
- ◇ Jump Rope
- ◇ Water bottle
- ◇ Alarm clock
- ◇ Appropriate **healthy** snacks (nuts, cheese, fruit, bagels, Gatorade, bottled water, etc.)
- ◇ Toiletries: Toothbrush and toothpaste, Brush/comb, Hairbands, Toilet paper, Soap, Shampoo, Deodorant, sun screen, insect repellent, etc.
- ◇ Appropriate shorts for outside activities, pants for dining hall
- ◇ Sleepwear, pajamas
- ◇ Clean underwear
- ◇ Towels and washcloths, Beach towel, Bed linens or sleeping bag and sheet, and Pillow and pillow case, toiletries
- ◇ Laundry basket or bag, laundry soap
- ◇ Paper towels, plates, plastic ware, trash bags (campers are responsible for the cleanliness of their apartment); apartments have a refrigerator and microwave.
- ◇ Video players and movies, water guns (NO BALLOONS), books, cards, games (campers will have their own room key and are responsible for their own equipment; neither FIT nor the school assumes any liability for lost or stolen items) or other entertainment for evening
- ◇ Raincoat or umbrella (it usually rains at least once while we are up there)
- ◇ **Medications:** make sure we have the prescription container with the medication, and a signed waiver that you are allowed to self-administrate, or the counselor is allowed to give you your medication.
- ◇ Mobile phones are allowed unless they interfere with training. If your camper is calling to complain, the first question you should ask is, "Did you talk to one of the coaches?" The second question should be, "What did they tell you?"
- ◇ \$35 refundable key deposit (exact cash only, refunded when key is turned in).