



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 | | | | |