



**East Midlands Region**

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England Fencing

## 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 and over who has been fencing for over one year.

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

When

**18<sup>th</sup> January 2020**

**22<sup>nd</sup> February 2020**

**14<sup>th</sup> March 2020**

**25<sup>th</sup> April 2020**

**6<sup>th</sup> June 2020**

12pm to 2pm – Strength & Conditioning.

2pm – 4pm – Group & individual lessons, sparring on electric boxes

Cost - £20

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

Booking by contacting – [EMCadets@gmail.com](mailto:EMCadets@gmail.com)