



East Midlands Region

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

21st January 2023

11th February 2023

18th March 2023

15th April 2023

27th May 2023

24th June 2023

15th July 2023

19th August 2023

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 – <https://linktr.ee/emfencing>.