

- **Gutkovskiy Fencing Academy**

18-02 River Road, Building 1, Unit 2

Fair Lawn, NJ 07410

**Pre- Summer Nationals Camp 6/22/09 – 6/29/09 10AM-4PM**

This camp is to prepare fencers for Summer Nationals competition. The focus of the camp includes; endurance developing foot work & drill sessions, flexibility workouts, speed, strength and agility training, individual lessons, tactics and strategy review and extensive bout work with nationally ranked fencers. No age restrictions.

**Pre- Season Camp 8/23/09 – 8/30/09 10AM - 4PM**

This 8 day camp is to prepare fencers for the up coming season. Under the direction of Coach Stas Gutkovskiy, each day will include extensive foot work drills, speed, and strengthening exercises followed by strategy sessions and competitive bout work with nationally ranked fencers. The emphasis of the camp will be to prepare fencers for High school fencing, national competitions, and local tournaments. All 8 day campers will receive 3 private lessons.

**SUMMER CAMP I 7/20/09 – 7/24/09 10AM – 4PM**

**SUMMER CAMP II 7/27/09 – 7/31/09 10AM – 4PM**

**SUMMER CAMP III 8/3/09 – 8/7/09 10AM – 4 PM**

**SUMMER CAMP IV 8/10/09 - 8/14/09 10AM – 4 PM**

REGISTER EARLY, CAMPS FILL QUICKLY\*

Please contact GFA for registration forms and any questions. [WWW.FENCEGFA.COM](http://WWW.FENCEGFA.COM)

TEL: 201-773-0981