



## 2<sup>nd</sup> IFCB Camp Academy 2025



Sensational Cooperation of Maestro's KLUP® - coaching & fencing and Electrom Lab B.V.  
At the 16<sup>th</sup> International Fencing Camp Bocholt 2025  
17.08.2025 – 24.08.2024

**ELECTROME LAB**  
Revolutionizing Sports Physiology



The 2<sup>nd</sup> IFCB Camp Academy for Fencing Coaches will be integrated in the 16<sup>th</sup> International Fencing Camp Bocholt 2025



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### (Starting) Coaches, who join in the Camp Academy, can do so:

1. As a regular Camp Participant with a week-program, with special attendance to their practical coaching skills
2. Monday 18.08. and Tuesday 19.08. for a compact development program
3. Thursday 21.08. and Friday 22.08. for a compact development program

2. and 3. will be compact coaches' development programs. The indicated lectures 1-4 will be offered by Mrs. Daria Zhigulskaya of the Electrome Lab B.V. with the themes biomechanics and biofeedback (See the explanation below).

The Academy students can take lessons (max 1/day) and give lessons under guidance or observation of a Camp-Coach.

Each Academy-participant will receive an extensive hand-out and at the end of the course a certificate.

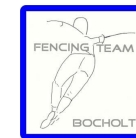
For option 1: the normal Camp-Fee will be due, the participant will live in the Europa Haus Bocholt:

**699, - Euro "All In" in a double room**

For option 2 and 3: the fee will be **250, - Euro for a 2-day clinic**, including lessons, lectures, hand-out, certificate, T-Shirt, lunch and beverages.

Who books one of the Camp Academy Compact Clinics and would like to join in on the special training day on Saturday 23.08. additional to the clinic, including the barbeque, **please pay 25, - Euro extra for the barbeque.**

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MONDAY 18.08.2025	TUESDAY 19.08.2025	WEDNESDAY 20.08.2025	THURSDAY 21.08.2025	FRIDAY 22.08.2025
<b>EUREGIO Halle</b>	<b>EUREGIO Halle</b>	<b>EUREGIO Halle</b>	<b>EUREGIO Halle</b>	<b>EUREGIO Halle</b>
Start Compact Clinic 1	2 <sup>nd</sup> Day Clinic 1	<b>Complete Academy week</b>	Start Compact Clinic 2	2 <sup>nd</sup> Day Clinic 2
<b>09.15 First: Pictures with T-Shirts!</b>	<b>both days: practice analysis</b>	<b>All 6 days: practice analysis</b>	<b>10.00-11.30 Electrome Lab Lecture 3</b>	<b>both days: practice analysis</b>
11.30-12.00 biofeedback foil	11.30-12.00 biofeedback foil	11.30-12.00 biofeedback foil	11.30-12.00 biofeedback foil	
12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH		12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH
13.30 – 16.15 giving lessons	13.30 – 16.15 analysis		13.30 – 16.15 giving lessons	13.30 – 16.15 analysis
16.00-16.30 biofeedback épée	16.00-16.30 biofeedback épée	16.00-16.30 biofeedback épée	16.00-16.30 biofeedback épée	
<b>19.00-20.30 Electrome Lab Lecture 1 Europa Haus</b>	<b>19.00-20.30 Electrome Lab Lecture 2 Europa Haus</b>		<b>Extra Academy Lessons 19.30-21.00 Euregio Hall</b>	<b>16.30-18.00 Electrome Lab Lecture 4 Europa Haus</b>

**General Camp Academy-Schedule! The contents will be discussed and adapted every day.**

When you book the entire week, you'll be integrated in the Camp-Program on Wednesday and Saturday as well (See the general Camp schedule below). For the Clinics 1 and 2: we will attach you to a coach of your favourite discipline.

The biofeedback sessions are meant for athletes, but of course you can observe them and get explanations from Mrs. Daria Zhigulskaya from the Electronome Lab B.V.

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### General Themes of the IFCB Camp Academy

1. Observation and Analysis, registration of differences → Every Academy Day will be accompanied by 1 Camp-Coach mainly
2. Adapting "innate" ideas, using external influences
3. History of methods of motor-learning and teaching in fencing:  
Szabó, Czajkowski, Differential Learning (Schöllhorn), Constraints Led Approach (Puni, Bernstein), Coyle, Epstein, Ericsson, Schmidt
4. Take lessons to improve your own skills, improve your demonstration level
5. Give lessons, let yourself guide by experienced coaches and fencing masters
6. Coaching at competitions: how to coach "strangers", so athletes who don't train and work with you (e.g. in a national team).

It's all about neurological possibilities and development:

- perception
- decisions making
- motor skills
- velocity of executing tasks

In the (individual) lessons (how to teach, how to offer):

- multiple choice drills
- working with the frame
- fragmentation

Within all these themes, we will work with mental attitudes and skills: mental rehearsal, visualizing, focusing, adapting to frustration and success. [GROW-Model, Cybernetics, Closed LOOPS]

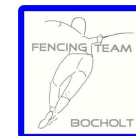
#### **ABOVE ALL:**

**Develop your absolute personal, way of teaching, your own style and your individual methodology!**

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**Mrs. Daria Zhigulskaya of the Electrome Lab B.V. (The Hague, the Netherlands)**  
**will offer the following themes and practical sessions**

For the Coaches of the Camp as well as for Coaches who registered for the IFCB Camp Academy four (4) lectures of 90 minutes:

1. Biomechanics of a touch – with demonstration of fencers' data and biofeedback workshop. (Within Academy Clinic 1)
2. Biomechanics of a parry and riposte action and a flic/coupé – with demonstration of fencers' data. (Within Academy Clinic 1)
3. Biomechanics of footwork – with demonstration of fencers' data. (Within Academy Clinic 2)
4. Common injuries in fencing and how to avoid them – with demonstration of fencers' data and biofeedback workshop. (Within Academy Clinic 2)

The lectures will be in English and are mainly meant for the IFCB Camp Academy and scientific interested, mature athletes, as well as for the Camp Coaches. The costs are included in the Camp-fee and the Camp-Academy-fee.

For athletes:

Biofeedback and ideomotor training to improve the shoulder girdle stabilization and reducing shoulder lift → four (4) sessions of 20 minutes each on 4 sequential days.

[this will be done for a group of foil fencers and for a group of épée fencers]

The biofeedback sessions can be offered for a limited number of athletes. Please announce your interest. The costs are included in the Camp fee.

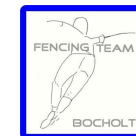
**EXTRA - the following service can be booked by a limited number of high-performance athletes or coaches:**

biomechanical testing of the personal fencing technique – of a touch, of a touch when fatigued, the most used parry-riposte, the flic, the second parry riposte. **The extra costs will be € 180, - (in words: one hundred and eighty Euro)** and must be paid in advance by the person who books this service.

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SUNDAY 17.08.2025	MONDAY 18.08.2025	TUESDAY 19.08.2025	WEDNESDAY 20.08.2025	THURSDAY 21.08.2025	FRIDAY 22.08.2025	SATURDAY 23.08.2025	SUNDAY 24.08.2025
<b>At the Europa Haus:</b>	<b>07.00 h Wake-UP</b>	<b>07.00 h Wake-UP</b>	<b>07.00 h Wake-UP</b>	<b>Free to sleep</b>	<b>07.00 h Wake-UP</b>	<b>07.00 h Wake-UP</b>	<b>CLEAN your ROOMS</b>
	<b>07.15 h Morning RUN</b>	<b>07.15 h Morning RUN</b>	<b>07.15 h Morning RUN</b>	<b>Free to run</b>	<b>07.15 h Morning RUN</b>	07.15 – 08.00 BREAKFAST	
	07.45 – 08.45 BREAKFAST	07.45 – 08.45 BREAKFAST	07.45 – 08.45 BREAKFAST	07.45 – 08.45 BREAKFAST	07.45 – 08.45 BREAKFAST	<b>08.30 h Bus to venue</b>	07.45 – 08.45 BREAKFAST
<b>15.00 h Start CHECK IN</b>	<b>09.00 h Bus to venue</b>	<b>09.00 h Bus to venue</b>	<b>09.00 h Bus to venue</b>	<b>09.00 h Bus to venue</b>	<b>09.00 h Bus to venue</b>	<b>08.45: START</b>	<b>10.00 h CHECK OUT</b>
	09.15 – 12.00 TRAINING U1	09.15 – 12.00 TRAINING U1	09.15 – 12.00 TRAINING U1	09.15 – 12.00 TRAINING U1	09.15 – 12.00 TRAINING U1	<b>special Training Day</b>	<b>Everybody!</b>
<b>18.00 h latest Check IN</b>	12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH	12.15 – 13.15 LUNCH	
<b>Europa Haus Reception</b>	13.30 – 16.15 TRAINING U2	13.30 – 16.15 TRAINING U2	13.30 – 16.00 TRAINING U2	13.30 – 16.15 TRAINING U2	13.30 – 16.15 TRAINING U2	<b>13.30 – 16.00</b>	
<b>Main Building</b>							
	<b>09.15 First: Pictures with T-Shirts!</b>		<b>16.30 Bus to Aa-See</b>			<b>special Training Day</b>	
18.00 – 20.00 DINNER	18.00 h DINNER	18.00 h DINNER	<b>17.00 Aa-See-Run</b>	18.00 h DINNER	18.00 h DINNER	<b>18.00 h Barbeque</b>	
<b>20.00 INTRODUCTION</b>			<b>18.00 Bus to Hotel</b>	<b>19.15 pm Bus to Bahia</b>		<b>Outdoor at Europa Haus</b>	
<b>DINNER HALL</b>			19.00 h DINNER	<b>21.45 pm Bahia → to EH</b>		<b>Farewell evening</b>	

**General Camp-Schedule! The Coaches will make a new plan every day. No day will be the same, just the time-schedule.**

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