



#IFCB2024 – 1st IFCB Camp Academy 2024



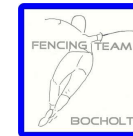
SUNDAY 11.08.2024	MONDAY 12.08.2024	TUESDAY 13.08.2024	WEDNESDAY 14.08.2024	THURSDAY 15.08.2024	FRIDAY 16.08.2024	SATURDAY 17.08.2024	SUNDAY 18.08.2024
At the Europa Haus:	EUREGIO Halle	EUREGIO Halle	EUREGIO Halle	EUREGIO Halle	EUREGIO Halle		Europa Haus:
	Start Compact Clinic 1			Start Compact Clinic 2		08.30 h Bus to venue	
15.00 h Start CHECK IN	09.15 First: Pictures with T-Shirts!					08.45: START	10.00 h Check Out
	10.30 – 12.00 observation	09.15 – 12.00 taking lessons	09.15 – 12.00	09.15 – 12.00 observation	09.15 – 12.00 taking lessons	special Training Day	
18.00 h latest Check IN	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	
Europa Haus Reception	13.30 – 16.15 analysis	13.30 – 16.15 giving lessons		13.30 – 16.15 analysis	13.30 – 16.15 giving lessons	13.30 – 16.00	
Main Building					Europa Haus		
					16.30-18.00 Lecture 4	special Training Day	
18.00 – 20.00 DINNER	Europa Haus	Europa Haus				18.00 h Barbeque	
20.00 INTRODUCTION	19.00-20.30 Lecture 1	19.00-20.30 Lecture 2		19.30-21.00 Euregio Hall		Outdoor at Europa Haus	
DINNER HALL				Extra Academy Lessons Lecture 3		Farewell evening	

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

The 15th International Fencing Camp Bocholt can be followed at Facebook, YouTube and www.fencing-camp-bocholt.com



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General Contents of the Academy Program:

1. Observation and Analysis, registration of differences
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).

Main-Lecturers will be:

In Compact Clinic 1 - Mike Pederson, Hannes Jetz, Kevin de Wit

In Compact Clinic 2 - Paul Soter, Walter Steegmüller, Steven Davey

General Coordination: Rorik Janssen, all other coaches will join in (see confirmed coaches)

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, Cybernetic, Closed LOOPS]

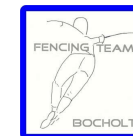
ABOVE ALL:

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

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(Starting) Coaches, who join in the Camp Academy, can choose the following options:

1. Entire Camp	Sunday 11.08. until Sunday 18.08.2024	Strong, intensive development program
2. Compact clinic 1	Monday 12.08. and Tuesday 13.08.2024	Compact development program
3. Compact clinic 2	Thursday 15.08. and Friday 16.08.2024	Compact development program

#IFCB2024 – 11.08.2024 – 18.08.2024: The Camp Academy Language will be English!

The indicated lectures 1-4 will be prepared theory sessions by one of our famous international instructors.

Lecture 1 and 2 won't be identical to 3 and 4, different themes will be offered.

All 3 options: 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: **649, - Euro "All In"**

Like a regular Camp Participant with a week-program, with special attendance to their practical coaching skills

For option 2, Monday 12.08. and Tuesday 13.08.2024:

the fee will be **200, - Euro for a 2-day clinic**, including lessons, lectures, hand-out, certificate, T-Shirt, lunch and beverages.

For option 3, Thursday 15.08. and Friday 16.08.2024:

the fee will be **200, - Euro for a 2-day clinic**, including lessons, lectures, hand-out, certificate, T-Shirt, lunch and beverages.

Who would like to join in on the **special training day on Saturday 17.08.** additional to the clinic, including the barbeque:
please pay **25, - Euro extra for the barbeque.**

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