



**East Midlands Region**

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England Fencing

**EM Regional Training Day**

**Saturday 11<sup>th</sup> November 2017**

Venue: Lee Westwood Sports Centre, Nottingham Trent University, Clifton Lane, Nottingham NG11 8NS

- 10:00-12:00 U13's Class Training Session
- 12:00-14:00 Sport 981 S&C – Strength Testing for Fencing
- 14:00-16:00 Weapon Specific Class Lessons
- 16:00-18:00 Optional Sparring Session / East Midlands Fencing AGM

Cost:

U13 morning session: £10.00

13+ afternoon session: £20.00