CAMP STAFF:

Micheal Aufrichtig, Head Coach

Michael Aufrichtig is in his sixth year as Columbia University Head Men and Women’s Fencing Coach. In the last two years, Aufrichtig has coached both the Men’s and Women’s teams to consecutive Ivy Titles. The 2015-2016 season concluded with the Lions winning the NCAA Championship and Aufrichtig receiving the 2016 United States Coaches Association Varsity Coach of the year.

Brent Walker

Dr. Brent Walker, a leading educator and mental training consultant, enters his fourth year as the Associate Athletics Director for Championship Performance. Dr. Walker directs Columbia’s Championship Performance Program, designed to help Columbia's varsity teams and more than 700 student-athletes win individual and team championships. Dr. Walker is currently the President-Elect and an executive board member of the Association for Applied Sport Psychology, serving over 2,300 members from 57 countries. He has presented over 75 mental training seminars nationwide and his clients have included athletes in professional sports, multiple Division I athletic departments, the U.S. Soccer Federation, and various youth sport organizations.

Jake Hoyle

As a 2015 Columbia College graduate, two time NCAA Epee Individual Champion, and three time Ivy League Team Champion, Jake Hoyle brings a host of Columbia and fencing experience to camp. Through his Columbia career, Jake has been three time all Ivy League, 2 time academic All Ivy League, the 2016 Columbia College Scholar Athlete, 2016 Connie S. Maniatty outstanding senior student athlete award winner, and 2015 Columbia Athlete of the Year. His success has not stopped at Columbia, however, as he is currently ranked number 6 in the USA and recently won the December North American Cup.

Ahmed Yilla

Ahmed Yilla brings substantial fitness and fencing experience to his second year of camp. He has been a personal trainer for over seven years and is a Master Trainer at New York Sports Club. In 2000, he was selected as a member of the USA Men's Jr. National Team for the Men's Sabre World Championships where he placed in the top 16 in the world. Ahmed has also been accredited as one of the “Top 100 Trainers” in the Town Sports International Corporation- a company of over 1,500 fitness trainers in over 150 sports clubs throughout the nation.

Aaron DeGraffe

As a multi-sport athlete, Aaron DeGraffe developed his love for fitness and hard work at a young age. He attended Fordham University in NYC, where he balanced a rigorous academic schedule with a demanding training regimen as a member of the schools’ Div. 1 Track & Field program. DeGraffe has worked in the fitness industry for seven years, and is influential and impactful as a trainer, group exercise instructor, coach, and motivator. Aaron holds numerous certifications including National Academy of Sports Medicine (NASM) certified Personal Trainer, NASM- CES, Kettlebell and TRX Suspension Training.

Fencing Fitness Advisors

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Additional staff for the camp will consist of current Division I men’s and women’s fencers, including current Columbia players. Also other top fencing coaches could be on staff during the camp. A certified athletic trainer will be available at all times.
CAMP PHILOSOPHY

Lions Fencing Camp is open to any and all entrants aged 14 to 18. It is an opportunity for campers to learn a winning approach to competition preparation. Daily sessions emphasize and teach tactical knowledge, competitive bout situations as well as emphasis on mental preparation and competition planning.

The 2017 Lions Fencing Épée Camp is designed for those fencers interested in competing at the highest level on the National and Collegiate level. The ideal camper has an interest in maximizing their fencing performance and learn new approaches to their competition preparation. The Lions Fencing Épée Camp is unique because it emphasizes practice techniques; specifically, how to practice under pressure in order to prepare for competition one faces in college or in a North America Cup. It also allows the campers to practice in Columbia’s Fencing Room, walk on Columbia’s Campus and eat in the Columbia Dining Halls. The program offers the following: Critical Bouting situations, Fencing Specific Conditioning, Sports Psychology Seminar, Panel discussions and college preparation.

WHAT TO BRING

- Electric Fencing Gear
- Extra T-Shirt to change during the day
- Water bottle

FACILITIES

Camp will take place in Dodge Fitness Center in Columbia Fencing Room

CRITICAL BOUTING SITUATIONS will prepare fencers for college and NAC Competition by improving mindset, tactical decision making, practice strategies and drill recommendations. Fencers will learn how to create efficient practice sessions that simulate pressure situations, learn how to prepare for specific situations in a fencing match and become a better teammate through communication strategies. Each day campers will experience deliberately focused practice scenarios to improve their win percentage in particular situations both related to the score and time on the clock.

FENCING SPECIFIC CONDITIONING will cover training for speed, strength, agility and flexibility. Columbia’s Fencing Fitness Advisers will run campers through training exercises and drills.

SPORTS PSYCHOLOGY SEMINAR with Columbia’s Sports Psychologist Brent Walker discuss confidence with regards to preparation, competition and champion mindset.

PANEL DISCUSSION WITH WORLD TEAM MEMBERS includes USA World Team members and Columbia Team members who will discuss training, planning, competitive stories, balancing school and fencing.

COLLEGE PREPARATION DISCUSSION will address the recruiting process including basic NCAA Rules, written correspondence, important dates, and deadlines for standardized testing.

COMPETITION Students will participate in simulated five touch NCAA Style tournament and a one touch challenge. Coaches will be interacting with campers during the competition.

Eligibility: Fencers who apply between the age of 14 and 18. Under NCAA rules, senior graduates may attend camp. Space is limited

DATES AND TUITION

Day Camp: $850
Overnight Camp: $2250

Both camps includes a T-shirt and lunch and Columbia Dining Halls and nearby restaurants. The overnight camp also includes 4 nights in double occupancy Columbia dorms, all three meals, and New York City events.

DIRECTIONS

From Manhattan and New Jersey:
Take the Henry Hudson Parkway North to 95th/96th Street and exit. Use the 95th Street off ramp and turn left onto Riverside Drive. Proceed North (Uptown) on Riverside Drive until you reach 116th Street. Turn right at 116th Street and continue two blocks, at which you will find the entrance to Columbia University (116th and Broadway).

By Train or Bus:
Out of town trains arrive in New York City at either Penn Station (34th Street between 7th and 8th Ave) or Grand Central Station (42nd Street and Park Ave). Bus Service arrives at the Port Authority Bus Terminal (42nd Street and 8th Ave) from which one can take New York City public transportation. From either of these stations, you are able to take New York City public transportation to Columbia, at 116 St and Broadway. From Grand Central Station, take the S to Times Square. From Times Square, take the U train uptown to 116 St.

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