

# 2023 LIONS FENCING CAMP

## Dates:

**Epee: July 17th-20th**

**Foil: July 24th-27th**



## CAMP STAFF

### **MICHAEL AUFRICHTIG, HEAD COACH**

in his twelfth year as the head fencing coach for Columbia University. Under his leadership, the men's fencing team has won 7 Ivy Championships and the Women's 5. Both teams finished the 2015 and 2016, and 2019 seasons ranked #1, winning the NCAA Championships. He is also the 2016 recipient of the USA Fencing Coaches Association Varsity Coach of the Year Award.

### **SEOUNG WOO LEE**

joined the Columbia Fencing staff in February 2012. Formerly the head coach of the Korean National Senior Women's Foil team, Lee has extensive coaching experience with the junior and cadet foil and epee students. He has coached a number of Olympic medalists and World champions and holds diplomas from the National Masters Fencing Academy of France, Korean National Sport University, and the Korean National Masters Fencing Academy.

### **GIDON RETZKIN**

joined Columbia in 2019 and has over 30 years of fencing experience as both a professional fencer and coach. He is the owner and founder of East Coast Fencing Club in Roslyn, NY. His students have won numerous competitions in national and international tournaments. Retzkin has also served as a designated USA team coach in a variety of international competitions.

### **ALEX ZURABISHVILI**

joined Columbia in 2019 and has worked as an epee coach for over 20 years. He currently serves as the head epee coach for North Shore Fencing Club in Great Neck, NY. He has also worked with the U.S National Team as a Designated Coach for the Junior Men's and Women's Epee Teams. Three of Zurabishvili's four teams won gold medals in their respective competitions.

# CAMP PHILOSOPHY

The Lions Fencing Camp is open to any and all entrants aged 13 to 17. It is an opportunity for campers to learn a winning approach to competition preparation. Daily sessions emphasize and teach tactical knowledge, competitive bout situation as well as emphasis on mental preparation and competition training.

The 2023 Lions Fencing 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 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 American 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 Bout Situations, Fencing Specific Conditioning, Sports Psychology Seminar, Panel discussions, and college preparation.

## 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 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.

## PANEL DISCUSSION WITH WORLD TEAM MEMBERS

includes USA World Team members and Columbia Team members who will discuss training, planning, competitive stores, and balancing school and fencing.

## COLLEGE PREPARATION DISCUSSION

will address the recurring process, including basic NCAA Rules, written correspondence, important dates, and deadlines for standardized testing.

## ELIGIBILITY

Fencers who apply between the ages of 13 and 17. Under NCAA rules, senior graduates may attend camp. Space is limited.

# CAMP BASICS

## DATES AND TUITION

Epee: July 17th-20th

Foil: July 24th-27th

## PRICING

\$875 before March 31st

\$975 before June 15th

## 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's Fencing Room.



Please check one:  Epee  Foil

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 City: \_\_\_\_\_ Parent's Work/Cell: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
 Medical Insurance Co.: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Telephone #: \_\_\_\_\_  
 In case of emergency, call: \_\_\_\_\_

**Camp is open to any and all applicants within the stated age range.** You agree and acknowledge that neither Lions Fencing Camp, The Trustees of Columbia University in the City of New York (the "University"), nor any of its agents or employees, shall have responsibility for any loss, injury, or damage incurred or suffered by me or my child in connection with my child's participation in the Lions Fencing Camp, summer 2017 or including, but not limited to, any personal injury, death, or property damage, and hereby expressly waive all rights, claims, causes of action, and the like of any nature whatsoever which I or my heirs or legal representatives may have against the University or any of its agents or employees, representatives or assigns, including the Department of Intercollegiate Athletics and Physical Education, the coaching and training staff and the event's employees, from all claims resulting from any injuries, damage, illness, or death in connection with my child's participation in the Lions Fencing Camp. By signing this form, I agree and promise to indemnify, defend, and hold harmless the University and Lions Fencing Camp, as a result of any injuries, damage, illness, or death in connection with the Participant's attendance on the Lions Fencing Camp, summer 2017 Lions Fencing Camp. We'll further hereby give permission to the coaches, training staff, or other medical professionals to provide the care as deemed necessary to my child in case of injury or illness.

Return completed application & payment to: **Go To Yell, Inc.**

Michael Aufrechtig - Fencing Coach - The Dodge Fitness Center

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# 2023 LIONS FENCING CAMP REGISTRATION FORM

### PARTICIPATION IN OR USE OF PHOTOGRAPH

For valuable consideration, I do hereby authorize the Trustees of Columbia University in the City of New York ("Columbia"), and those acting pursuant to its authority to:

- Photograph me for use in one or more publications relating to Lions Fencing Epee Camp.
- Exhibit or distribute the photographs and/or my likeness in whole or in part in any medium, whether now existing or later created, including digitally and online, without restrictions or limitation for any educational or promotional purpose which Columbia, and those acting pursuant to its authority, deem appropriate. I hereby release any and all rights I may have in such photographs, including intellectual property rights, right of publicity and all other rights.

Name of Camper: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_