



LIONS FENCING CAMP

Michael Aufrichtig
The Dodge Physical Fitness Center
3030 Broadway
MC 1906
New York, NY 10027

2020 LIONS FENCING CAMP

DATES

EPEE - July 20th – July 24th
FOIL & SABRE - July 14th – July 18th

OPEN TO BOYS & GIRLS AGES 13-17



PEREC.COLUMBIA.EDU/FENCINGCAMP

CAMP STAFF

MICHAEL AUFRICHTIG, HEAD COACH

is in his ninth year as the head fencing coach for Columbia University. Under his leadership, the men's fencing team has won 6 Ivy Championships, and the Women 5, including in 2020. 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 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.

AKHI SPENCER-EL joined the Columbia fencing coaching staff in 2013. He is a three-time U.S. Junior Sabre National Champion, a two-time Senior National Sabre Champion, and was formerly ranked the No. 1 Junior Sabre fencer in the world (1998). He represented the United States in the 2000 Olympics and served as a coach for the United States in the 2016 Olympics.

DR. BRENT WALKER is a leading educator and mental training consultant. Dr. Walker directs Columbia's Championship Performance Program, designed to help varsity athletes win individual and team championships. His clients have included professional athletes, multiple D1 athletics departments, the U.S. Soccer Federation, and various youth sport organizations.

GIDON RETZKIN has over 30 years of fencing experience as both a professional fencer and a coach. He is the owner and founder of East Coast Fencing Club in Roslyn, N.Y. 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 has worked as an epee coach for over 20 years. He recently served as the head epee coach for the Tim Moorhouse Fencing Academy in Port Chester, NY. He continues to work 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.

FENCING FITNESS ADVISORS

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.

CHUCK ROWLAND has been a certified fitness professional for over 15 years and has been practicing resistance stretching since 2007. He is a Ki-Hara Resistance Stretching Certification Instructor and is the Ki-Hara Resistance Stretching Consultant for the Columbia University Fencing Program.

CAMP PHILOSOPHY

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 planning.

The 2020 Lions Fencing Epee 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 Epee 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 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 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, discusses 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, and 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 ages of 13 and 17. Under NCAA rules, senior graduates may attend camp. Space is limited.

CAMP BASICS

DATES & TUITION

EPEE - July 20th – July 24th
FOIL & SABRE - July 14th – July 18th

PRICING

\$875
\$925 Before MARCH 31st
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 the **DODGE FITNESS CENTER** in Columbia's Fencing Room.



2020 LIONS FENCING CAMP REGISTRATION FORM

Please check one: ☐ Epee ☐ Foil & Sabre

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

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

3030 Broadway MC 1906 • New York, NY 10027 • Phone: 212-854-8448 • Email: ma3110@columbia.edu

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: _____