



Join Wildcat Fencing this June to explore and improve your competitive process. Led by our internationally experienced coaching staff. This year's Wildcat June camp will focus on competition skills from strip tactics to mental preparation. Excellent for pre-nationals preparation or for developing your overall competitive mindset. The camp will include talks by NU Fencing and Athletics Staff on sports psychology, warmup and body preparedness and performance nutrition as well as situational drills and bouts which will provide opportunities to test and apply tactics and strategies for re-focus. Fencers who plan to compete at Summer Nationals can expect to come away from the camp feeling confident in their competition process and their ability to refocus in pressure situations. Fencers not attending Summer Nationals can expect to increase their knowledge of competition preparation and develop solid mental and tactical skills to take into the next season.

Dates: June 9-12, 2017

Time: 10:30am – 4:30pm

Location: Patten Gymnasium, 2407 Sheridan Road, Evanston, IL 60208

Cost: \$395 for the week or \$125 per day. Register by April 30 for discounted price of \$350 for the week.

Open to any and all ages 12 and up. Competitive experience recommended.

Plan to bring a lunch, a water bottle and a notebook.

For more information and to register, please visit [www.wildcatfencing.com](http://www.wildcatfencing.com)

