

Southern Region Development Day

sounds stuffy, it won't be..... instead of DIY, its DYD (Develop Yourself Day)

The day is open to everyone, fencers and non-fencers alike

A full day of talks, 'surgeries' and, for those who do... fitness & coaching

Although highly subsidised, there is a cost, £30 - discounts available for those in region
(see SFR website & booking form), and that includes all activities & lunch

fitness

personal
development

**Sunday
July 10th
9.45am - 4.30pm**

Competitive fencers (13-80+), you are invited to a day of coaching (lead by Akos Marinki and Gabor Papp), and also, special this year Jon Rhodes and Jorge Esteves will be working with you

lunch

SFR AGM

England
Seminar

is coaching
for you?

foot
work



to be held at:

**Park House
School
Newbury**

13-80+, fencer, non-fencer, you are invited to take part in the non-fencing events of the development day

Ray Stafford (the England President) wants to host a trial Seminar in our region about **Club Growth**

your chance to discuss ideas on growing Fencing Clubs

Jon Rhodes will be holding sessions on long term fencer development

Jorges Esteves will be holding practical sessions the role of mobility exercises in improving performance and preventing injuries'

if you are thinking about coaching, Steve Davy will be doing an information and assessment session to see if you are ready for the course

just to update you...

with so many

Safeguarding courses around, we are not doing one this time

we are giving our

Armoury Workshops a year off - will be back next year

A selection/booking form can be found on the region's website www.southernfencing.org.uk
We will try to ensure you can do all you want to; some sessions will have numbers and/or timing restrictions - *First come first served.*