



## Team Melia “Pre-Nationals” Training Camp

17/18th July 2010

The training will be held in Birmingham, at Turves Green Boys School Sports Centre; a multi-million pound new sports centre. It has brilliant shower and changing facilities, along with a dance studio which is ideal for footwork or circuit sessions. The sports hall is big enough to hold 4 badminton courts with a new rubber, sprung floor.

During this training weekend we aim to give people the best chance at getting their desired result at the Senior Nationals Championships by giving them the best possible sparring, footwork and conditioning sessions and careful recovery periods.

Jamie and Rhys Melia will both be available at this weekend for coaching and/or sparring. This weekends aim being to allow everyone to fence in a competitive environment with plenty of different fights to best prepare everybody present for the upcoming National Championships the following weekend.

Cost: £100 with accommodation (all in)  
£50 for 2 days (without accommodation)  
£30 per day

The accommodation will be in a nearby Premier Inn. We will provide transport to and from the venue but there is also car parking for those who wish to make their own way there.

Fencers should bring enough money for meals as only breakfast is included in the price.



If you are interested in attending the training weekend, just fill in the form below and we will send you all the necessary information and forms.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Contact Information (E-mail + Phone Number)  
\_\_\_\_\_

Age \_\_\_\_\_

Weapon \_\_\_\_\_

**Please make cheques payable to: *Team Melia Ltd***

**Return forms to: Team Melia, 61 Kingsley Road, Kings Norton, Birmingham, B30 1EH. [jamie@teammelia.org.uk](mailto:jamie@teammelia.org.uk)**