

# Golden Gate Fencing Center



## Strength and Conditioning Camp October 12 - 13 Saturday & Sunday



Have you ever wondered what the best way to warm-up at a competition was? Or why we warm-up and cool down? Or what the big deal was about core strength, foam rolling or even why stronger is better? Or what the heck activation is and why is your coach telling you to do it? Or how to train correctly to prevent injuries?



Athletes, parents and coaches all have these questions and this training camp is your opportunity to have them answered as well as learn how to do many of the skill yourself in a hands-on training seminar.



Golden Gate Fencing Center is bringing in a world class strength and conditioning coach who is very familiar with fencing having worked with the Canadian national women's foil team for the last 3 years and helped them achieve their best ever results.



François "Frank" Raymond will take you through proper warm-up sequences, power exercises and landing mechanics, body weight strength training, injury prevention skills, core work and cool down and foam rolling techniques in a hands-on small group format. Then you will have a chance to put what you learned into practice by fencing and focusing on physical and mental activation and reactivation- two very important skills needed for tournament success.

Frank is a dynamic, fun, and challenging coach who will bring out the best in you while teaching you the latest and greatest techniques to bring your game to it's highest levels.



# Coaching Staff

## **Special Guest Coach** **François Raymond** **Strength and Conditioning Coach**



**F**rançois Raymond has earned a Master's degree in kinesiology from the University of Montreal in 2013. Since then, he has been acting as a strength and conditioning coach at the Institut National du Sport du Québec (<https://www.insquebec.org/>). Given the INS Québec's scope of action, he has been involved with a wide array of sports, including: trampoline and gymnastics, swimming and Paralympic swimming, fencing and Para-fencing, judo and Para-rugby. He is currently focusing his time and energy on helping para-cyclists and fencers to achieve top performances on

their road to the Tokyo 2020 Olympics and Paralympics. On a personal level, François is still fueled by a strong sense of competition. After a decade-long student-athlete career playing football, he is now exploring the other end of the sports spectrum by training and competing in long-distance triathlons and various endurance challenges. Whenever he is not training, Frank enjoys reading, learning... and eating a lot of food. Edible bribes are always welcomed and might or might not lead to easier training sessions!



**Mike Pederson** earned his Prevost d'Armes degree from the Ecole Internationale d'Escrime in Montreal. From 2004 to 2008, Mike and Dr. Nat Goodhartz were co-coaches of the USA National Women's Foil Team and their program produced a HISTORIC, first ever Olympic silver medal for USA Women's Foil team at the 2008

Beijing Olympics. In 2009, Mike coached the USA Junior Women's Foil team to the Gold medal at the Junior World Championships in Belfast, Ireland.



**Maureen Griffin** was the Junior National coach for USA Fencing Women's Epee. She served as the head coach for the 2009 - 2013 Junior World Championships and coached the USA Junior Women's Epee team to a silver medal in 2010 and a bronze medal in 2012.

Two of her personal students earned spots on the 2009 Junior World Championships. Maureen is a former 5 time member of the Canadian National Women's Epee team and has been coaching for over 10 years.



**Paul Soter** earned his Maitre d'Armes in 1993 and was the US Olympic Coach for Men's Epee in 2004 in Athens, Greece as well as the first ever USA National Women's Epee coach. His students have been on numerous USA teams and have won medals at national and international competitions. He has been coaching for over 25 years.



**Bob Cotter** has been fencing at GGFC since 1999 and coaching at GGFC since 2001. He is a 2 time national champion in Men's team epee and has won the national championship in Veteran's men's epee. Bob is also Pacific Coast Champion in both individual and team men's epee and he was an Armourer at the 1984 Olympic Games in Los Angeles. His Students have student's have won numerous medals at the local, regional and national level, most recently by Alex Grey in 2018 in Division 3 Men's Epee,



**Schedule:**

**Saturday**

12:00 GGFC Parents Seminar (open to all GGFC Parents)

1:00 Start of Camp

5:00 End of Camp

**Sunday**

10:30 Start of camp

2:30 End of Camp

3:30 Coaches Seminar

**Cost for 2 days:**

\$100 dollars for GGFC fencers (Team level fencers get a 10% discount)

\$150 dollars for Non-GGFC fencers

**Cost for 1 Day:**

\$50 dollars for GGFC Fencers

\$75 dollars for non-GGFC Fencers

**Sunday Coaching Seminar: 35\$**

Open to all coaches in the Bay area. The coaching seminar will be based on topics suggested by attendees ahead of time. Possible topics will be: workload management in training, physiology of fencing, activation and cool-down, kids vs adults - how to adjust training to different physical ages, injury prevention, fencing circuits, core work and any suggested topics.

**CAMP REGISTRATION:**

Registration is accepted by email. Please email us at

goldengate.fencingcenter@gmail.com

and include the following information:

1. Name
2. Club
3. USFA Membership number
4. Age
5. How many years fencing.
6. Weapon (foil, epee or saber)

All registration fees must be paid in advance or on the day of the camp. **NO EXCEPTIONS.** You may mail a check to the following address:

GGFC - Strength Camp  
2419 Harrison Street  
Suite 100  
San Francisco, CA 94110

GGFC fencers, you will receive an electronic invoice via email. You may pay in advance or on the day of the camp.