



## RONGOTAI COLLEGE

# INTERNATIONAL FENCING PROGRAMME

Rongotai College, in association with Wellington Swords Club, offers an academy programme for experienced (regional level and above) epee or foil fencers.

Fencing is as much art as it is a sport, bringing together physical and mental skills through strength, speed and stamina, combined with mental agility, tactical decision making and courage. It is a combat sport in which each fencer works to outwit their opponent, and at the end of their bout they shake hands and leave the piste as friends.

- Access to Rongotai College fitness programme with a personalised programme
- Train with WSC 3 - 4 times per week, as well as other local clubs
- Train with national and international fencers
- Access to regional and, on qualification, national age group training camps
- Individual lessons and programme development with former Olympian and high performance
- Participate in NZ National Secondary schools competition, including a Rongotai College or combined colleges team
- Participate in regional and national age group and open competitions
- On qualification, travel with NZ age group tours to Australia
- On qualification, compete in Australian state and national competitions
- Optional exchange visit to Brisbane (Australia). Stay and train/compete locally.

