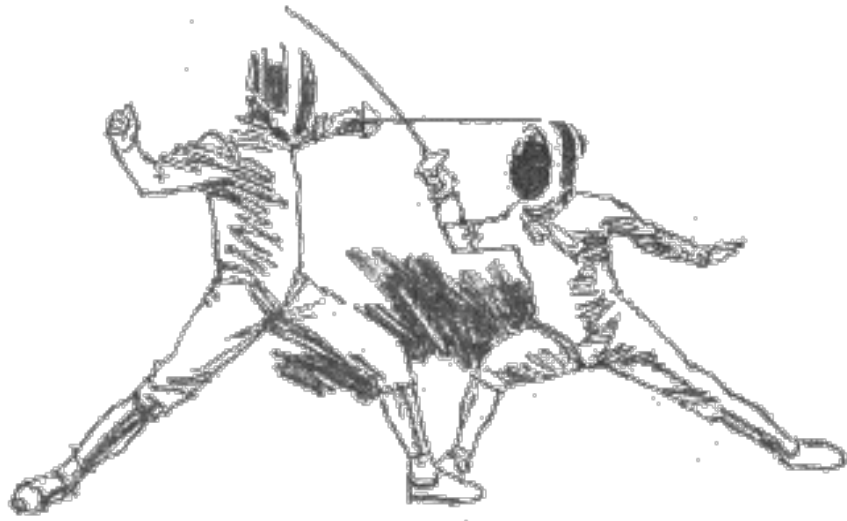




San Luis Highlanders Presents



Central Coast Cadet & Youth Foil Clinic

Saturday, October 18th, 2014

We're starting something new this year! Our first event of the season is designed to sharpen your bouting skills in a friendly, low pressure setting. The clinic will focus on improving your tactical footwork and blade work skills through fun fencing exercises, games such as Tribal Warfare and Knights Challenge and challenging bouting scenarios plus opportunities to learn valuable tips for competition and make new friends.

Events:

9:00am	– 12:00pm	Warm-up, fencing games, exercises, tips and tricks
12:00pm	– 1:00pm	Lunch (provided for full day attendees)
1:00pm	– 3:00pm	Bout simulation exercises and bouting

Open to all fencers under 18. No pre-registration necessary. However, please let your coach know if you will be able to attend so that we can get a preliminary headcount.

Location: **First Presbyterian Church**, 981 Marsh Street, San Luis Obispo, CA, Hart Building. Map <http://goo.gl/maps/TF6pC>. Parking available in church parking lot.

Cost: **\$15** half day/ **\$25** full day. USA Fencing membership required.

Bring: Under arm protectors, full-length pants or fencing knickers (with knee-high socks and non-scuffing gym shoes required. No cargo pants or shorts allowed. Bouting activities will be fenced electric. Electric foil masks are recommended. Electric gear is available if needed.

Info: Please complete the attached liability waiver and bring with to the competition. For more info, call Eric McDonald at 542-9802 (home) or 704-5251 (cell).



Participant Waiver Form

All San Luis Highlanders activities require you (or your parent or guardian if under 18) to sign this waiver of liability in order to participate in the sponsored activity.

Upon entering activities sponsored by the San Luis Highlanders fencing club, I agree to abide by the rules (as currently published) of the United States Fencing Association (for which this club is a member of) including those set forth by the organizers of the activity. I understand and appreciate that participation in a sport carries a risk to me of serious injury, including permanent disability, paralysis or death. I voluntarily and knowingly recognize, accept and assume this risk and release the USFA, the 1st Presbyterian Church, the City of San Luis Obispo, the San Luis Highlanders fencing club, their sponsors, organizers and officials from any liability.

I authorize the entities and representatives of the entities and individuals named in the preceding sentence to consent to medical care for myself, or my participating child, in the event of injury or illness if I am not present or competent to give consent.

Participant Name (please print)

Participant Signature

Parent's or Legal Guardian Name

Parent's or Legal Guardian Signature*
(*required for participants under 18)

Date