



PASO High Level Technical Courses for Fencing Coaches

INVITATION

The United States Olympic Committee (USOC) in partnership with USA Fencing and the Federation Internationale d'Escrime (FIE), and under the auspices of the Pan American Sports Organization (PASO), as part of the Courses and Seminars Program approved by the PASO Solidarity Commission for the year 2009:

INVITES

The **National Olympic Committees of the Americas**, to participate via their **Elite Level Fencing Coaches** to a high level coaching course being organized within PASO's Program of High Level Technical Courses in 2009, according the following:

OBJECTIVES

- To update and inform the participants of the latest theories related to coaching and the applied sciences as they relate to the sport of fencing
- To enhance the professional skills of the participating coaches, who are representatives of their respective National Olympic Committees, for the benefit of their NOC's high performance athletes and their performance in elite competition
- To collaborate on raising the technical level of the coaches for the benefit of their high performance athletes as they prepare for the events within the Olympic cycle

And according to the following:

BASIS

- PLACE:** Colorado Springs, Colorado – United States of America
- COURSE IN:** Fencing
- SITE:** U.S. Olympic Training Center
One Olympic Plaza
Colorado Springs, CO 80909
- DATE:** Arrival on Sunday 19th July – Departing on Sunday 26th July 2009 *
* Please note that the Olympic Training Center is in full capacity and it will not be possible to accommodate at the Olympic Training Center participant arriving before 19 July or departing after 26 July
- PARTICIPANTS:** 1 representative per discipline (Saber, Foil, Épée) from each NOC invited to participate (i.e. Each NOC can send one Saber coach; one Foil coach and one Épée coach)
- PARTICIPANT:** National Fencing Coach in Saber, Foil, Épée



REQUIREMENTS: A high performance coach in the sport of fencing. A high performance coach is defined as a coach who has placed athletes on the Junior or Senior National Team of their countries federation. Must be nominated by his/her National Olympic Committee.

HIGH LEVEL TECHNICAL COURSE: The 6 day course will offer 3 Elite Level Coaches (1 coach per discipline in Foil, Epee and Saber) per NOC nominated by their respective National Olympic Committee an opportunity to attend a high level course on the techniques, tactics and technology utilized by the USA Fencing Association to ultimately win 6 medals at the Beijing Olympic Games (1 Gold, 3 Silver, 2 Bronze). The course will offer 3 days of "classroom" seminars and 3 days of hands on practical seminars in coaching apparel in the sports gym. Appropriate full coaching attire required for the practical sessions. A full daily schedule and experts presenting the seminars is to follow.

USA FENCING CONTACT: Ms. Andrea Lagan
U.S. National Team Director
E-mail: andrea.lagan@usfencing.org
Phone: +1.719.447.5106

VISA PROCEDURES: The USOC is committed to providing registered participating coaches with visa and entry assistance. The USOC will use its existing experience and relationship with the United States Government to assist NOCs with their coaches' entry process.

Each coach is required to submit a visa application through a U.S. Embassy or U.S. Consulate. Information can be found by visiting www.usembassy.gov and clicking on your nearest embassy or consulate webpage.

To ensure that participating coaches will have a visa in time to attend the **Fencing Course**, it is strongly recommended that the Visa application process begin as soon as possible. For a listing of visa wait times, please visit: http://travel.state.gov/visa/temp/wait/tempvisitors_wait.php

An **interview in person for each applicant** is required. An **appointment for the interview must be made**, and in many cases the waiting period for an appointment can be lengthy.

Participating coaches should plan to bring this letter of invitation with them to their interview appointment along with a letter from their respective NOC confirming that they have been selected as the designated national coach to attend this PASO High Level Technical Course. Participating Coaches should also bring this Invitation Letter with them when they travel to the United States to show to the Immigrations Officer upon their entry to the country.

If you encounter problems in scheduling your participating coaches' interview or obtaining a visa please contact Sabrina Failler at international@usoc.org or via telephone at +1.949.975.2915



FINANCIAL AND LOGISTICAL PROCEDURES:

NOCs must return the completed **NOC Request for Booking of Airline Ticket Form by no later than 22 June 2009**. The USOC will work with Carlson Wagonlit Travel Agency to book the most economical direct routing flight for each of the participating coaches. The proposed airline itinerary for each of the respective coaches will be sent directly by Carlson Wagonlit Travel Agency to each respective NOC, once approved by the USOC. The cost of the round trip economy class airline tickets will be reimbursed to the USOC by PASO.

All the costs associated with the accommodation, meals, ground transportation and overall costs of the course organization are covered by the USOC and USA Fencing.

Ground transportation to and from the airport to the Olympic Training Center will be provided by the U.S. Olympic Committee. Please return the attached **Arrival and Departure Form** by **22 June**.

REGISTRATION:

The completed **Registration Form** is to be returned to the USOC by the NOC representing its participating coach. The Registration Form should include a brief curriculum and signed collaboration agreement by the NOC President and participating coach. **The deadline to submit the Registration Forms is 22 June 2009.**

LENGTH:

8 Days (includes 1 day of arrival and 1 day of departure)

GENERAL TOPICS:

- a) Theory 25%
- b) Practical 50%
- c) Applied 25%

Range of Topics covered:

- *Training Physiology*
- *Strength and Conditioning for Fencing*
- *Training Explosive Speed*
- *Individual Technical Sessions in Foil, Epee and Sabre*
- *Individual Practical Coaching Sessions in Foil, Epee and Sabre*
- *Physiology and Fencing*
- *Explosive speed training (plyometrics) and fencing*
- *Key Principles of Sport Psychology*
- *Refocusing routines and strip side coaching*
- *Periodization and the Year Plan: Preparing for Excellence and Success*
- *Nutrition and Fencing*
- *Video Analysis: Using Dart fish to analyze opponents*
- *Question and Answer session*

MAIN EXPERTS:

To be determined
Will include U.S.Olympic Training Center Sport Performance Staff, USA Fencing National level coaches and administrators, and international guest speakers recognized as experts in their field



CURRICULUM TIME: 36 Hours

CERTIFICATION: Course Diploma signed by PASO President
Course Diploma signed by United States Fencing Association

REQUIREMENTS FOR CERTIFICATION:

- 100% course attendance
- Participation at all sessions

SERVICES INCLUDED:

- Class Material
- Recorded Material
- Audiovisuals equipment
- Translation
- Basic medical attention

We look forward to welcoming your fencing coaches to the United States and to the U.S. Olympic Training Center in Colorado Springs. Our international relations team is available to answer any questions you may have relating to the organization of the course or visa procedures. The organization and coordination of the courses is being managed by our International Relations Team, together with USA Fencing. Should you have any queries relating to the organization of the courses please feel free to contact Carolina Bayón, Annie Grabarsky, and Sabrina Failer at the following email address: international@usoc.org or at: +1 949 975 2900.

Sincerely,

Bob Ctvrtlik
Vice President, International
U.S. Olympic Committee

Robert Fasulo
Chief of International Relations
U.S. Olympic Committee

Reynaldo Gonzalez Lopez
General Coordinator, Courses & Seminars
Pan American Sport Organization

cc: Mr. Mario Vázquez Raña, President, Pan American Sport Organization