Camp Registration Form





Summer Fencing Fun with
Tuxedo Park School's Fencing Coach
Three-Time Olympian
Mika'il Sankofa

The Camp

- Bovs & Girls Ages 6-14
- All equipment provided
- Action-Packed Games
- Camp competition

Program Extras

- History of fencing
- Helps improve focus
- Coordination Booste
- Beginners Welcomed





Thrust Fencing Academy 35 Broadway Nyack, New York 10960

Call 917-371-5603
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Thrust Fencing Academy Summer Fencing Day Camp

August 19-23, 2019
Tuxedo Park School, 1 Tuxedo Drive
Tuxedo Park, New York



Mika'il Sankofa

Mika'il is a USA Fencing Hall of Fame member, a two-time US National Champion, four-time NCAA champion and a three-time US Olympian. The owner of Thrust Fencing Academy in nearby Nyack, Mika'il has dedicated his life to enhancing the lives of children through the sport of fencing. Additionally, Mika'il is the founder of the Thrust Athletic Foundation which holds large regional tournaments for youth and teenagers; and also provides scholarships for Rockland and Westchester athletes involved in the sport of fencing.

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Days Da	iTÿ ^m §chedule	Activity
Monday - Thursday	830-900	Check-in
	915-930	Stretch/ Conditioning
	930-1130	Drills/Bouting
	1130-1230	Game Time
	1230-130	Lunch
	130-200	Group Private lesson
	200-300	Bouting/Game Time
Championship Friday Individual/Team Competitions	830-900	Check-in
	915-1000	Stretch/Olympic Video Presentation
	1000-1130	Team Competition
	12-100	Lunch
	115-230	Individual Competition
	230-300	Awards Presentation





Program Philosophy

The overall goals of the camp is to insure that athletes learn the importance of working together, have fun learning an Olympic sport from an actual Olympian, while at the same time forging friendships through their common interest in fencing. With over 20 years of experience working with students ranging from youth, intermediate, collegiate and world class athletes, Coach Sankofa has a wealth of experience making sure students leave camp with knowledge of the sport, their own ability as well as an appreciation for what it takes to be a champion.