

INTERNATIONAL FENCING TRAINING CAMP – VETERAN



20–23 August | Tarbes & Loudenvielle (France)
Veteran Training Camp – Bilingual Coaching (French / English)
Organised by Amicale Tarbaise Escrime

Detailed Training Program

The veteran Training Camp is designed as an intensive high-level preparation camp for veteran fencers, combining technical excellence, tactical reflection, controlled intensity and recovery. It is also open to beginners who wish to broaden their fencing horizon.

Training content is specifically adapted to:

- the experience level of veteran athletes,
- effort management and long-term performance,
- injury prevention and physical sustainability,
- competitive demands of international veteran fencing.

Day 1 – Loudenvielle | Valgora High Performance Center

Foundations, technical accuracy and tactical structure

- Welcome of participants and presentation of the camp objectives, methodology and expectations
 - General warm-up, physical preparation (1 hour): mobility, coordination, strength, balance, injury prevention, supervised by a professional strength and conditioning coach
 - In-depth basic footwork training: balance, rhythm, distance control.
 - Technical blade work: fundamentals, precision, timing and muscle memory.
 - Structured tactical exercises focused on simple decision-making
 - Open matches to test the levels.
 - Supervised matches with individual performance objectives
 - Collective feedback session
 - Stretching and recovery work
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Day 2 – Loudenvielle | Valgora High Performance Center

Physical performance, attack and defense.

- Performance-oriented training session in a mountain environment
 - Global athletic work and physical preparation (1 hour): coordination, aerobic and anaerobic conditioning, explosiveness, execution quality and movement efficiency, supervised by a professional strength and conditioning coach
 - Footwork aimed at defense and offense
 - Structured exercises to help with offense and defense
 - Themed matches
 - Cold récupération
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Day 3 – Loudenvielle | Valgora High Performance Center

Advanced tactics, match management and competition preparation

- Physical preparation and neuromuscular activation (1 hour): power development, speed, fatigue management and performance under constraint, supervised by a professional strength and conditioning coach
 - Advanced tactical work: point construction, opponent analysis and adaptation
 - Veteran match management: strategy, momentum control and decision-making under pressure
 - Themed matches on the middle of the piste.
 - Spa recovery session included in the program
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Day 4 – Tarbes | Competition Hall

Competition day

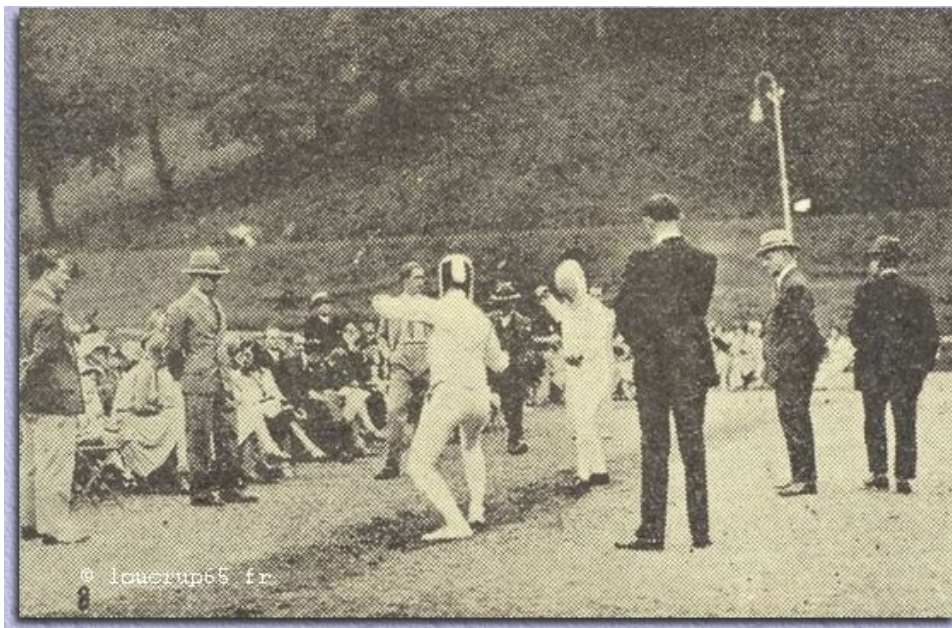
- Arrival at the competition venue and individual preparation
 - Poules + elimination brackets
 - Post-competition debriefing and feedback
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Individual Lessons

Individual lessons may be offered by George Suddards, subject to availability.

These lessons are optional and will be charged separately, in addition to the camp registration fee (30 euros).

Amicale Tarbaise Escrime



Founded in 1921, Amicale Tarbaise Escrime (ATE) is one of the most historic and prestigious sabre fencing clubs in France and a recognised reference in international high-level fencing. Based in Tarbes, the club has built its reputation on a long-standing culture of performance, excellence and transmission.

Specialised in sabre fencing, ATE has played a major role in the development of elite athletes and coaches, contributing to the international success of French sabre fencing. The club's identity is rooted in technical rigour, competitive culture and long-term athlete development, making it a natural host for international training camps.

Today, coaching and athlete development are led by George Suddards and Éric Maumus, who continue to uphold the club's high standards while adapting training methods to the specific needs of experienced veteran fencers.

Hosting the International veteran Training Camp fully reflects the club's mission: to share high-level expertise, promote international exchanges and offer a demanding yet structured training environment for veteran competitors.



Valgora High Performance Center – Loudenvielle

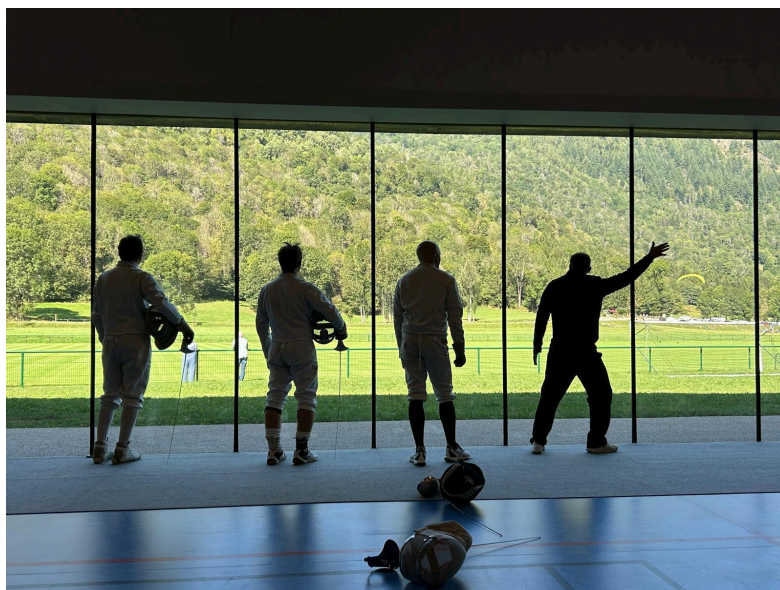
Located in the heart of the Pyrenees, in the Louron Valley, Valgora is a modern complex dedicated to high-performance sport, training camps and professional events.

This contemporary and versatile facility offers high-quality infrastructure, designed to meet the demands of elite and competitive athletes. Valgora provides optimal conditions for training, coaching, recovery and regeneration, within a calm and inspiring mountain environment.

The complex features modular spaces suitable for technical meetings, coaching sessions, seminars, conferences and partner events, making it a reference site for both amateur and professional clubs. Valgora is fully integrated into a strong regional sports development strategy and offers unique training camp conditions in the Pyrenees.

Accommodation is located close to the sports facilities, the Balnéa thermal center and the Génos-Loudenvielle lake, creating a unique setting to combine high-level training, recovery and team cohesion.

The training days at Valgora will conclude with a spa recovery session, an essential component of a sustainable performance approach for veteran athletes.





Coaching Staff

George Suddards is a fencing coach with experience in international sabre fencing. He was a member of the Great Britain national sabre team and competed on the international circuit.

He is currently Selector for the French U17 Women's Sabre Team, where he is involved in supporting young athletes within the national programme.

During the International Veteran Camp, George Suddards will work with the participants by sharing his experience of high-level fencing, with an emphasis on simple, effective technical and tactical work and match understanding. He will be accompanied throughout the camp by the strength and conditioning coach of the Amicale Tarbaise Escrime training centre, who will contribute to the physical preparation aspects of the programme.

Travel & Access

Tarbes is easily accessible by several means of transport:

Tarbes–Lourdes–Pyrenees Airport

Located approximately 15 minutes from Tarbes, the airport is served by daily Paris–Tarbes flights throughout the week.

Tarbes Train Station

The SNCF station offers direct national rail connections, providing easy access from major French cities.

Organised Transfers

When required, the organisation will provide:

- transfers between Lourdes airport, Tarbes train station and hotels,
- transfers between Tarbes and Loudenvielle (approximately 45 minutes).



Languages & Target Group

This training camp is exclusively dedicated to veteran fencers.

All coaching, training sessions and exchanges will be conducted in both French and English, ensuring a truly international training environment.

Fees & Options

Please note that accommodation and meals are not included and remain entirely at the athletes' expense.

Two registration options are available:

Option 1 – Training Camp Only:

This option includes access to all training sessions and scheduled activities throughout the camp.

Fee: €200

Option 2 – Training Camp + Transportation (Tarbes ↔ Loudinvielle) :

This option includes all training sessions and scheduled activities, as well as daily transportation between Tarbes and Loudinvielle (morning and evening transfers).

Fee: €250

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