

# Sports Psychology & nutrition for fencing

**Sunday 7th June**

**9.00 am - Midday**



The Venus Room  
St. Ivo Recreation Centre  
Westwood Road  
St Ives  
PE27 6WU



**This seminar is suitable for all levels of competitive fencer and their coaches. It is unlikely to be helpful to beginners, or those not involved in competition fencing.**

The Sports Psychology session will be run by Jonathan Katz, Professor of the British Academy of Fencing, sports psychologist and professional coach.

The nutrition session will be run by Katie Winwood an international trampolinist and competitive athlete.

This event is being subsidised by the Cambridgeshire Fencing Association therefore the cost is only **£5 per person**, payable in advance to Tracey Coates.

tracey.coates@btinternet.com, 01480 461749  
13 Shakespeare Road, St. Ives, PE27 6TR.

(Cheques payable to Cambridgeshire Fencing Association). Places are limited, and if they are not all filled by mid May then fencers outside the county will be invited to take part.