

# SUMMER FOIL TRAINING



**From July 19th to July 25th, 2026**

**In Dinard** 12-18 years old  
Experienced fencers



## PROGRAMME



# Presentation

The Cercle d'Escrime Melun Val de Seine (CEMVS) is one of France's most prestigious and renowned fencing clubs. It has produced and continues to train many French champions and has won a total of 21 Olympic medals. Among them are Enzo Lefort, double world champion and Olympic team champion, and Pauline Ranvier, world vice-champion and Olympic team vice-champion. The club has also supported talents such as Eliot Chagnon, European U23 team vice-champion, and Guillaume Watson, European U17 team vice-champion. The senior men's team is the reigning French champion.

We are pleased to announce our 2026 summer training camp for French and international foil fencers.

The CEMVS offers high-quality courses designed to develop the essential techniques required for fencing. These courses are the ideal way to enjoy a pleasant holiday while practising your favourite sport as part of a high-quality educational programme developed by professionals. What makes this course unique is that it offers participants the incredible opportunity to compete and learn alongside the best young French fencers and instructors with high-level professional experience.

Throughout the course, participants will have the opportunity to develop, through various activities, the psychomotor skills essential to fencing. The aim will be to improve the quality of daily training and effectively prepare athletes for competition. Topics such as time management, opponent analysis, refereeing and tactics will be covered throughout the course. The qualifications and expertise of the coaches, as well as the presence of young international athletes, are the major assets of this programme.

Foil fencers will also have the opportunity to train and interact directly with international champions and elite athletes from the CEMVS, such as Wallerand Roger, Eliot Chagnon, Paul-Antoine De Badts, Marion Rousseau and Emily Parra (subject to their international commitments at that time).

The CEMVS training course also offers a physical preparation and muscle strengthening programme under the guidance of a physical trainer who is accustomed to working with high-level athletes.



## Who is it for ?

Aimed at foil fencers aged 12 to 18, groups will be formed according to the age and technical and physical level of the participants, but also taking into account the pace and abilities of each individual. High-quality sports coaching is our priority.

## Location and Dates

**The course will take place at the Sport Bretagne campus in Dinard (24 Rue des Marettes, 35800 Dinard) from 19 to 25 July 2026.**

Participants are expected to arrive on 19 July 2026 from 1 p.m. onwards.

The course will begin at 3 p.m. and end on 25 July at 1 p.m. Participants must vacate the premises at this precise time.

## Languages spoken

The course will mainly be taught in French and English. However, one fencing master is fluent in Italian and Spanish.

## Additional information

Fencing equipment and sportswear are the responsibility of each fencer.

Interested fencers should contact the CEMVS for further information and to reserve their place on the course.

To secure your place, please contact the CEMVS directly at :

stages.cemvs@gmail.com

or

09 84 59 14 73 (during office hours).

**We recommend that you register early, as the number of places is limited to 30 participants.**



# Facilities

Trainees will have access to the sports hall, which includes a multi-purpose sports hall and a fitness room.



[Link to discover other sports facilities](#)

**Scan the QR code to watch  
the video of the  
installations!**





# Location

The Dinard site has two accommodation buildings, located opposite each other in a quiet environment and completely renovated in 2016: the Granville and the Marettes. These two spaces are located in the heart of the site. Girls and boys will be accommodated separately in double rooms.

Bed linen is provided.

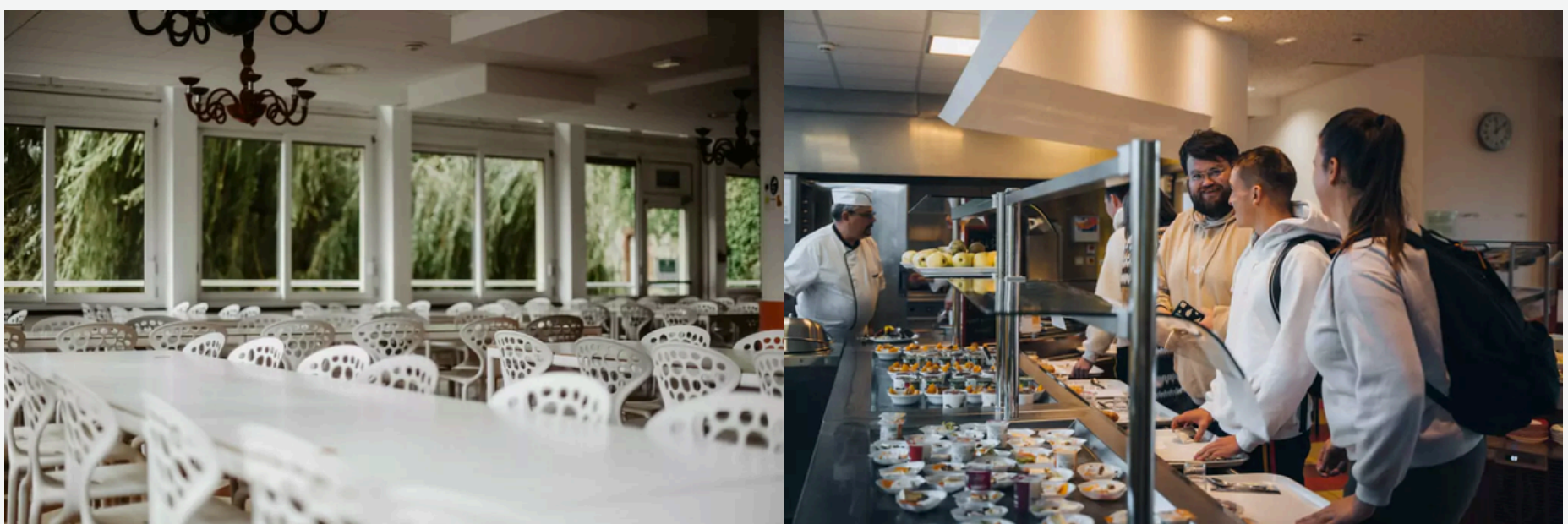


For further information on accommodation, please visit the website:  
[Sport Bretagne](#)

# Catering

During the course, your children will eat their meals in the school's dining area. This space offers a friendly environment that is well suited to communal living. Meals are served buffet style, seven days a week, and include breakfast, lunch and dinner.

The menus will vary each day, based on fresh, seasonal produce, with a focus on short supply chains and organic farming. Vegetarian options are also offered regularly.





# Coachs



**Patrice LHOTELLIER**

- Technical Director of CEMVS
- Olympic team champion in Sydney in 2000
- Two-time world team champion
- Member of the French national team from 1986 to 2000
- Sports instructor for the city of Melun
- Elected to the federation's men's foil committee

**Jesus RIANO TORRES**



- Coach at CEMVS since August 2021
- Former assistant coach at Pôle Espoir France in Châtenay-Malabry for junior and cadet men's teams since September 2021
- Head coach at the Annemasse Fencing Club from 2017 to 2021
- Fencing master at Scherma Bari in Italy between 2016 and 2017
- Fencing master at Scherma Lima in Peru in 2016
- Member of the Cuban international fencing team from 2005 to 2015, team captain between 2009 and 2015
- Fluent in Spanish, Italian, French and English



## Catherine COOK

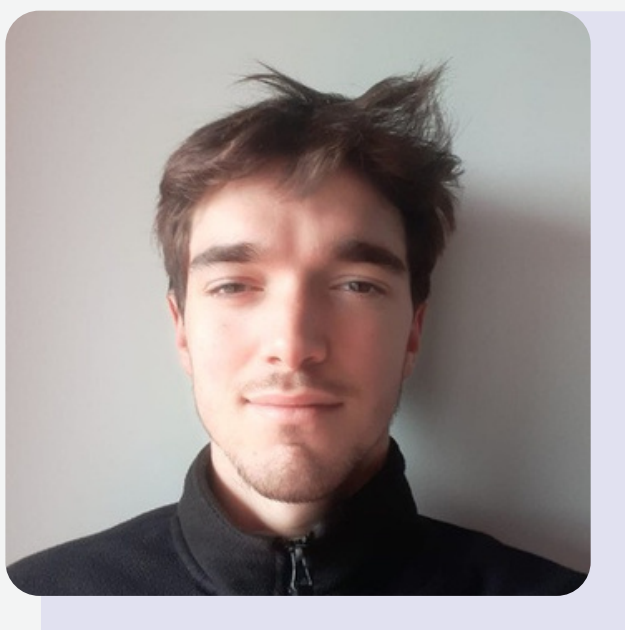
- Coach at CEMVS since 2017.
- Member of the British international fencing team from 2011 to 2016.
- Bronze medallist at the Commonwealth Games in individual and team events in 2014.
- British team champion in 2014.
- Runner-up in the British Championships in 2016.
- Fluent in English.

## Oscar GARCIA PEREZ



- Olympic medallist and world team champion.
- Ranked second in the world in 1987.
- Member of the Cuban international fencing team from 1985 to 2002.
- Coach of the Belgian men's national foil team from 2003 to 2015.
- Coaching experience in several clubs in the United States.
- Fluent in Spanish, French and English.





## **Gautier LARDY**

Physical trainer

- Holder of a bachelor's degree in sports training.
- Former fencer specialising in foil, member of the French fencing team in Châtenay-Malabry.
- Member of the French junior foil team, bronze medallist at the World Cup.
- Physical trainer intern at CREPS in Châtenay-Malabry, in collaboration with the French Fencing Centre.
- Physical trainer intern with the French foil teams, training at INSEP.

## **High Performance Athletes**

Two elite athletes from our club will participate in the training camp as accompanying fencers to share their experiences and take part in the training sessions. We are pleased to announce that Paul-Antoine DE BADTS will be attending.

### **Paul-Antoine DE BADTS**



- French Under-23 Champion in 2025 French Team Champion in 2025
- European Under-23 Team Runner-up in 2024
- Bronze medallist at the French Under-23 Championships in 2024
- French team vice-champion in 2024
- World Under-17 Runner-up in 2019

# Fees, registration and logistics

The course fee is **€740**. This fee includes accommodation and meals. Activities outside of fencing and evening entertainment are included in the fee.

Trainees are responsible for their own travel to the course location:

By car, directly to the campus.

By train to Saint-Malo station. Options for getting to the campus:

- Taxi, 18-minute journey
- Boat from Saint-Malo to Dinard, 10-minute journey and 15-minute walk
- Bus, 40-minute journey

By plane:

- Dinard Pleurtuit Airport (from the UK) and taxi, 10-minute journey
- Rennes Airport, then train to Saint-Malo

## Cancellation of the course

The course will only take place if a minimum number of participants enrol. In the event of insufficient participation or if health conditions so require, the CEMVS reserves the right to cancel this course before 30 June 2026. In this case, participants will be fully reimbursed for the course fees.

If you cancel more than 60 days before the start of the course, €185 will be retained by the CEMVS. If you cancel between 60 days and 15 July, €370 will be retained by the club. In the event of cancellation between 15 July and the start of the course, the full amount due, €740, will be retained by the CEMVS.

## Photos from previous editions:







CERCLE D'ESCRIME MELUN VAL DE SEINE  
STAGE DE PERFECTIONNEMENT FLEURET  
DINARD, 2026  
Du 19 au 25 JUILLET 2026

dimanche 19/07	lundi 20/07	mardi 21/07	mercredi 22/07		jeudi 23/07		vendredi 24/07	samedi 25/07
Petit Dejeuner 7h30 - 8h30 (breakfast)								
	9h00-12h00	9H00-12h00	9H00-12h00		9H00-12h00		9H00-12h00	8h30-13h00
	Routine début de séance Assauts à thèmes (s'entraîner - objectifs des matches à l'entraînement) Routine fin de séance	PPG Leçons  Renforcement - étirements	Routine début de séance Assauts à thèmes (Poules - gestion et analyse des adversaires) Routine fin de séance		Routine début de séance Assauts à thèmes (matches en 15 - plan tactique et adaptation) Routine fin de séance		<b>COMPETITION</b> (gestion des temps morts)	Assauts libres par groupe
13h00 - 14h30 ACCUEIL								
Déjeuner 12H00 - 13h00 (Lunch)								
15h00-15h30 Présentations	14h30 - 18h30	14h30 - 18h30	14h30 - 18h30		14h30 - 18h30		14h30 - 18h30	FIN STAGE 13h00
16h00 - 18h30	PPG Leçons	<b>ASSAUTS EQUIPES</b> (analyse adversaires - logique d'équipe)	PPG Leçons Groupe 1	Activité externe Groupe 2 *selon météo	PPG Leçons Groupe 2	Activité externe Groupe 1 *selon météo	<b>COMPETITION SUITE</b>	
ECHAUFFEMENT ASSAUTS A THEMES								
Dîner 19h00 - 20h15 (Diner)								
20h30-21h30 Fondas Tactiques	Analyse video	20h30-21h30 Assauts libres	Echange avec athlètes		Analyse vidéo / Arbitrage		Echange avec les maîtres	