

**EVA LACHERAY**  
Europe champion 2025



**TYVAN BIBARD**  
Europe champion u23 2022



**SEBASTIEN MIDA**  
Fitness coach

# SUMMER CAMP

1 - 7 August 2026

## Foil

AIX-EN-PROVENCE - FRANCE



**AMIR SHABAKEHSAZ**  
Coach, Aix-en-Provence



**EMERIC CLOS**  
Senior national team  
Head coach INSEP



**CHIARA CINI**  
Silver world championships 2018



**LIONEL PLUMENAÏL**  
Silver and bronze olympic Medalist  
1996 - 2000



**ANTOINE  
SPICHIGER**  
National Champion  
junior 2025



**ARMAND SPICHIGER**  
National Champion 2026



**ULYSSE PARPEYRAT-  
FOURNEL**  
Insep M20



**JULIEN DUTRIPON**  
Coach, Valence



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# Presentation



ASCC Fencing, in collaboration with Aix-en-Provence fencing club, Escrime Pays d'Aix (EPA), is pleased to invite you to participate in its summer camp in 2026, aimed at French and international foil fencers.

**ASCC Fencing** was founded by Master Amir Shabakehsaz, former coach of the French senior men's team at INSEP, and Mrs. Chiara Cini, a former Italian international fencer. Its mission is to develop fencing in France and internationally, offering a high-quality stay designed to develop the essential techniques needed for practicing fencing. This camp is the perfect opportunity to have an enjoyable vacation while practicing your favorite sport, as part of a high-quality educational program created by professionals.

The special feature of this camp is that it provides participants with the incredible opportunity to compete and learn from the best young fencers worldwide, including current French top fencers, and experts with high-level professional experience. Throughout the camp, participants will be able to develop their psychomotor skills, which are essential for practicing fencing, through the various activities offered. The qualifications and expertise of the coaches and our young international athletes are the major assets of this program.

Foil fencers will have the chance to directly compete with international champions, such as Maximilien Chastanet, Tyvan Bibard, Armand Spichiger or Antoine Spichiger. The fencing coaches are: **Amir Shabakehsaz, Emeric Clos, Chiara Cini, Lionel Plumenail** and **Julien Dutripon**.

The ASCC camp also offers a physical training and muscle strengthening program, directed by fitness instructor **Sébastien Mida**, who is experienced in working with high-level athletes.

# Who is it for?

Intended for foil fencers aged between 10 and 20 years, the groups will be organized based on the age, technical and physical level of the participants, while also respecting the pace and abilities of each individual. Providing high-quality athletic support is our priority.

# Place and dates

Participants are expected at the CREPS site in Aix-en-Provence on August 1, 2026, starting at 2:00 PM. The camp will end on August 7 at 4:00 PM. All participants must vacate the facilities by this exact time.

# Languages spoken

The camp will primarily be conducted in French and English.

# Additional information

Fencing equipment and sportswear are the responsibility of each fencer.

Fencers interested in the camp should contact the fencing club for more information and to reserve their spot for the camp :

asc fencing@gmail.com  
or +33 (0)4.42.53.17.41  
(during opening hours)

We recommend that you register early as the Camp has a strictly limited number of places to ensure an intimate environment and personal experience for all participants



# Installations



The Camp will take place at the Aix-en-Provence fencing facilities of the CREPS. Some training will also take place at the Aix-en-Provence fencing club hall.

Accommodation, meals as well as some of the training facilities are located within that complex.

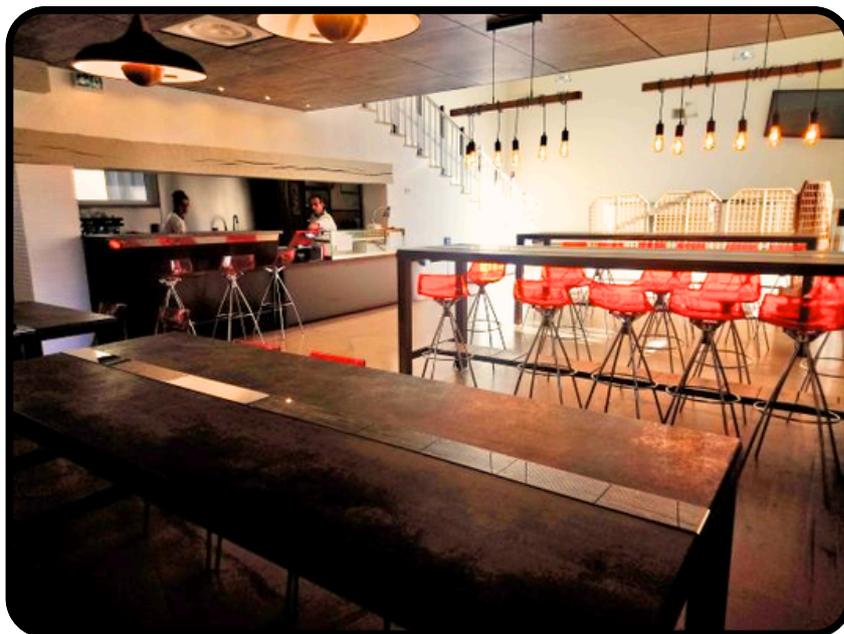
The place is ideally located close to the city center and the train station.

Participants will be housed in double rooms. All accommodations will be fully supervised by adult staff to ensure safety and comfort throughout the camp.



For more information on the facilities, please check out their website on <https://www.creps-paca.fr>

# Restauration



All meals will be provided during the camp.

# Accommodation



# Activités / Activities



## FENCING

- Foot work
- Exercices
- Matches
- Individual lessons
- Guided/themed matches and drills
- Video analysis



## Additional activities

- Sports activities
- Games

## Physical training

- Warm up
- Aerobic
- Anaerobic Training
- Coordination
- Stretching



# Encadrement



Amir SHABAKEHSAZ

Fencing Coach

- Coach for the Aix-en-Provence fencing club, September 2024 onwards
- Coach for the Senior Men's National Foil Team at INSEP since August 2021
- September 2024
- National Coach, Men's Junior and Cadet Foil Teams, Pole France in Châtenay Malabry, August 2017 – August 2021
- Fencing Coach, Pays d'Aix from 2008 to 2016
- Assistant National Coach, Men's Foil, Aix-en-Provence, 2009 to 2016
- Assistant National Coach, Senior National Teams at INSEP, 2017
- International Referee, Foil and Épée
- Retired International Fencer, Foil

Emeric CLOS

Fencing Coach



- National Coach Manager of the Senior Men's Foil Team at INSEP since 2021.
- National Coach Manager, Pole France Senior Men's and Women's Foil Teams (INSEP) from 2016 to 2021.
- National Coach, Pole France Senior Men's and Women's Foil Teams (INSEP) from 2013 to 2016.
- Assistant National Coach, Pole France Senior Women's Foil Team (Châtenay Malabry and INSEP) from 2009 to 2013.
- Assistant National Coach, Pole France Junior Women's Foil Team (Châtenay Malabry) from 2009 to 2010.
- Fencing Master at the club Les Mousquetaires d'Issy-les-Moulineaux from 2006 to 2011.



## Eva LACHERAY

Athlete

- European Champion
- World Team Vice-Champion
- 9-time French Champion
- Participant in the Paris 2024 Olympic Games

## Lionel PLUMENAIL

Fencing Coach



- Olympic Silver Medalist (Individual Foil) – Atlanta 1996
- Olympic Gold Medalist (Team Foil) – Sydney 2000
- Two-Time World Champion (Team Foil) – 1997, 1999
- World Silver Medalist (Team Foil) – 1998
- World Bronze Medalist (Individual Foil) – 1997
- Member of the French National Foil Team for over 10 years
- Director of High Performance, French Fencing Federation
- Former Head Coach, French Women's Foil National Team
- Director of the Foil Elite Development Program (CREPS – South of France)

## Julien Dutripon

Fencing Coach



- Head Fencing Coach at Cercle d'Escrime Rhodanien since 2018
- Fencing Coach at Racing Club de France from 2001 to 2018
- Fencing Coach at Les Mousquetaires d'Issy-les-Moulineaux from 2015 to 2018
- Staff Coach for the French Junior Women's Foil National Training Camp (FFE) – 2017
- Fencing Coach at Cercle d'Escrime de Cachan (2004–2005)
- Fencing Coach at Cercle d'Escrime A. Gardère (2001–2004)
- French Team Champion and coach of national and international champions
- Coach of numerous athletes selected for European and World Championships

## Chiara CINI



- High-level athlete from 2013 to 2020.
- Member of the Italian National Women's Foil Team. In 2018, listed on the "Elite" list of the Italian Olympic Committee.
- European Champion in team events, Novi Sad (SRB) - 2018.
- Vice-World Champion in team events, Wuxi (CHN) - 2018.
- Bronze medal in individual events at the Italian Championships, Rome - 2016.
- Bronze medal at the European Games, Baku – 2015.
- Fluent in Italian, French, and English

# Sébastien Mida

Fitness coach



- Badminton Coach at the Fontenay-sous-Bois Club since September 2022.
- Physical Trainer at the Badminton Training Center, Chambly Oise Club since September 2021.
- Performance Science Trainee Supporter at the Pole France Badminton/INSEP from September 2020 to 2022.
- Assistant Physical Trainer at the Pole France Fencing (Men's and Women's Foil) at INSEP from September 2021 to June 2022



## Armand SPICHIGER

Member of the Pole France Senior INSEP.

### Achievements:

- French Champion in 2025.
- U23 French Champion in 2024.
- U23 European Vice-Champion in team events.
- U23 European Champion in team events in 2022 and 2023. 1st in the Junior National Rankings in 2021.
- 3rd place at the Junior World Championships in team events, 2021.
- 3rd place at the Junior European Championships in both individual and team events, 2019.
- Youth Olympic Champion in both individual and team events, 2018.
- 5th place at the World Championships in individual events, 2018

## Tyvan BIBARD



Member of the French Senior National Training Center (INSEP)

### Achievements:

- French Senior Individual Champion (2019)
- Junior World Team Silver Medalist (2019)
- European University Team Champion (2022)
- French U23 Individual Silver Medalist (2022)
- World University Team Champion (2023)
- Active competitor on the senior international circuit, including FIE World Cups and international competitions

# Athlètes

## Antoine Spichiger



Member of the French Senior National Training Center (INSEP)

### Achievements:

- Member of the French Junior National Team (2024–2025)
- Junior World Cup Champion, Istanbul – November 2024
- French Junior Individual Champion (2024, 2025)
- #1 Ranked Junior Fencer in France (2024)
- French Cadet Individual & Team Champion (2021)
- 6th Place, Cadet World Championships (2021)
- Winner of the Danube Cadet World Cup Circuit (2021)



## Ulysse Parpeyrat-Fournel

Member of the French Junior National Training Center (Pôle France Relève France)

### Achievements:

- 2026: Silver in 2 national circuits
- Silver at the European championships by team in U17 in 2024
- National champion by team in U17 in 2024
- 3 medals in national circuits in U17 in 2024
- Gold by team in the World circuit in Budapest 2024



# Cancellation policy

The camp will only take place if a minimum number of participants is reached. In case of insufficient participation or if health conditions require it, ASCC Fencing and EPA reserve the right to cancel the camp before June 30, 2026. In such a case, the participation fees will be fully refunded to the participants

# Logistics

The camp fee includes accommodation and all meals. Transportation to the Aix-en-Provence Training Center is the responsibility of the participants. Evening activities are included in the camp fee.





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