

Training the Italian Way in Lizzano

The Camp was in Lizzano in Belvedere for three days and held in the mountains closer to Bologna than Florence.

The hotel was good, clean and comfortable; the food was not what I was expecting. Very good breakfast and then lunch; firstly, antipasti followed by homemade pasta, then if you are able, meats and vegetables. Top that off with desert and fruit, wine and water; it's all offered - up to you how hungry you are. Then 4 courses for supper, always different dishes. God Bless the Italians!!!!

The Sports hall was close by, though it might be an idea to rent a car at either Florence or Pisa airport, (lots of flights from the UK) not sure about Bologna. It is in the mountains, and I'm not sure how frequent the public transport is. Very scenic road to get there.

The facilities were very good; space for lots of pistes and areas for footwork etc. They had training for all 3 weapons; some people chopped and changed between the 3. Apart from separate footwork, training for the weapons was together. They had very good stretch classes and warm up in the morning, before footwork, then fencing as well as individual lessons. You also had actual fencing against the fencing Coach, in my case Guiliano Pianca, like trying to get past a brick wall. We started at 9:00 break for lunch at 12.30.... start again at 3.00 then finish at 6.30. We finished the day with 45 minutes of stretching which was much needed. The coaches were all very, very good.

As for Language, not a problem, so many spoke English. It was a great group. We worked hard, though it never felt like it, there were always smiles and lots of laughter, pure comedy at times.

I will definitely go next year, it was very beneficial. Next year they plan another, covering all weapons, and an option of doing a week, plus they plan to hold a 3 day training before the Individual Europeans next year in April or May in Bologna, a really beautiful city, with the same club that organised Lizzano.



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**Photos
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