

Newcastle and Northumberland Modern Pentathlon Club



SWIMMING



SHOOTING



RIDING



RUNNING



FENCING

SUMMER CAMP 2012

13th - 18th August 2012

NNMPC are pleased to announce their first summer training camp at Newcastle University.

The camp will focus on swimming, running, shooting and fencing as well as injury prevention, strength and conditioning, nutrition and goal setting.

Non residential or residential options available

Please contact head coach - Iain Aberdeen - 07960 363485 or iainaberdeen@aol.com for more details or to book a place

www.newcastlenorthumberlandpentathlon.co.uk