

COLUMBIA FENCERS' CLUB NEWSLETTER

Re-start update: Plans delayed given the Delta surge.

Dear CFC Fencers & Friends, plus our 130 prospective fencers eager for us to resume meeting—I hope this newsletter finds you and your loved ones healthy. How different COVID conditions are now than when I sent out our last newsletter just 5 weeks ago at the end of June anticipating our restart in mid-August. SC hospitalizations are 8x the rate then.

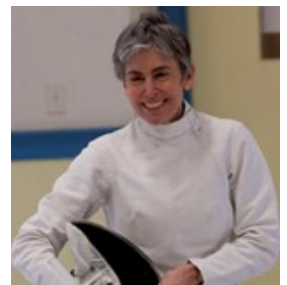
Once again, we have to postpone our restart. The ominous Delta variant of COVID has indeed fueled a serious surge of infections in SC. Rates in both Lexington and Richland Counties (where our club is and most of our clubmates and their families reside) are especially high. On Friday, July 2, when I flew to Philadelphia to referee the US National Championships, Junior Olympics, and July North American Cup, the rate of cases in Lexington County over the preceding two weeks per 100,000 was 15. Now (Fri, Aug 6) it is 751. Richland County's two-week case rates rose from 70 persons per 100,000 to 609 today, just five weeks later. The SC Department of Health and Environmental Control (DHEC) categorizes these rates (anything above 200) as "High." Safety is still our priority, and CFC's plans to restart continue to depend on pandemic conditions which I monitor closely. We are all very frustrated and disappointed in these developments.



Thank you for your many inquiries and so much support for our vaccine and mask requirements when we return, AND for your ongoing and renewed mitigation efforts (vaccinations when you are eligible, masks, handwashing, physical distance) to contain the virus and its increasingly serious variants. You are assisting our return, your safety, and the health of our loved ones and community through your efforts. We look forward to being able to safely resume being together and doing the many activities we enjoy and have missed—soon! My crystal ball is hazy on exactly when "soon" is.

UPDATES: At least I can share some updates and welcome you all to the new USA Fencing season that started August 1, 2021! Our SC Division is scheduled to meet virtually to plan for this season.

Columbia Fencers' Club has renewed with USA Fencing as a "Premium Club" (formerly called an Insured Member Club). As before, this requires that all participants in our fencing activities be members of USA Fencing. The minimum individual membership level is called "Noncompetitive" (\$10 per year). This is appropriate for all beginners and noncompetitors. It will no longer permit the 'one competition' allowance offered last season to entice fencers to sample competition. Instead, there is a **new membership category** for individual members who compete called the "**Access Membership**" level (\$25 per year). **Access members can compete at all sanctioned local tournaments.**



"Local tournaments" are considered anything you can register for on AskFred. Access members are eligible to vote in all USA Fencing division and national elections [if age eligible, etc.], gain free admission to all USA Fencing National tournaments [a fee for spectators has been introduced in recent years at NACs] and receive a digital edition of American Fencing magazine. You would need to upgrade to a "Competitive" membership in order to enter a Regional or National event (ROC's, Jr & Cadet or Youth Circuits, North American Cups (NACs), etc.).

For most of our club members who enjoy competing but choose not to enter these national and regional events, this \$25 Access membership is ideal. You can always upgrade during the season if you plan to enter Regional/National tournaments. You may join or renew USA Fencing online or at the club when we resume meeting. <https://www.usafencing.org/membership>

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ALL IN-PERSON MEETINGS STILL POSTPONED.

CFC is still on pause (since March 15, 2020). That was our first halt in 35 years.

Useful Information for our Restart

USA FENCING MEMBERSHIP: All participants in CFC activities (fencing classes, lessons, open bouts, etc.) including “Drop-In” fencers from other clubs, must be members of USA Fencing.

The USA Fencing season runs Aug 1, 2021- July 31, 2022.

<https://www.usafencing.org/membership> (types of memberships)

<https://member.usafencing.org/membership-types> More on types of memberships

<https://member.usafencing.org/> Login or create an account to Join USA Fencing or Renew

CFC REQUIREMENTS RE: FACIAL COVERINGS (mask under the fencing mask): Must comply with safety regulations described in USA Fencing’s “Return to Fencing Protocol” at all times. The mask must cover the nose and mouth. Per USA Fencing, “Face coverings must be two-layer cloth masks or surgical face coverings. Single-layer gaiters, bandannas, masks with vents and inserts that clip into the fencing mask and do not fully contact the athlete’s face **are not permitted.**” Fencers participating should NOT wear N95 or KN95 masks. Spectators who are not fencing may wear N95 or KN95 masks.



Vet 70 Men's Epee - Summer Nationals - Philadelphia, PA

173 views · Streamed live on Jul 7, 2021



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SHARE



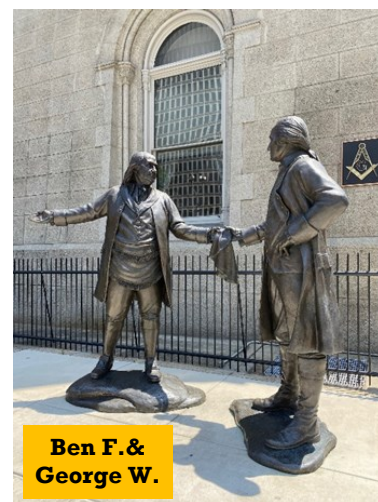
SAVE

USE OF FENCING EQUIPMENT: In compliance with USA Fencing’s recommendations to minimize shared use of equipment, we will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. A deposit at the first class will be

refunded when you return the equipment at the last class. Fencers will have an option to purchase or rent gear. You do not have to purchase any gear until you have had an opportunity to try this exciting sport.

We can provide all our fencers with information about purchasing a new starter set from fencing companies, or discounted gear from the club or from fencers who may wish to sell gear they have outgrown or no longer use. Details about plans are forthcoming. [Sellers: Try on your gear and see what fits. I suggest you make a detailed inventory of whatever you may wish to sell, including description of item, size, RH/LH, brand, company, foil/epee, electric/nonelectric, its condition, etc.] We will announce a way to share information closer to our restart.

POLICIES & PROTOCOLS: We will announce more about the program and schedule as soon as possible.



Ben F. & George W.

COLUMBIA FENCERS' CLUB NEWSLETTER

FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS:

Find the latest USA Fencing updates, at <https://www.usafencing.org/>

HOW DO I FIND OUT ABOUT TOURNAMENTS? Upcoming local tournaments & clinics throughout the country are listed on <http://askFRED.net/> (FRED is an acronym for Fencing Results and Events Database). Check "AskFRED" regularly as events are frequently added & cancelled. **Questions? Ask Jane.** You must have an "Access" level membership (\$25 per yr) in USA Fencing to be eligible to register for sanctioned tournaments.

National and Regional events are listed on the USA Fencing website <https://www.usafencing.org/all-events> You must have a "Competitive" level membership (\$85 per yr) to be eligible to register for these.

AGE ELIGIBILITY: The age categories for competitions are determined by your Birth Year. For clarification of which events you may enter, see https://cdn4.sportngin.com/attachments/document/f286-2488944/2021-2022_Age_and_Classification_Chart_7.27.21.pdf#_ga=2.21091704.2139093764.1628091874-1275409540.1606847985

WHAT ARE "CLASSIFICATIONS"? See the USFA Event Classification Chart <https://askfred.net/Info/eventClass.php> This explains how to earn classifications: "A", "B", "C", "D", "E", starting from Unclassified "U".

UPCOMING EVENTS: At the time of this newsletter, USA Fencing has not yet posted its calendar for this fencing season. The SC Division is in the process of planning our local (SC) schedule for the season.

See Foothills Fall Fight https://askfred.net/Events/wholsComing.php?tournament_id=48486

VIDEOS TO VIEW:

Videos from the Olympics are at <https://www.nbcolympics.com/replays/sport/fencing>

Videos from National Events are at <https://www.youtube.com/user/USAFencing/videos>

An assortment of other videos are below and in previous newsletters. For example, <https://www.youtube.com/watch?v=leOP7rWwBpw> Fun, artsy video by World Champion Yuki Ota "Enjoy More Fencing"

Foil

<https://www.youtube.com/watch?v=3gVZJ3EEodU> Fantastic! Try this! **You can improve during time off.** "FJE Coaching Video Footwork ver sample" 1 min 43 sec (2016) The early forward and backward steps are just to help you establish the ease of the torso atop the legs (rather than a heavy squat) in the en garde position. Notice the balance. Notice the precision. Imitate without speed. Ignore the hand portion of the video at the end, other than be aware that the upper body will operate independently of the legs. Why is this basic footwork important? See additional footwork and foil lesson videos below. (Japanese videos)

<https://www.youtube.com/watch?v=93GwzxAO7Bk> 2 min 58 sec (Watch to the end)

<https://www.youtube.com/watch?v=CkefFArWvrg> 5 min (different drills, such as 3 advances 2 retreats, or 3 retreats 1 advance, etc. Adds lunges and recovery. Note the precision and finish in balance)

<https://www.youtube.com/watch?v=BLJ6woyMvxc> Foil lesson (17 min 36 sec) 2018

<https://www.youtube.com/watch?v=H-v6DfxnjF8> Grand Prix Turin (Italy) 2020 Women's Foil Final THIBUS FRA vs KIEFER USA (Unfortunately the sound is out of sync with video, so voice commentary is distractingly before actions occur)

<https://www.youtube.com/watch?v=p2qeC6sTptI> Grand Prix Turin 2020 Men's Foil Final MASSIALAS USA vs MEINHARDT USA (Audio and video out of sync) (10 min 50 sec)

<https://www.youtube.com/watch?v=abiiSo-0D4U> Turin 2020 Grand Prix Men's Semi-Final IMBODEN USA vs MEINHARDT USA (15 min 40 sec)

<https://www.youtube.com/watch?v=X316M92Xfh4> Turin 2020 Grand Prix Men's Semi-Final MASSIALAS USA vs ROGER FRA (11 min)

<https://www.youtube.com/watch?v=pwk0wpFlvE0> World Championships 2019 Budapest, HUN. Quarter Final (Round of 8), Michal Siess (POL) vs Marcus Mepstead (GBR), Individual Men's Foil.

Nationals Referee credential & daily wristbands after proof of vaccination status (or neg test within 72 hours) required for admission to venue daily.



The most current, revised (2020-21) Rulebook (Aug 2020) is online.

<https://www.usafencing.org/usa-fencing-rule-book>

Knowing the rules helps you as a fencer, not just as a referee!

The modified 2020-2021 Athlete Handbook is [here](#). (It was modified in Mar. 2021.)

COLUMBIA FENCERS' CLUB

CFC CLUB INFORMATION

SIGN-IN SHEET: Those who “owe” brownies— We know who you are and have not forgotten!! We will adapt the sign-in protocol to minimize contact and maintain social distancing.

CLOTHING REMINDERS: T-shirt, long pants, athletic shoes, socks. (Legs, ankles, torso must be fully covered) (No shorts, sandals, crocs, or boots.) If you wear fencing pants ('knickers' that cover the knee), you must wear long socks that fully cover the leg. Safety comes first. The facility is heated and air conditioned.

REQUIREMENTS RE: FACIAL COVERINGS (MASKS UNDER FENCING MASKS):

Must comply with safety regulations described in USA Fencing's "Return to Fencing Protocol" at all times. The mask must cover the nose and mouth. Per USA Fencing, "Face coverings must be two-layer cloth masks or surgical face coverings. Single-layer gaiters, bandannas, masks with vents and inserts that clip into the fencing mask and do not fully contact the athlete's face **are not permitted.**" Fencers participating should NOT wear N95 or KN95 masks. Spectators who are not fencing may wear N95 or KN95 masks.

CLASSES & CLUB SCHEDULE: As we get closer to resuming in-person classes, I will specify types of classes, meeting times, fees, etc. We will continue with both foil and epee.

USA FENCING MEMBERSHIP REQUIREMENT: Minimum level: "Noncompetitive" (\$10 per year)

NEW FENCERS? New fencers are welcome to contact me so I can put you on our general club mailing list to be ready when in-person instruction resumes. **New fencers (youth and adults) are welcome.** No experience or equipment is necessary. Only those fully vaccinated may enroll for now.

RETURNING CFC YOUTH (Under 12) FENCERS who have been fencing with us but are too young to be eligible for vaccinations, I am looking for opportunities to safely meet when we can. I miss you!



Columbia Fencers' Club meets on Tues, Wed, & Thurs at
Seven Oaks Park 200 Leisure Lane Columbia, SC 29210
<https://www.icrc.net/parks/seven-oaks-park>

Best en gardes,

Jane

Jane R. Littmann, Ph.D.
803-781-0056 Home/Office or 803-466-5837 Cell
Coach & Co-Founder JRL5837@yahoo.com
Columbia Fencers' Club www.columbiafenc.com

(If you no longer wish to receive the CFC monthly newsletter, please contact me, and I will remove your name from our mailing list.)