

COLUMBIA FENCERS' CLUB NEWSLETTER

Re-start update: Conditions improving! No date yet. Planning in progress.

Dear CFC Fencers & Friends, plus our 147 prospective fencers eager for us to resume meeting—I hope you and your loved ones are healthy and doing well. I'm very glad to see COVID conditions improving, but infection rates are still "high" or "very high" depending on whose categories. I wanted to send out a newsletter now to stay in touch so that you know we are still actively planning for a restart.

As you know, we had to postpone our restart owing to the Delta variant of COVID-19 that fueled a serious surge of infections in SC. We hope that the new, possibly more infectious sub-lineage of Delta called AY.4.2 that caused a new surge in the U.K. will not take off here as the cooler temps move activities more indoors. Safety remains our priority, and CFC's plans to restart continue to depend on pandemic conditions in this area which I monitor closely. We are eager to resume practices and get back on strip.



Bravo to our recent club members who ventured to fence at the Tiger Open at Clemson! We're looking forward to seeing you soon!

Thank you for your ongoing inquiries and so much support for our mask and vaccine 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 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!

UPDATES: The USA Fencing season began August 1, 2021. Some clubs are meeting per their various situations. A list of tournaments in our area can be found on our SC Division website at <http://scfencing.org/> with the calendar at <http://scfencing.org/calendar/>

Columbia Fencers' Club is a "Premium Club" of USA Fencing (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. 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** including Qualifiers.



"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., e.g., the **upcoming Southern RYC/RJCC in Myrtle Beach:** <https://member.usafencing.org/details/tournaments/5177>). For most of our club members who enjoy competing but choose not to enter national and regional events, the \$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/>

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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. **These protocols remain in effect for national events as well.**



Cadet Women's Epee Final - Summer Nationals - Philadelphia, PA

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.

See you at Fencing when we resume!
Take care!

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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: The SC Division website lists local events for the season. <http://scfencing.org/calendar/>

SC Division JO Qualifier: https://askfred.net/Events/whosComing.php?tournament_id=49166

Also, please note The Southern RYC/RJCC in Myrtle Beach: <https://member.usafencing.org/details/tournaments/5177>

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)

The St. Louis North American Cup (Oct 29-Nov 1 will require proof of full vaccination status (or neg test within 72 hours) for admission to venue daily.



The most current, revised [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 most recent (2021-2022) [Athlete Handbook](#) is [here](#). (It was modified in Oct. 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 –You will also be eligible to resume fencing two weeks after full vaccinations. I am looking for opportunities to safely meet with everyone when we can.



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.)