

**COLUMBIA FENCERS' CLUB NEWSLETTER**

**Re-start update: ...And then came Omicron.... Further postponed. Stay well.**

**Happy Holidays to our CFC Fencers & Friends, and our 158 prospective fencers eager to start!**

Hoping you and your loved ones are **safely** enjoying the holiday season. Although COVID rates were still high in Oct-Nov, it appeared that conditions were improving— And then came Omicron.

And once again, **we've had to postpone our restart.**

**Health and safety remain our priority. CFC's plans to restart continue to depend on pandemic conditions in this area** which I monitor closely. USA Fencing has implemented stringent safety protocols at **North American Cups** to enable these events to continue. Face masks are required at all times. Proof of full vaccination is required to gain access to the venue. (The option to instead present a negative covid test within 3 days of travel will be dropped beginning in January.) I refereed at both the Oct NAC in St. Louis and the Dec NAC in Columbus, Ohio, areas where covid rates were then low. Fencing continues to evolve.

Referee briefings illuminate the nuances of fencing rules and calls, valuable not just for refereeing but to teach the sport to recreational & future competitors. The US has gained international prominence.



Modes of holiday travel



Olympic Medalists Alex Massialas & Gerek Meinhardt, Dec NAC, Columbus, OH



US Olympic foil medalists Nick Itkin (airborne) & Gerek Meinhardt in the semifinals (Oct NAC). Gerek's coach, Olympian Greg Massialas looks on.

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Cadet Women's Epee, starting DE's, St. Louis NAC, Oct 2021



Olympic Gold Medalist Lee Kiefer (US) vs 16th in Tokyo Eleanor Harvey (CAN) at St Louis NAC foil semifinal, Oct 2021



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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

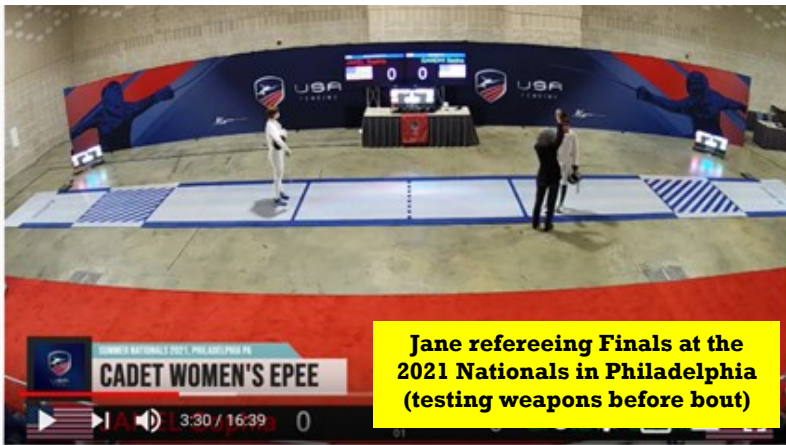
**USA FENCING MEMBERSHIP:** All participants in CFC activities (fencing classes, lessons, open bouts, etc.) including “Drop-In” fencers from other clubs, must be members of USA Fencing.

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



**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

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

Qualifiers. “**Local tournaments**” are considered anything you can register for on AskFred.

**CFC REQUIREMENTS RE: FACIAL COVERINGS** (mask under the fencing mask): Must comply with safety regulations described in USA Fencing’s “Return to Fencing Protocol” (p 4 in this newsletter).

**CFC VACCINATION REQUIREMENT:** CFC will also require proof of vaccination for all participants and spectators admitted into the fencing area.

Cf., USA Fencing’s COVID-19 Update Nov 18, 2021 - [https://www.usafencing.org/news\\_article/show/1193712](https://www.usafencing.org/news_article/show/1193712) and update for the Jan NAC [https://www.usafencing.org/news\\_article/show/1199989](https://www.usafencing.org/news_article/show/1199989)

**USE OF CFC 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 on our program & schedule as soon as possible.

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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](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/>

## VIDEOS TO VIEW:

Videos from the Olympics are available by googling the particular bout or match and viewing on Youtube.

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=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)

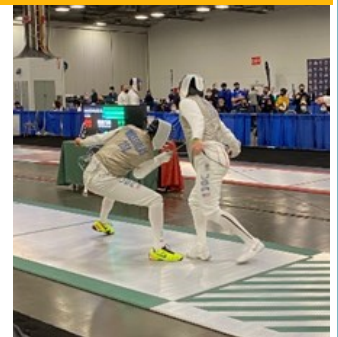
<https://www.youtube.com/watch?v=p2qeC6sTptf> Grand Prix Turin 2020 Men's Foil Final MASSIALAS USA vs MEINHARDT USA (Audio and video out of sync) (10 min 50 sec)

<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.

Olympians Alex Massialas & Gerek Meinhardt in semifinal. Dec 2021 NAC Columbus, OH



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

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. [https://www.usafencing.org/news\\_article/show/1130356](https://www.usafencing.org/news_article/show/1130356) (Still current in 2022.)

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*

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