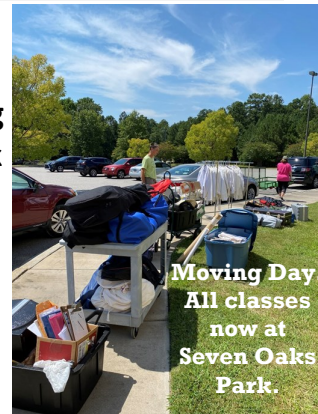


COLUMBIA FENCERS' CLUB NEWSLETTER

We're back!! Two Sessions are full and underway. Adding more.

Dear CFC Fencers, Friends, and our prospective fencers,

Thank you for your patience during our first-ever pause of club meetings during the Pandemic. We are finally back open! Our two initial sessions are full (thank you to those who responded so quickly!), and we are adding more classes (see below). We are taking health measures we know are more cautious than some groups and institutions. Unlike students in classrooms, colleagues in offices, and friends having lunch, our sport involves athletic exertion directly facing training partners, and our members range in ages and underlying conditions. We support everyone's health and participation in our fantastic sport. It's no



Moving Day. All classes now at Seven Oaks Park.



Ready when you are....

surprise that fencers often refer to our sport community as our Fencing Family. While vaccinations do not absolutely “prevent” someone from getting COVID-19, (1) vaccinated communities have lower infection rates and less severe cases than unvaccinated communities, and (2) the risk of immediate and longterm harm to children and adults from actually *getting* COVID-19 is higher than the risk of harm from the vaccine. (Sources available. Questions welcome.)

We are very excited to meet our newest members, and of course get back together with the friends we've missed. We will do our best to minimize your risk of COVID-19 exposure in our fencing community.

CLUB ENROLLMENT: We have modified the classes we offer to better accommodate all our fencers, and therefore also changed our enrollment

procedures. Rather than month to month dues with all fencers participating in one class together, we are offering specific classes with a start and end date for that session. A better variety of classes enables everyone to develop their skills and pursue their interests. **Enrollment is by contacting Jane to get placed on the appropriate roster (class/time).** Surveys will still help us plan for future classes and sessions to best suit our members within the constraints of our facility's available times/space.

See below and page 2 for our next sessions. Contact Jane ASAP to enroll.

These Sessions are all 4-weeks:

Tuesdays Oct 11, 18, 25, & Nov 1, 2022 or

Wednesdays Oct 12, 19, 26, & Nov 2, 2022

Session Fee: \$90 for 1 class/wk. \$120 for 2 classes/wk.

Equipment rental if needed: \$30 plus \$100 deposit.

Deposit (\$100) is reissued back to you when equipment is returned at end of session.

CFC has resumed! Classes & Enrollment	1 & 2
Sign-in sheet & Brownie Debt-Forgiveness!	2
Masks & Vaccination Requirements	1 & 3
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CFC policies & contact info	1,2,& 4
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5:30-6:25pm classes in this session are for Beginners and Continuing fencers focusing on **Fundamentals of Fencing.** (This is most similar to our previous Club classes.)

6:35-7:35pm classes in this session are for Continuing fencers seeking to learn, review, improve, &/or refine **Fundamental Epee** skills and/or develop some additional skills crucial to tactical **Foil** fencing.

COLUMBIA FENCERS' CLUB NEWSLETTER

CONTACT JANE TO GET PLACED ON A ROSTER!

#1 Roster - Session Focus: Intro & Fundamentals of Fencing

Date: Tuesdays, Oct 11, 18, 25, & Nov 1, 2022

Time: 5:30 – 6:25 PM

Appropriate for: Those seeking introduction, overview, and everyone working on reviewing, improving, and refining their fundamental fencing skills. Great for beginners and continuing fencers.

#2 Roster - Session Focus: (same as above but on Wed's) Intro & Fundamentals of Fencing

Date: Wednesdays, Oct 12, 19, 26, & Nov 2, 2022

Time: 5:30 – 6:25 PM

Appropriate for: Those seeking introduction, overview, and everyone working on reviewing, improving, and refining their fundamental fencing skills. Great for beginners and continuing fencers.

#3 Roster - Session Focus: Introduction and Fundamentals of Epee, and its importance to Foil
(Prerequisite: Completed Intro to Fundamentals of Fencing; able to drill basic skills with partner)

Date: Tuesdays, Oct 11, 18, 25, & Nov 1, 2022

Time: 6:35 – 7:35 PM (Optional time after for additional bouting and lessons, 7:35-8:20 PM)

Appropriate for: Everyone seeking to learn, review, improve, and refine fundamental Epee skills and/or develop skills crucial to tactical Foil fencing.

#4 Roster - Session Focus: Introduction and Fundamentals of Epee, and its importance to Foil
(Prerequisite: Completed Intro to Fundamentals of Fencing; able to drill basic skills with partner)

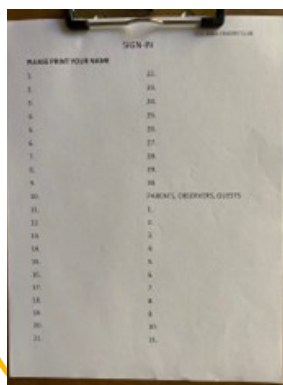
Date: Wednesdays, Oct 12, 19, 26, & Nov 2, 2022

Time: 6:35 – 7:35 PM (Optional time after for additional bouting and lessons, 7:35-8:20 PM)

Appropriate Group: Everyone seeking to learn, review, improve, and refine fundamental Epee skills and/or develop skills crucial to tactical Foil fencing.



SIGN-IN sheet and “Brownie Debt-Forgiveness” Proclamation: CFC still requires all fencers and guests to sign the Sign-In sheet in the fencing area each evening you attend. Club members will recall the rule that if you forget and leave without signing in, there is a “penalty”— You are required to bring a homemade treat, e.g., Chocolate Chip Cookies or Brownies to your clubmates at your next meeting. But given our two and a half year pause, we are issuing this one-time only “forgiveness” proclamation to those who still owe, since we know you *would* have brought them, but they got stale or you ate them! So you are off the hook this time! The sign-in policy continues. Given gymnasium rules and masking, future treats need to be individually wrapped for take-home!



COLUMBIA FENCERS' CLUB

USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear until you have had an opportunity to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 per session — this includes a \$100 deposit that is reissued to you when you return the equipment at the last class. Fencers have the option to purchase or rent gear. We will 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. For information, contact Jane. [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., and how to contact you.] Please let Jane know if you have information to share.

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 <https://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.

National events for 2022-23 are at <https://www.usafencing.org/22-23-nationalcalendar>

Regional events for 2022-23 are listed at <https://www.usafencing.org/regional-calendar>

You must have a “Competitive” level membership (\$90 per yr) to register for “National and Regional events,” but only “Access” membership (\$25 per year) to enter local events and national qualifiers.

AGE ELIGIBILITY: The age categories for competitions are determined by your Birth Year. For clarification of which events you are eligible to enter during the 2022-23 season, see the Age and Eligibility chart and scroll down to the chart marked “A.” <https://www.usafencing.org/age-classification-eligibility>

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

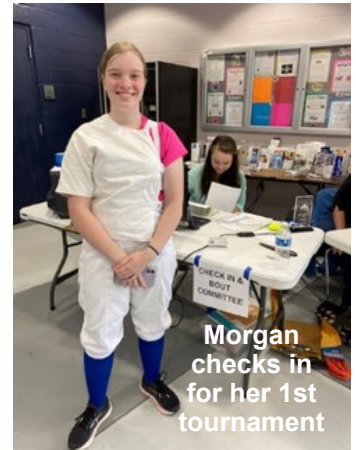
UPCOMING EVENTS: The SC Division website lists local events for the season. <http://scfencing.org/calendar/> This is updated regularly for the new season that began August 1, 2022.



Mike avoids toe touch.
—now to hit arm....

VIDEOS To VIEW: Videos from the most recent international events are at <https://fie.org/live>. The FIE is the Federation Internationale d’Escrime (International Fencing Federation). Their calendar notes live-streamed World Cups & Grand Prix events.

Videos from the 2022 Summer Nationals and July Challenge are at <https://www.youtube.com/user/USAFencing/videos> (Scroll down for the Div 1 and earlier events.)



Morgan checks in for her 1st tournament

More video links to many interesting bouts are provided in previous [CFC Newsletters](#).

COLUMBIA FENCERS' CLUB

CFC CLUB INFORMATION

SIGN-IN SHEET: Please sign-in each evening on the clipboard in the fencing area. Names must be printed and legible. This includes Parents & Guests. We will enjoy “penalty brownies” from those who forget!

CLOTHING REMINDERS: Legs, ankles, torso must be fully covered. No holes in pants! Safety comes first!

T-shirt, long pants (fencing ‘knickers’ that cover the knee are fine IF WITH long socks so no bare leg), athletic shoes, and socks. (No shorts, sandals, crocs, or boots.) Site is heated and air conditioned.

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

CFC requires vaccinations and a mask under the mask until further notice.

The mask must cover the nose and mouth. “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.**” Spectators who are not fencing must also be vaccinated and wear masks.

CLASSES & CLUB SCHEDULE: We will continue with both foil and epee. I will specify types of classes, meeting times, fees, etc. Each session will be announced as soon as planned and ready for enrollment.

USA FENCING MEMBERSHIP REQUIREMENT: Minimum level: “Noncompetitive” (\$15 per year)

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



Columbia Fencers' Club meets on Tues, & Wed, (not yet 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.columbiafc.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.)

COLUMBIA FENCERS' CLUB

Ian & Mike
between bouts



Morgan's 1st tourney
Foothills Fall Fight
9/17/22



Contact
Jane
now to
enroll
in
classes!



WooHoo! Nice arm touch, Mike!

**We're open!
See you soon!**



First time fencing!



Thanks Philip,
Mike, & Angie!
What a Moving Team!



All classes at
Seven Oaks
Park