

COLUMBIA FENCERS' CLUB NEWSLETTER


Dear CFC Fencers, Friends, and our prospective fencers,

Welcome to our newest club members and welcome back to our continuing fencers! We see you gaining new skills we keep adding, and prowess at the fundamentals ever in need of better precision, timing, distance, and tactical application! Exciting to see you progressing! We will continue to adapt each class to include both review and variety to help you develop your game.

CLUB ENROLLMENT: Enrollment is by contacting Jane to get placed on the appropriate roster (class/time) before the session begins. We will continue to vary the skills taught in the classes we offer to accommodate all our fencers and enable everyone to progress with a sound foundation. We may also add future classes and sessions to best suit our members per their skills and interests, within the constraints of our facility's available times/space.



March and April sessions dates:

When registering for the first time, please be sure you can attend all four classes in the session. 

Class Descriptions:

#1 Roster - Introduction & Additional Fundamentals of Fencing

Time: 5:30 – 6:25 PM Tuesdays

Appropriate for: Those seeking an intro-

duction & basic overview, and everyone reviewing, improving, refining, and learning additional essential fencing skills. Great both for beginners and continuing fencers.

Please Note: Since we cannot present all the basics in 4 weeks, the class curriculum changes a bit each month.

#2 Roster - Introduction & Additional Fundamentals of Fencing (Same as on Tuesdays, but on Wednesdays. See above.) **Time: 5:30 – 6:25 PM Wednesdays**

Great for beginners & continuing fencers. Curriculum changes a bit each month.

#3 Roster - Introduction and Fundamentals of Epee, and its importance to Foil

Prerequisite: Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner. **Time: 6:35 – 7:35 PM Tuesdays**

(Optional time afterward for additional bouting and lessons, 7:35-8:20 PM)

Appropriate for: Everyone seeking to (1) learn, review, improve, and refine fundamental Epee skills, and/or (2) develop skills and concepts crucial to tactical Foil and Epee fencing.

#4 Roster - Introduction and Fundamentals of Epee, and its importance to Foil

Prerequisite: Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner. **Time: 6:35 -7:35 PM Wednesdays**

(Optional time afterward for additional bouting and lessons, 7:35-8:20 PM)

Appropriate Group: See above (Same as Roster #3 on Tuesdays, but on Wednesdays)

MARCH SESSION:

Tuesdays:

Mar. 7, 14, 21, & 28, 2023

Or, Wednesdays:

Mar. 8, 15, 22, & 29, 2023

APRIL SESSION:

Tuesdays:

Apr. 4, 11, 18, & 25, 2023

Or, Wednesdays:

Apr 5, 12, 19, & 26, 2023

NOTE: **TUES, Feb 28: 5:30-6:30** is a free "extra" class for **Tues or Wed 5:30 FEB fencers.**

Tu & Wed, Feb 28 & Mar 1: 6:00-8:00 is free extra Bouting practice for our **6:30 Tu or Wed FEB groups.** Come either or both nights, elec foil &/or epee.



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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. See p 2 re: gear.

If you have already completed one full 4-week session, and you know you cannot attend all 4 weeks of an upcoming month, please consider using our Drop-In rate (\$25 per class) rather than skipping the month. Please let Jane know if you plan to use the Drop-In rate.

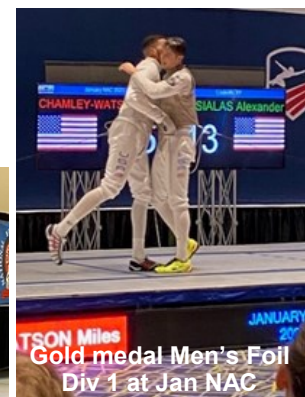
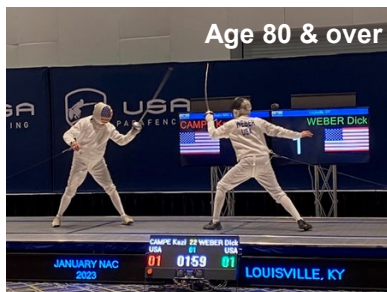
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CFC HEALTH POLICIES: CFC requires all fencers and spectators in the fencing area to be COVID-vaccinated and wear a facial covering. We are taking health measures we know are more cautious than some groups and institutions. Unlike students in classrooms, 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 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.) Thank you for your ongoing cooperation. We will do our best to minimize your risk of COVID-19 exposure in our fencing community. (If you are not feeling well, please stay home that night.)

*Please note: Per the CDC, a person who is over 65 or who has any of the medical conditions listed in the link below is more likely to get very sick with COVID-19. Some of these include: ADHD, moderate to severe Asthma, Cancer, Diabetes, Depression, Heart disease, Overweight and Obesity, Physical inactivity, current or former Smoker, and more. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear in order 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 for the 4-week 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 a set of gear, or to pay \$30 per month to continue to 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've outgrown or no longer use.

LIFETIME SPORT: Fencing offers challenges, fun, and camaraderie to all ages. There's always much more to learn, refine, and practice with different opponents.



SIGN-IN sheet and "Penalty" Policy: CFC still requires all fencers and guests to sign the Sign-In sheet in the fencing area each evening you attend. Club members know our longstanding rule and tradition that if you forget and leave without signing in, there is a "penalty" — You are required to bring a homemade treat, e.g., Cookies or Brownies to your clubmates at your next meeting. We have discovered talented bakers in our Club! Please be sure the treats are individually wrapped for take-home, complying with gymnasium rules! Thank you!!



COLUMBIA FENCERS' CLUB

FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS:

UPCOMING EVENTS:

Sat, 3/4/23 - [Des ananas](#) James Island Recreation Center: Charleston, SC, Unsanctioned Y10/Y12 Mixed Foil, mixed Epee; E&Under Mixed Epee, Mixed Foil. https://askfred.net/Events/wholsComing.php?tournament_id=52614

Sat-Sun, 3/11-12/23 - [13th Annual Yellow Jacket Open](#), GA Tech Campus Rec Center, Atlanta, GA, Sr and Div3 Mixed Epee, Foil, and Saber. https://askfred.net/Events/moreInfo.php?tournament_id=52186

Sun, 03/19 - ["Over" The Rainbow! USAFENCING Senior & Vet Epee](#) low country fencers, Hilton Head Island, SC https://askfred.net/Events/wholsComing.php?tournament_id=52543

Sat, 03/25 - [Spring Fling 2023](#) Augusta Fencers Club, Augusta, GA

Sat, 4/29/23 - [SC Division Summer National Qualifiers 2023](#), Foothills Fencing Academy: Piedmont, SC **The "Division Qualifiers" is an excellent event to enter regardless of intentions to fence Nationals.** Annual Meeting immediately after fencing concludes.



Philip & Mike confer

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>

The SC Division website lists local events for the season. <http://scfencing.org/calendar/> This is updated regularly. 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"? Letter classifications (starting from Unclassified "U", "E", "D", "C", "B", "A") are earned by winning or placing at tournaments according to how many fencers entered, their

classifications, and where they finish. Classifications also show how recently the competitor earned that classification. See the USA Fencing Event Classification Chart. <https://askfred.net/Info/eventClass.php>

Videos to View can be found in previous newsletters.

Questions? For example, what should I enter? **Ask Jane!**

Knowing the rules helps you as a fencer! **The revised JANUARY 1, 2023**

Rulebook is at https://cdn1.sportngin.com/attachments/document/f031-2850259/2023-01_USA_Fencing_Rules.pdf? Please note **several** new rules in effect as of January 1, 2023, including re: Noncombativity. https://www.usafencing.org/news_article/show/1253300



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). Upgrades and those joining for the first time on or after April 1– Memberships are good through 8/1/2024.

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

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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.)

COLUMBIA FENCERS' CLUB



See
you
at
Fencing!

