

COLUMBIA FENCERS' CLUB NEWSLETTER

Summer Greetings to our CFC Fencers, Friends, and prospective fencers!

Happy Independence Day!

CFC WILL NOT MEET the first week of July (Tu, July 4 & Wed, July 5).

July and August sessions dates:



JULY SESSION: (4 weeks)

Tuesdays:

July 11, 18, 25, & Aug 1, 2023

Or, **Wednesdays:**

July 12, 19, 26, & Aug 2, 2023

AUGUST SESSION: (4 weeks)

Tuesdays:

Aug 8, 15, 22, & 29, 2023

Or, **Wednesdays:**

Aug 9, 16, 23, & 30, 2023

NOTE: Those enrolling in the July session must renew their USA Fencing memberships before the 4th class in order to participate Aug 1 or 2.

What to know about USA Fencing Membership Renewals for the August 1, 2023 – July 31, 2024 season

- The new USA Fencing Membership season begins Aug. 1, 2023.
- All CFC members are required to have current USA Fencing memberships.
- USA Fencing has announced that all Annual membership rates are going up.
- There will no longer be a “Non-competitive” membership level. This will be combined with “Access”, and the new fee as of August 1 will be \$29 (up from \$25).

Cost-saving tips:

- Current Non-competitive members may *upgrade* to “Access” BY THE END OF JUNE (*this week!*) by paying \$10. Your new “Access” membership will be good through July 31, 2024. (Or you can renew in July for \$25.)
 - If you recently (since April 1) purchased a new Non-Competitive membership with expiration date of July 31, 2024, your membership will automatically convert to the new Access membership, and you will not owe any additional fee.
 - If you are currently an “Access” level member, you can renew your membership during the month of July for the current \$25 fee.
 - Since all USA Fencing fees are going up, all fencers may wish to review the new rates & renew or upgrade during the month of July at the old rates. https://www.usafencing.org/news_article/show/1276300
 - 1st-time fencers starting in the 2023-24 season can use a “trial membership” option with USA Fencing.
- Please note that if you enroll in the CFC **July** session of classes, you must renew your CFC membership before the end of the session (by July 31), since the 4th week of the “July” session is during the first week of August.

CLUB ENROLLMENT: Enrollment is by contacting Jane to get placed on the appropriate roster (class/time) before the session begins.

Class Descriptions Below (5:30 classes are great for beginners and continuing foil fencers. Curriculum changes a bit each month. Focus: Foil)

#1 Roster - Introduction & Additional Fundamentals of Fencing

Time: 5:30 – 6:25 PM Tues’s Introduce & refine essential fencing skills.

#2 Roster - Introduction & Additional Fundamentals of Fencing

5:30 – 6:25 PM Wed’s Introduce and refine essential fencing skills.

#3 Roster - Epee: Introduction, Fundamentals, and Competition skills

Time: 6:35 – 7:35 PM Tuesdays (Optional time afterward for additional bouting and lessons, 7:40-8:40 PM) **Prerequisite:** Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner.

#4 Roster - Epee: Introduction, Fundamentals, and Competition skills

6:35 – 7:35 PM Wed’s (Optional time afterward for more bouting and lessons, 7:40-8:40 PM) See above (Same as Roster #3, but on Wednesdays)

Session Fee: \$90 per month if 1 class/wk. \$120 if 2 classes/wk.

Equipment rental if needed: \$100 deposit plus \$30/ month rental. Deposit (\$100) is reissued back to you when gear is returned at end of session.

See p 2 re: equipment. See above for annual USA Fencing membership.

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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.) Our policies are data-based from scientific studies. 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.)



"Grudge match" next week?

*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.

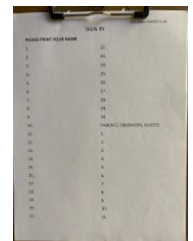
LIFETIME SPORT: Fencing offers challenges, fun, and camaraderie to all ages for a lifetime. There's always much more to learn, refine, and practice with different opponents.

Look where a vintage CFC t-shirt turned up this Spring!! Still passionate for tourneys 35 yrs later!

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 club-mates 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!!



Congrats to CFC's Tony M on Vet-70 Bronze in NJ! 35+ yrs with CFC! Fight On!



COLUMBIA FENCERS' CLUB

FOR OUR TOURNAMENT

(& aspiring tournament-bound) MEMBERS

UPCOMING EVENTS: None yet scheduled in this area for the remainder of this fencing season.

The 2023 USA Fencing National Championships and July Challenge (Summer Nationals) are in Phoenix, AZ June 30– July 9. For more information, see

<https://www.usafencing.org/2023summernationals>

Results will be available at <https://www.fencingtimelive.com/> or on the [USA Fencing Homepage](https://www.usafencing.org/home). <https://www.usafencing.org/home>

Videos of the top bouts in each event will be accessible live-streamed or posted.



Point for the left!

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.**

“Access” level membership in USA Fencing permits you to register for sanctioned local tournaments (those on askfred.net) including National Qualifiers. “Competitive” level membership is required to register for National and Regional events. You may upgrade your membership throughout the year if required for a higher level tournament.

National and Regional events are listed on the USA Fencing website.

National events for 2023-24 are at <https://www.usafencing.org/23-24-nationalcalendar>

Regional events for 2023-24 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.

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> An updated chart for the 2023-24 season will be out soon.



Point for the right!

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>



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 More changes are upcoming in the new season.

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 (see p. 2).

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: As of Aug. 1: Minimum level: “Trial” (temporary, only for those joining for the first time, and must be upgraded if continuing), or “Access” (\$29 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 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.

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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



See you at Fencing!

