

COLUMBIA FENCERS' CLUB NEWSLETTER

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

We are off to a great start of the new 2023-2024 USA Fencing Season!

New Class Dates: September and October sessions 

Please fill out a new CFC Contact Info form with your updates & goals.
Please renew your USA Fencing Membership!

<https://www.usafencing.org/membership>

- There is no longer a “Non-competitive” USA Fencing membership level. The “Access” level (\$29 for the year) is the basic level. It is required of all CFC members* as we are an insured member club of USA Fencing.
- *1st-time fencers starting in the 2023-24 season can use a “trial membership” option with USA Fencing. It is free and good for 90 days.
- Fencers who joined (or upgraded) between April 1-July 31 2023 — your memberships already extend through July 31, 2024.

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: 30 PM Tues’s Introduce & refine essential fencing skills.

#2 Roster - Introduction & Additional Fundamentals of Fencing
Time: 5:30 – 6:30 PM Wed’s Introduce & refine essential fencing skills.

#3 Roster - Epee: Introduction, Fundamentals, and Competition skills
Time: 6:40 – 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
Time: 6:40 – 7:35 PM Wednesdays (Optional time afterward for more bouting and lessons, 7:40-8:40 PM)
Prerequisite: Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner.

Session Fee: \$90 per month if 1 class/wk. \$120 if 2 classes/wk. (Discounts if more than 1 fencer in family.)
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 page 2 re: equipment. See above for annual USA Fencing membership. Drop-in (for those previously enrolled): \$25 per class.

SEPT SESSION: (4 weeks)

Tuesdays:

Sept 5, 12, 19, 26, 2023

Or, **Wednesdays:**

Sept 6, 13, 20, & 27, 2023

OCT SESSION: (4 weeks)

Tuesdays:

Oct 3, 10, 17, & 24, 2023

Or, **Wednesdays:**

Oct 4, 11, 18, & 25, 2023

NOTE: New fencers please attend all 4 classes. Continuing fencers may use the Drop-In plan if you know you cannot attend all weeks in the session.

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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.)



Fun "grudge match" each week!

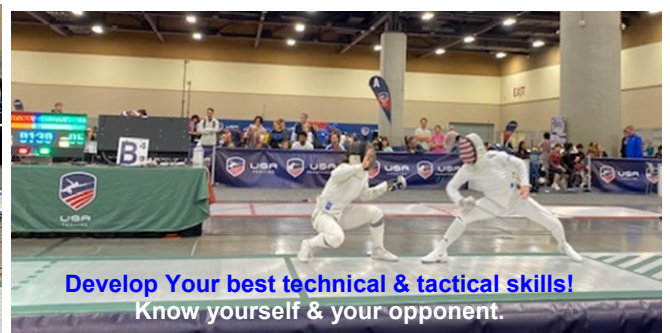
*Please note: Per the CDC, a person who is over 65 or who has any of the medical conditions listed in the link below is more likely to get very sick with COVID-19. Some of these include: ADHD, moderate to severe Asthma, Cancer, Diabetes, Depression, Heart disease, Overweight and Obesity, Physical inactivity, 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.



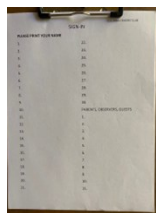
Fencing has no height or weight classifications.



Develop Your best technical & tactical skills!
Know yourself & your opponent.

SIGN-IN sheet & "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

COMPETITORS' CORNER

Upcoming Events:

Sat-Sun, Sept 9-10, 2023 Foothills Fall Fight 2023 Greenville, SC. Sat: Sr Mixed Epee, Sr Mixed Foil, Div 2 Mixed Epee; Div 2 Mixed Foil at Simpsonville Activity Center. Sun: Y10 & Y12 Mixed Foil at Foothills Academy. <https://www.askfred.net/tournaments/1a711f88-96a5-4418-a323-aff4456e6948>

Sat-Sun, Oct 7-8 Athens Open 2023 Athens Fencing Club, Athens GA. (Foil events on Sat; Epee events Sunday.) <https://www.askfred.net/tournaments/1bacaa48-b3c1-437a-a9cb-c9491e3fd43a>

Sat-Sun, Oct 14-15 Tiger Open 2023 Clemson University Fencing Club, Clemson, SC. Foil events Sat; Epee Sun. <https://www.askfred.net/tournaments/f615f5c1-73c5-4893-89a3-0918d285423e>

Sat-Sun, Oct 21-22 Fall Frolic 2023 Augusta Fencers Club, Augusta, GA. Sat: E & Under Sr Mixed Foil and Epee; Sun: Vet Combined Mixed Epee; Y10 Mixed Foil; Y12 Mixed Foil. <https://www.askfred.net/tournaments/93a8f859-ebf4-4ac8-b1e6-f354daeabd08>

Fri-Sun, Nov 3-5 American Challenge South, ROC/RJCC/RYC Myrtle Beach, SC (Regional USA Fencing calendar, requires "Competitive" level membership)

Sat, Nov 18, SC Division Jr Olympic Qualifiers (J.O.'s) Columbia, SC (at Seven Oaks Park). Cadet and Jr age fencers.

Sat-Mon Dec 16-18 The Southern RYC/RJCC/ROC Myrtle Beach, SC (Regional USA Fencing calendar, requires "Competitive" level membership)

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). On the Home page, where it says Find Fencing Events Near _____, type "Columbia" or your zip code into the default space where it says "New York City".

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 anytime throughout the year if required.

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>

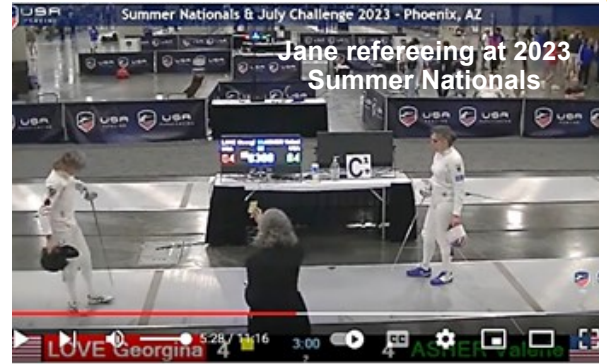
Regional events for 2023-24 are listed at <https://www.usafencing.org/regional-calendar>

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

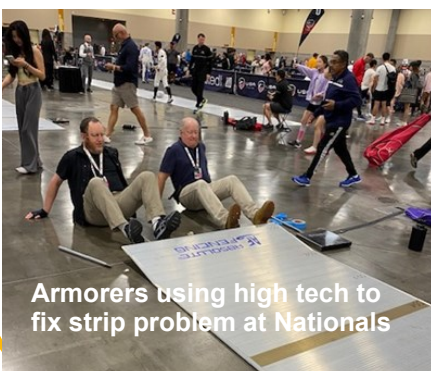
AGE ELIGIBILITY: The age categories for competitions are determined by your Birth Year. For clarification of which events you are eligible to enter during the 2023-24 season, see the Age and Classification Eligibility rules and chart at <https://www.usafencing.org/age-classification-eligibility>

COACHING AT COMPETITIONS: If you would like coaching at upcoming competitions, please contact Jane preferably at least a month in advance.

**Tournaments?
Here we
come!**



- Vet-60 Women's Epee (Love vs Asher) Semi-Final - Phoenix, AZ - 202



Armors using high tech to fix strip problem at Nationals

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 Membership (temporary, *only for those joining for the first time*, and must be upgraded if continuing beyond 90 days), 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.
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



See
you at
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