

COLUMBIA FENCERS' CLUB NEWSLETTER

Warmest wishes to our CFC Fencers, Friends, and prospective fencers as the Nov-Dec Holidays approach!

New Class Dates: November and December sessions 

- ◆ Please fill out a new CFC Contact Info form with your updates & goals if you have not already done so. They are on the Sign-in clipboard.
- ◆ If you are planning to purchase a set of starter or competitive gear, please contact Jane for information flyers. The club also has many sizes of new and lightly used fencing pants if you would like to save on shipping.

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 pm 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 bouts 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 bouts and lessons, 7:40-8:40 PM) **Prerequisite:** Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner.

NOV SESSION: (4 weeks)

Tuesdays:

Nov 7, 14, 21, & 28, 2023

and/or **Wednesdays:**

Nov 8, 15, 22, & 29, 2023

DEC SESSION: (4 weeks)

Tuesdays:

Dec 5, 12, 19, & 26, 2023

and/or **Wednesdays:**

Dec 6, 13, 20, & 27, 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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Session Fee: \$90 per month if 1 class/wk. \$120 if 2 classes/wk. (Discounts available 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.
Drop-in (for those previously enrolled): \$25 per class.

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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 "prevent" someone from getting COVID-19, we know that (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.)



Watch your distance!

*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> . Per JAMA (Journal of the American Medical Association), community face mask use is associated with lower transmission of SARS-CoV-2. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2811136>

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.



Post-bout "Handshake"

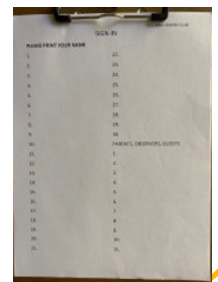
SIGN-IN sheet & "Penalty" Policy:

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!!



All plugged in!



COLUMBIA FENCERS' CLUB

**Tournaments?
Here we
come!**



COMPETITORS' CORNER

Upcoming Events:

Sat, Nov 18, 2023 - The SC Junior Olympic Qualifier at Seven Oaks Park, 200 Leisure Lane, Columbia 29210—here in our own gym! <https://www.askfred.net/tournaments/8d3eea6f-f0dc-4cb1-8acc-e6bf311e18f9> This is the qualifying event for SC fencers to the “Junior Olympics” called the “JO’s” – the **US National Championships for Cadet and Junior age fencers**. You are a Cadet Fencer if your birth year is 2007-2010. Junior includes birth years 2004-2010. Cadets may also fence in Junior events. The age eligibility chart is at <https://www.usafencing.org/age-classification-eligibility> . (This is an age-restricted competition.) **Preregistration is required; deadline is Sat, November 11, 2023.** Contact Jane right away if you have any questions.

The Junior Olympics will take place **February 16-19, 2024 in Charlotte, NC.** <https://www.usafencing.org/juniorolympics2024> Both the qualifier and the JO’s would be great to observe if you are not eligible to fence. There is no fee for spectators.

Sat-Mon Dec 16-18 The Southern RYC/RJCC/ROC (VET/ D1A/ DV2, TEAM) - Myrtle Beach, SC (Regional USA Fencing calendar, requires “Competitive” level membership) <https://member.usafencing.org/details/tournaments/7728> Vendors will be at this tournament selling equipment.

Congratulations to Bobby and Chris on first and third places at the E & Under Sr Mixed Epee Augusta Fall Frolic 2023, Saturday, Oct 21! Glad to see you having fun and applying those skills you’re developing and practicing at the club!

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.

For **Age and Classification Eligibility rules** for the 2023-24 season, see the chart at <https://www.usafencing.org/age-classification-eligibility> .



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

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>

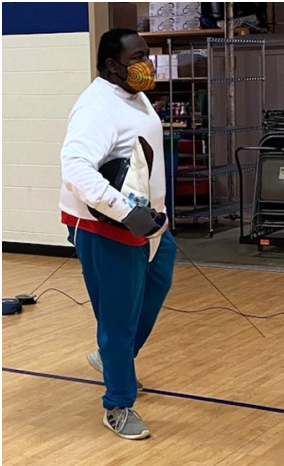
Best en gardes,

Jane

Jane R. Littmann, Ph.D.
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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



Fencing:
The
Ultimate
Electronic
Game



Bobby scores the winning touch
and earns his "E" classification



Glove game!



Fun at the Augusta
Fall Frolic



Fleche—
Double Touche!

See
you at
**F
E
N
C
I
N
G!**

