

COLUMBIA FENCERS' CLUB NEWSLETTER

We're sure glad our fencing site is well air conditioned during these hot SC summer months! I know many of you are enjoying some vacation time. We welcome your dropping in if your schedule allows. We're adding some new skills for our continuing fencers. Happy Summer!

New Class Dates: July and August sessions 

- ◆ Continuing fencers— Please email Jane each month the week before the new session starts to let me know your enrollment plans so I can better plan our classes for you.
- ◆ Equipment: 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 items if you would like to save on price and shipping.
- ◆ Starting August 1, 2024, all CFC participants must have renewed your *USA Fencing* memberships for the season Aug 1, 2024-July 31, 2025. Memberships may be renewed beginning July 1. See <https://www.usafencing.org/membership>. No increase in USFA or CFC fees.

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

Class Descriptions: 5:30 pm FOIL classes are great for beginners and continuing foil fencers. Curriculum changes a bit each month.

Rosters 1 & 2 are Foil. Rosters 3 & 4 are Epee.

#1 Roster - Introduction & Additional Fundamentals of Fencing

Time: 5:30 – 6: 30 PM Tuesdays Introduce & refine essential fencing skills.

#2 Roster - Same as above but 5:30 – 6:30 PM on Wednesdays.

#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 - Same as Roster #3 but 6:40 – 7:35 PM on Wednesdays.

(Includes optional time afterward for more bouting & lessons, 7:40-8:40 PM)

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

Drop-in (for those previously but not currently enrolled): \$25 per class. More options available for additional sessions and lessons. Contact Jane.

JULY SESSION: (4 weeks)

Tuesdays:

July 2, 9, 16, & 23, 2024

and/or *Wednesdays:*

July 3, 10, 17, & 24, 2024

AUGUST SESSION: (4 wks)

Tuesdays:

August 6, 13, 20, & 27, 2024

and/or *Wednesdays:*

August 7, 14, 21, & 28, 2024

***NOTE:* No decision yet re: whether we will meet Tues and/or Wed, July 30 & 31.**

Madeline Stewart explores fencing at CFC! Soda City Living, WIS/NBC-TV Olympic Sports in Columbia



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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.)



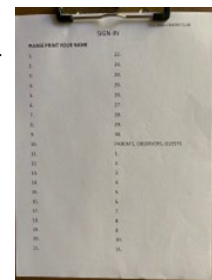
*Please note: Per the CDC, a person who is over 65 or who has any of the medical conditions listed in the link below is more likely to get very sick with COVID-19. Some of these include: ADHD, moderate to severe Asthma, Cancer, Diabetes, Depression, Heart disease, Overweight and Obesity, Physical inactivity,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



USA FENCING RULEBOOK: The most recent rulebook is January 1, 2023. Knowing the rules helps you as a fencer! https://cdn1.sportngin.com/attachments/document/50d1-2852036/2023-01_USA_Fencing_Rules.pdf

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!



**Tournaments?
Here we come!**



COLUMBIA FENCERS' CLUB

COMPETITORS' CORNER

Upcoming Events: ([See askfred](#))

With one month remaining in the current USA Fencing season, the Summer Nationals and July Challenge are in progress in Columbus, Ohio, the Pan American Championships are wrapping up in Lima, Peru, and **Team USA will soon be headed to Paris for the Olympic Games.** Here's a link to the [Media Guide](#) for our U.S. Team. Fencing begins on Sat, July 27, the day after the Opening Ceremonies. Information about how to watch the fencing events is posted at <https://www.nbcolympics.com/schedule/sport/fencing>. Peacock may be carrying all sports, including fencing, in their entirety, streamed live. Another source of information may be the website of the International Fencing Federation (Federation Internationale d'Esime <https://fie.org/competitions>). Keep in mind that France is 6 hours ahead of South Carolina which is on Eastern time, so fencing that begins in France at 10:00 AM is at 4:00 AM in SC. You may need to find out your best viewing opportunities according to your viewing devices, subscriptions, and carriers. Happy viewing!



**Ellis & her mom
Blakely at first
competition**



**CFC Fencing Demonstration
World Languages & Dual Language
Immersion Program, Lexington County
School District 1, June 3, 2024.
Multicultural theme: The "Olympics"!**



Thanks Darwin, Mike, Ellis, Jade, and Ben!

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 instead of "New York City".

Check "**AskFRED**" regularly as events are often 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 2024-25 are at <https://www.usafencing.org/24-25-season>

Regional events for 2024-25 are listed at <https://www.usafencing.org/regional-calendar>

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

For **Age and Classification Eligibility rules** for the 2023-24 season, see the chart at <https://www.usafencing.org/age-classification-eligibility>. For the 2024-2025 season, adjust by one year. The updated rules are not yet posted.

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

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>

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. Thank you.

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: Either 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> First time Access members who joined after April 1st, 2024—Your memberships already extend though 7/31/25. The new season begins Aug 1, 2024. Renewals must be up to date to participate at CFC. The renewal window opens today, July 1.

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 Tuesdays & Wednesdays at
Seven Oaks Park 200 Leisure Lane Columbia, SC 29210
<https://www.icrc.net/parks/seven-oaks-park>

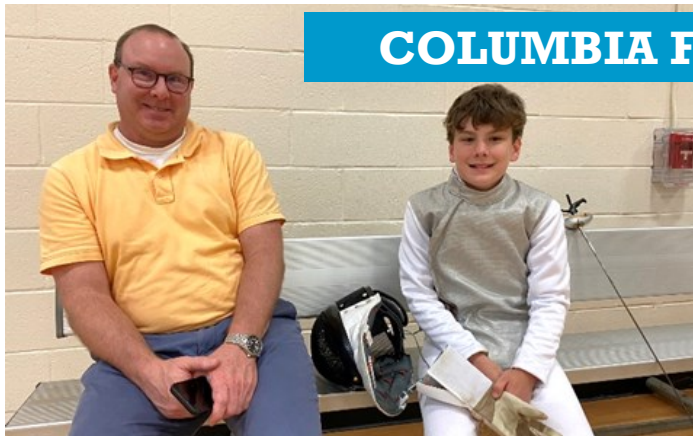
Best en gardes,

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



See you
at Fencing!

