

COLUMBIA FENCERS' CLUB NEWSLETTER

Welcome CFC fencers and friends to the 2024-25 Fencing Season! It began Aug 1. I hope you enjoyed some vacation time this summer and also got to watch some exciting Olympic Fencing. SC and nearby Divisions have already scheduled new competitions, for those interested. Competitors and noncompetitors are all welcome at CFC. Happy September!

New Class Dates: September and October sessions 

- ◆ **All CFC participants must renew your USA Fencing memberships for the Aug 1, 2024-July 31, 2025 season.** See <https://www.usafencing.org/membership>. (No increases in USFA or CFC fees.)
- ◆ **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. Also, I need your 2024-25 Contact Information form.
- ◆ **Equipment: Planning to purchase a starter set or competitive gear?**
 1. Jane has information flyers.
 2. A parent would like to sell an unused 7-piece youth starter foil set (still in packages) purchased the day before the pandemic was declared (club suspended meeting). Photos and sizes available. Text or call Sara at 893-479-9567 or email saritamillus@hotmail.com .
 3. The club has many sizes of new and lightly used fencing items for sale.

SEPT. SESSION: (4 weeks)

Tuesdays:

Sept. 3, 10, 17, & 24, 2024

and/or **Wednesdays:**

Sept. 4, 11, 18, & 25, 2024

OCT. SESSION: (4 weeks)*

Tuesdays: (*begins 2nd wk)

Oct. 8, 15, 22, & 29, 2024

and/or **Wednesdays:**

Oct. 9, 16, 23, & 30, 2024

NOTE: *No fencing Wed., Oct. 2. We will announce plans if meeting on Tu, Oct 1.

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

Class Descriptions: 5:45 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. **Note later start times!**

#1 Roster - Introduction & Additional Fundamentals of Fencing

Time: 5:45–6:40 PM Tuesdays Introduce & refine essential fencing skills.

#2 Roster - Same as above but on Wednesdays.

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

Time: 6:45 – 7:45 PM Tuesdays (Optional time afterward for additional bouting and lessons, 7:45-8:45 PM) **Prerequisite:** Completed Intro to Fundamentals of Fencing. Able to drill basic skills with partner.

#4 Roster - Same as above but on Wednesdays.

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.



Kelly & Bobby spar Epee



Getting started



CFC on Soda City Living with Madeline Stewart, WIS/NBC-TV Aired 7/9/24.

SODA CITY LIVING WARM UP LEARNING THE BASICS AT COLUMBIA FENCERS' CLUB



Deuce at International Foil Camp in France



CFC competitors have fun (& medal!) at Foyal Rumble!

Mt. Pleasant 8/24/24

Jade Coach Jane Ellis Thomas

COLUMBIA FENCERS' CLUB NEWSLETTER

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/covid/risk-factors/?CDC_AAref_Val=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>

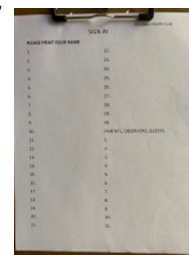
USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week session—this includes a \$100 deposit that is reissued 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: [\(More on askfred\)](#)

Sat-Sun, Sep 21-22, 2024 [Foothills Fall Fight 2024](#) The Simpsonville Activity Center, Simpsonville, SC. Sr Mixed Foil, Sr Mixed Epee, Sr D & Under (Div 3) Mixed Foil, Sr D & Under (Div 3) Mixed Epee, Unsanctioned Y10 Mixed Foil, Unsanctioned Y12 Mixed Foil.

Sat-Sun, Oct 5-6 [Tiger Open 2024](#) Fike Recreation Center, Clemson, SC. Mixed Foil, D & Under (Div 3) Mixed Foil, Mixed Epee, D & Under (Div 3) Mixed Epee

Sat, Oct 19 [On Point Fall Open](#) CSD Community YMCA, Clover, SC. Mixed Foil, D & Under (Div 3) Mixed Foil, Mixed Epee, D & Under (Div 3) Mixed Epee

Sat, Oct 26 [The Sweet Tea Open](#) Edge of America Fencing, Bethany United Methodist Church, Summerville, SC. Mixed Foil, Mixed Epee, Unsanctioned Y10/12 Combined Mixed Foil, Unsanctioned Y10/12 Combined Mixed Epee.

Sat, Nov 23 (Tentative) SC JO Qualifier. Seven Oaks Park, Columbia, SC.



Thomas  takes 3rd in first tourney
Y10/Y12 Unsanctioned Foil 8/24/24
Mt. Pleasant, SC



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 SC 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 (and also noted on AskFred).

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 (who is eligible to fence in various events)** for the 2024-25 season, see the chart at <https://www.usafencing.org/age-classification-eligibility>.

COACHING AT COMPETITIONS: Want coaching at upcoming competitions? Contact Jane at least 1 month in advance.

WHAT ARE "RATINGS"? Letter ratings (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 (ratings), and where they finish. Ratings also include how recently the competitor earned that rating. See chart at https://cdn1.sportngin.com/attachments/document/2715-3038051/Classification_Chart.pdf#_ga=2.33491838.1100046865.1725142233-1884882483.1682627079

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

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 through 7/31/25. The new season began Aug 1, 2024. Renewals must be up to date to participate at CFC.

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.

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

Jade and Ellis test lames before gold medal bout.



Mom & Ellis



Jade & Mom



"Team Thomas"



Thomas in first tournament



Deuce at international training camp!

Practice makes... a really fun evening!
See you at fencing!



Short break!

