

## COLUMBIA FENCERS' CLUB NEWSLETTER

Wishing all our CFC Fencers, Families, Friends, and prospective fencers great health & joy throughout 2025! As always, please let us know how to make the club better for you!

**New Class Dates: January and February 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: Planning to purchase a starter set or competitive gear?**
  1. Jane has info flyers on what/how to order per your interests and budget.
  2. The club has many sizes of brand new & lightly used fencing items for sale.
  3. 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 (all clubs suspended meetings). Photos and sizes available. Text or call Sara at 893-479-9567 or email saritamillus@hotmail.com .
  4. Multiple vendors will be in Charlotte, NC at the Div 1 NAC & JO's. See below.
- ◆ **Fri-Mon, Feb 14-17, 2025** —The **Junior Olympics** (National Championships for Cadets (ages 13-17) and Juniors (ages 13-20)) and a **Division 1 North American Cup (NAC)** will be held in Charlotte, NC. <https://www.usafencing.org/2025juniorolympics>. Jane is organizing a **tutorial** for those who would like to learn by observing our top US fencers at ground floor next to the action! **If you would like to have guided explanations of fencing and navigating national level events, contact Jane ASAP.**

- ◆ **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: 6:50 – 7:45 PM Tuesdays** (Optional time afterward for additional bouting and lessons, 7:45-8:45 PM)

**Prerequisite:** Completed Introduction 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. More options available for additional sessions and lessons. (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.

**JAN. SESSION: (4 weeks)**

**Tuesdays:**

**Jan. 7, 14, 21, & 28, 2025**

**and/or Wednesdays:**

**Jan. 8, 15, 22, & 29, 2025**

**FEB. SESSION: (4 weeks)**

**Tuesdays:**

**Feb. 4, 11, 18, & 25, 2025**

**and/or Wednesdays:**

**Feb. 5, 12, 19, 26, 2025**



Skills, drills, and bouting at the club



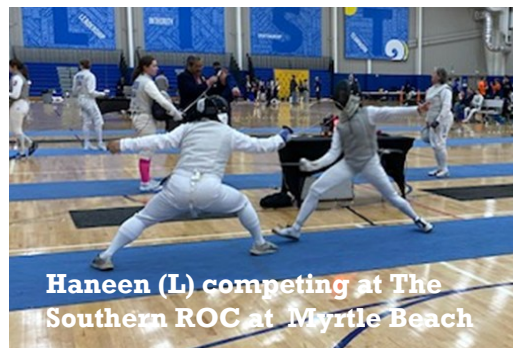
Maevae & Jade at practice

## 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](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>

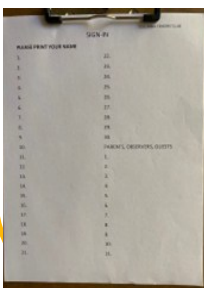


Haneen (L) competing at The Southern ROC at Myrtle Beach

**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](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! Thank you!!



Mike provides an "eagle eye" at the SC Division Jr Olympic Qualifiers.



**Tournaments?**Here we  
come!**COLUMBIA FENCERS' CLUB****COMPETITORS' CORNER**Upcoming Events: [\(More on askfred\)](#)

Sat-Sun, Jan 11-12, 2025 [15th Annual Yellow Jacket Open](#), Georgia Tech Campus Recreation Center, Atlanta, GA. Sr Mixed Foil, Div 3 (D&Under) Mixed Foil, Sr Mixed Epee, & Div 3 Mixed Epee. **Registration closes Jan 6.**

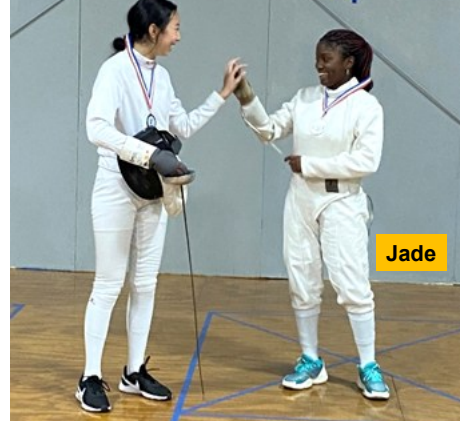
Sat, Jan 11, 2025 [Old Man Winter](#), Cape Fear Fencing Association (CFFA), Wilmington, NC. Sr Open Foil, Sr Open Epee, Vet Combined Open Epee.

Sat-Sun, Jan 18-19 [UGA Open 2025](#), University of Georgia Fencing Club, Gainesville, GA. Div 3 (D&Under) Mixed Foil, Women's Epee, Mixed Foil, Div 3 (D&Under) Mixed Epee, Mixed Epee.

Sat, Jan 25, 2025 **SwordFest Demonstration**, Columbia, SC. SC Confederate Relic Room and Military Museum. (More info TBA.) 301 Gervais Street, Suite B | Columbia, SC 29201. Free

Fri-Mon, February 14-17, 2025 **The Junior Olympics (National Championships for Cadets (ages 13-17) and Juniors (ages 13-20)) and a Div 1 North American Cup** will be held in Charlotte, NC. <https://www.usafencing.org/2025juniorolympics>. Jane is organizing a tutorial for those who would like to **learn by observing close-up the top fencers in the US!** **If you would like to have guided explanations of fencing and navigating national level events, contact Jane ASAP.** Many equipment vendors will be on site. (Admission is free.)

Sat, Mar 1 [Foothills Youth Challenge](#), Foothills Fencing Academy, Piedmont, SC. Jr Mixed Foil; Jr Mixed Epee; Unsanctioned Youth-8, Y10, & Y12 Mixed Foil events.

**Cordele Athletic Club**Ellis receiving her Finalist medal  
at The Southern RYC, Y14 WFJade takes Silver at the SC JO Qualifiers  
in Cadet & Junior WE & Cadet WF**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](https://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 often note the year the competitor earned that rating. See chart on p. 86 at <https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/blt66443121e8bc8091/USA%20Fencing%20Athlete%20Handbook%202024-25.pdf>

**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 or upgraded 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.  
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Coach & Co-Founder [JRL5837@yahoo.com](mailto:JRL5837@yahoo.com)  
Columbia Fencers' Club [www.columbiafc.com](http://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

Deuce at JO Qualifiers!



First tournament

Claire stays ready at JO Qualifiers



JO Qualifiers



Jade staying limber between events

Thomas reviews scoresheet before signing



Augusta Fall Frolic



Deuce



Jade studies her opponents

Ellis in JrWF at The Southern RJCC at Myrtle Beach



Thomas battles an experienced adversary

Elizabeth after her fencing workout



See You at Fencing!



Youth Fencer Grown Up!

Happy New Year!



Bobby takes 6th at Augusta



Haneen's 1st tourney- Augusta Fall Frolic



Uh oh!!