

## COLUMBIA FENCERS' CLUB NEWSLETTER

Can you see it? Welcome hints of Spring with its unfolding beauty, challenges, and new growth! So, too, fencing teaches us to carefully observe, problem-solve obstacles, dig down deep and renew our energy, embrace opportunities, give it our best, and flourish, individually and together! Come join us!

### New Class Dates: March and April 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). Photos and sizes available. Text or call Sara at 893-479-9567 or email saritamillus@hotmail.com .
- ◆ **Sat, Apr. 19, 2025** —[The South Carolina Div2/3/Y14 National Qualifier & Annual Division Meeting 2025](#) will be held at **Seven Oaks Park in Columbia.**

### **MAR. SESSION: (4 weeks)**

#### **Tuesdays:**

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

#### **and/or Wednesdays:**

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

### **APR. SESSION: (4 weeks)**

#### **Tuesdays:**

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

#### **and/or Wednesdays:**

**Apr. 9, 16, 23, & 30, 2025**

**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.**

**(Please arrive before 5:45 so you are ready to start on time!)**

**#1 Roster - Introduction & Additional Fundamentals of Fencing**

**Time: 5:45–6: 45 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 bouts 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.

**More options available for additional classes and lessons. Contact Jane.**



CFC demonstrates the Olympic Sport of Fencing at 2025 SwordFest



Foil Class 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.)



Epee bouting

\*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>

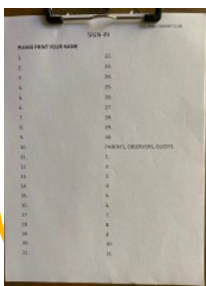


Glove game

**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!!



Ellis and Jane at 2025 SwordFest



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

**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.

**Sat-Sun, Mar 8-9** [15th Annual Yellow Jacket Open](#), GA Tech, Atlanta, GA. Sr Mixed Foil; D & Under (Div 3) Mixed Foil; Sr Mixed Epee; Div 3 Mixed Epee.

**Sat, Mar 8** [Foiled again](#), Edge of America, N. Charleston, SC. Unsanctioned Y12 Mixed Foil; Unsanctioned Sr Mixed Foil.

**Sat, Mar 15** [UNCC Masters of Blades](#), Univ of N. Carolina Charlotte. Mixed Foil; Mixed Epee.

**Sat-Sun, Mar 15-16**, [2025 OFC Grand Prix](#), Olympic Fencers Club, John's Creek, GA. Sr Mixed Epee; Div 2 Mixed Epee; Div 3 Mixed Epee; Y14 Mixed Epee.

**Sat, Mar 29** [Des Ananas 2025](#), Edge of America, Mt. Pleasant, SC. Sr Mixed Foil; Sr Mixed Epee; E & Under Mixed Foil; E & Under Mixed Epee; Unsanctioned Y12 Mixed Foil; Unsanctioned Y12 Mixed Epee.

**Sat-Sun, Apr 5-6** [Asheville Spring D&Under Tournament](#), Fencing Club Asheville (NC). Div 3 (D&Under) Sr Mixed Foil; Div 3 Sr Mixed Epee; Unrated (U's only) Sr Men's Foil; U's Sr Women's Foil; U's Sr Men's Epee; U's Sr Women's Epee.

**Sat, April 19** [South Carolina Div2/3/Y14 National Qualifier & Annual Division Meeting 2025](#), at Columbia Fencers' Club, Seven Oaks Park, Columbia, SC. Qualifier to Summer Nationals for Div 2, Div 3, Youth 14, and Vets. **Deadline to register is April 5.** Event times will be listed after registrations close.

**Sat, Apr 26** [On Point Spring Open](#), On Point Fencing Club, Clover, SC. Div 3 Mixed Foil; Sr Mixed Foil; Div 3 Mixed Epee; Sr Mixed Epee.

**Sat, May 3** [The Pirate Olympics 2025](#), Edge of America, Charleston, SC. Sr Mixed Epee; E & Under Mixed Epee; Vet Combined Mixed Epee; Unsanctioned Y12 Mixed Epee.

**Sat-Sun, May 10-11** [Spring Fling 2025](#), Augusta Fencers Club, Augusta, GA. Sr Mixed Epee; Unrated (U's only) Mixed Epee; Unsanctioned Y12 Mixed Epee; Sr Mixed Foil; Unrated Mixed Foil; Y12 Mixed Foil; Y10 Mixed Foil.



Counter-attack from left lands!

**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.

## 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 join or upgrade after April 1st, 2025—Your memberships will extend though 7/31/26. The fencing season runs from Aug 1-July 31 each year. 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



Attack from the right is off target.



Bouting at club practices



Epee — Double Touch



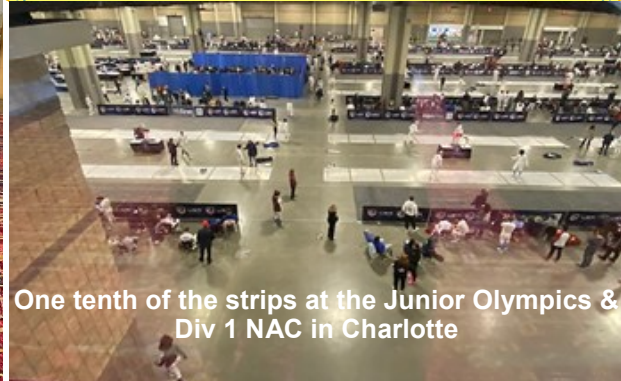
CFC demonstration at SwordFest 2025



Find the open target— Over or Under ...



See you at Fencing!



One tenth of the strips at the Junior Olympics & Div 1 NAC in Charlotte



CFC Observers watch JO's & Div 1 North American Cup



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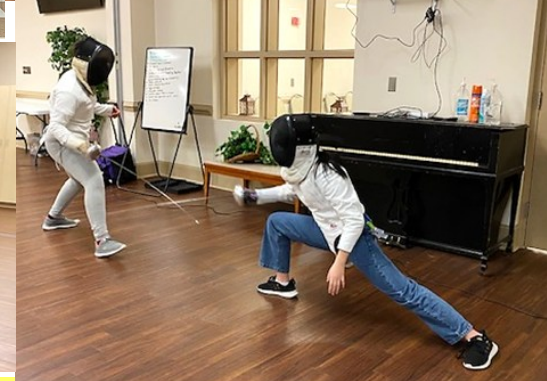
Mike gives bouting tips to Thomas at class



Thomas uses bouting tips - Touche!



...About that last action....



Emmett— 2nd week fencing!



A short break!

See you at the Club!



And you think modern fencing-gear is heavy?!  
Swordfest 2025