

COLUMBIA FENCERS' CLUB NEWSLETTER

It's been an active Spring! It's exciting to see our fencers acquiring new skills and experience! CFC meets year 'round, so come join us! We'll continue to revise and adapt our classes to your interests.

New Class Dates: May and June 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 .
- ♦ **Congratulations to Jade, Andy C, Bobby, and Mark for qualifying from the SC Division to the 2025 Summer Nationals and July Challenge to be held in Milwaukee, Wisconsin, June 28-July 7, 2025!**

MAY SESSION: (4 weeks)

Tuesdays:

May 6, 13, 20, & 27, 2025

and/or Wednesdays:

May 7, 14, 21, & 28, 2025

JUNE SESSION: (4 weeks)

Tuesdays:

June 3, 10, 17, & 24, 2025

and/or Wednesdays:

June 4, 11, 18, & 25, 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 and do not miss the intro to concepts & skills you need for that class!)

#1 Roster - Introduction & Additional Fundamentals of Fencing

Time: 5:45–6: 45 PM Tues's 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

Wed's.

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 individual lessons. Contact Jane.

CFC foilists prepare at SC Div Nat'l Qualifiers

Andy

Jade



Foil Class Practice



Epee Class Practice



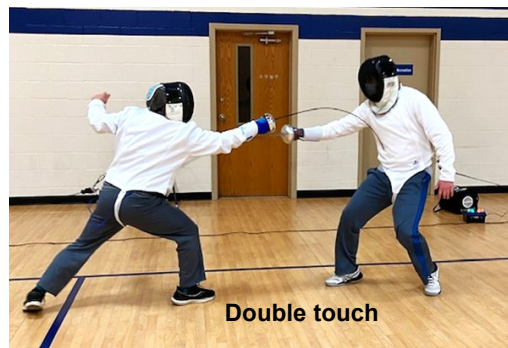
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CFC HEALTH POLICIES: CFC requires all fencers and spectators in the fencing area to be COVID-vaccinated and wear a facial covering. We are taking health measures we know are more cautious than some groups and institutions. Unlike students in classrooms, 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.)



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 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>

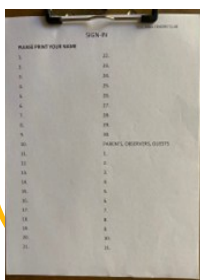


Double touch

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! Thank you!!



CFC Epee guys at the SC Div Qualifiers



COLUMBIA FENCERS' CLUB

COMPETITORS' CORNER

Upcoming Events: [\(More on askfred\)](#)

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.

Sat-Sun, May 24-25 [2025 OFC Hotlanta Epee Tournament](#), Olympic Fencers Club, Johns Creek, GA. Mixed Div 2, Div 3, Y14 Epee.

Sat, May 24 [AAFA: Grand Open](#), All-American Fencing Academy, Fayetteville, NC. E & Under Women's Foil; Vet Combined Women's Epee; Vet Combined Men's Epee.

Sat-Sun, May 31-June 1 [Georgia State Games Fencing Championships 2025](#) (Open to fencers from all states) Marietta, GA. Registration closes 5/23. Many events & age groups.

Sat, June 7 [Coach Miller Memorial /APEX OPEN-Mixed Foil & Mixed Epee](#), Apex Fencing Academy, Apex, NC. Registration closes June 1. Sr Mixed Foil; Sr Mixed Epee; Div 3 Mixed Foil.

Sat, June 14 [The Pirate Olympics 2025](#), Edge of America, Charleston, SC. Sr Mixed Epee; E & Under Mixed Epee; Vet Combined Mixed Epee; Unsanctioned Y10/12 Mixed Epee. Registration closes June 7.

CFC may schedule some **additional practices or scrimmages** in preparation for the 2025 SN & July Challenge. Let Jane know your interest & best days/dates.

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 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>



Line at armory for equipment inspection, at the SC Division Qualifying tournament, 4-19-25

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 through 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
 Columbia Fencers' Club www.columbiafc.com

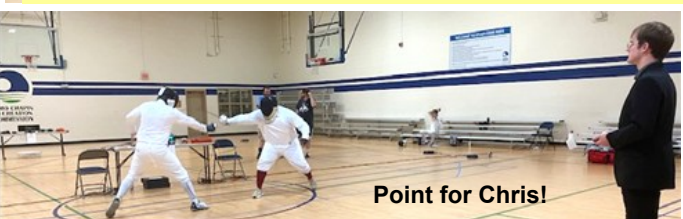
(If you no longer wish to receive the CFC monthly newsletter, please contact me, and I will remove your name from our mailing list.)

COLUMBIA FENCERS' CLUB

Silver for Jade in Sr WF
Div II at SC Div Qualifiers



Highlights from the 2025 SC Divisional Qualifiers to Summer Nationals & July Challenge



See you at Fencing!



COLUMBIA FENCERS' CLUB



Foil class & practice



Foil Practice



Ft. Jackson fencers—
Thank you for your service!



Epee riposte to toe!



Keith & Thomas spar



How's that tactic
working for you?



Pre-bout—test bells. Gameface Mark & Andy!



Andy & Daniel practice epee



Annual SC Division meeting



Post-bout handshake or tap blades



See
you
at
Club
!!

Daniel supports CFC clubmates at Divisionals