

COLUMBIA FENCERS' CLUB NEWSLETTER

The sweltering summer is here. Our fencers have nothing to fear! Though our sport may be old— despite rain, heat, or cold— we have A/C and meet the whole year! Except--



NO FENCING 1st week of July! Happy Independence Day!!

New Class Dates: July & August sessions

- ◆ **All CFC fencers must have current USA Fencing Memberships to participate at the club.** The new fencing season runs Aug 1, 2025-July 31, 2026. You can renew during July at the old rates! (Access level: \$29. As of Aug 1, Access level is \$34.) See <https://www.usafencing.org/news/2025/may/27/lower-club-dues-same-99-competitive-rate-usa-fencing-announces-2025-26-membership-pricing> for updates. If you joined or upgraded for the first time since April 1, your membership includes 2025-26. Maybe upgrade to Competitive now if you'll compete at a regional!
- ◆ **There is no increase in club dues.**
- ◆ **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

NO FENCING JULY 1 or 2

JULY SESSION: (4 weeks)

Tuesdays:

July 8, 15, 22, & 29, 2025

and/or Wednesdays:

July 9, 16, 23, & 30, 2025

AUGUST SESSION: (4 wks)

Tuesdays:

Aug. 5, 12, 19, & 26, 2025

and/or Wednesdays:

Aug. 6, 13, 20, & 27, 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 more 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 Fees:

\$90 per month if 1 class/wk. \$120/month if 2 classes/wk.

Drop-in (instead of monthly): \$25 per class.

Extra sessions & private lessons also available. (Discounts available if more than 1 fencer in family.) Contact Jane.

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.



Foil Fundamentals Class
'Tis better to give than receive!



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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/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>



Scrappy "in-fighting"

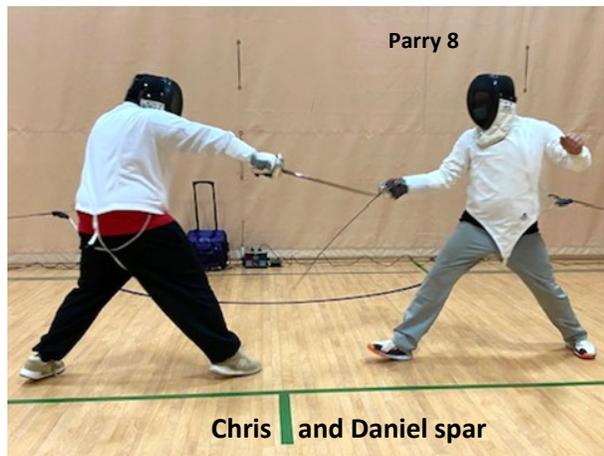
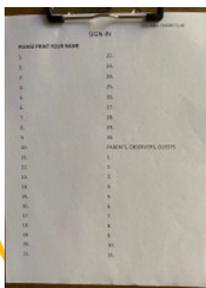
USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week session—this includes a \$100 deposit that is reissued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



Double touch!

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!!



Parry 8

Chris and Daniel spar

Tournaments?Here we
come!**COLUMBIA FENCERS' CLUB****COMPETITORS' CORNER**Upcoming Events: *(More will be posted on askfred after Aug 1)*

Few tournaments are scheduled in our area for the remainder of the 2024-25 Fencing Season. The season culminates with the **National Championships and July Challenge (Summer Nationals)** held in Milwaukee, Wisconsin Sat-Mon, June 28-July 7, 2025. The [schedule](https://www.usafencing.org/summer-nationals-2025#Event_Schedule) of the 96 events that will be held during those 10 days is at https://www.usafencing.org/summer-nationals-2025#Event_Schedule.

To follow live results from Nationals, see:

<https://www.fencingtimelive.com/tournaments/eventSchedule/5A46C44AE4C2451880040D5B6596C105#today>.

Videos of the top bouts in each event are viewable [here](#).

There is plenty to learn from viewing the top bouts in the various events! Previous years videos are [here](#).

The 2025-26 season begins 8/1/25. Local tournaments are still being organized for this coming fall.

[Here](#) is the [2025-26 National Calendar](#). Please note that there are many changes, including that the Jr Olympics (JO's) will be held in January rather than February.

[Here](#) is the National Office [USA Fencing explanation of the various changes and reasons](#) for them, plus further changes planned for the 2026-27 season.

[Here](#) is the schedule of the [2025-26 Regional USA Fencing Tournaments](#). It includes two tournaments at Myrtle Beach this fall, and one next May. SC is part of Region 6.

Sat-Sun, Sep 6-7, 2025 [Elite RYC/RJCC](#) at John T. Rhodes Sports Center, Myrtle Beach, SC. (Regional tournaments require Competitive USA Fencing membership since managed nationally, not by our division.)

Sat-Mon, Oct 11-13, 2025 [The Southern Y8/RYC/RJCC/ROC \(VET/D1A/DV2\)/TEAM](#), John T. Rhodes Sports Center, Myrtle Beach, SC. (Requires Competitive USA Fencing membership.)

[Here](#) is the 2024-25 [Athlete's Handbook](#) that helps you understand all this! Be sure to check for 2025-26 updates.

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.

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 websites above (and also noted on AskFred).

National events for 2025-26 are at [2025-26 National Calendar](#).

Regional events for 2025-26 are listed at [2025-26 Regional USA Fencing Tournaments](#).

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>. (Adjust by 1 yr for 2025-26 til it's revised.)



Jade

at the 'Pirate Olympics' in Charleston



Mark and Bobby bout epee

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; \$34 after Aug 1, 2025). <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 (youth and adults) are welcome!** No experience or equipment is necessary. For questions, or to receive enrollment information and be included on our general club mailing list, please contact me. 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

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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



Foil Class Practice



See
you at
Fencing!



Epee
Class
Practice



Proper equipment
maintenance matters
for fencing!