

## COLUMBIA FENCERS' CLUB NEWSLETTER

And the new Fencing Season is off to an excellent start! Please introduce yourself to our newest club fencers or to any club members you don't know! **Happy Autumn!**

**New Class Dates: September & October sessions** 

- ♦ **All CFC fencers must have current USA Fencing Memberships to participate at the club.** See <https://member.usafencing.org/membership-types>. If you joined or upgraded for the first time since April 1, your membership includes 2025-26. (Access membership DOES permit competing.)
- ♦ **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
- ♦ Please fill out a new Contact Info form if you have not done so for 2025-26.

**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 suited up and 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.**

**NO FENCING**  
**SEPT 30 or OCT 1**

**SEPT SESSION: (4 weeks)**

**Tuesdays:**

Sept. 2, 9, 16, & 23, 2025

and/or **Wednesdays:**

Sept. 3, 10, 17, & 24, 2025

**OCT SESSION: (4 weeks)**

**Tuesdays:**

Oct. 7, 14, 21, & 28, 2025

and/or **Wednesdays:**

Oct. 8, 15, 22, & 29, 2025

**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.

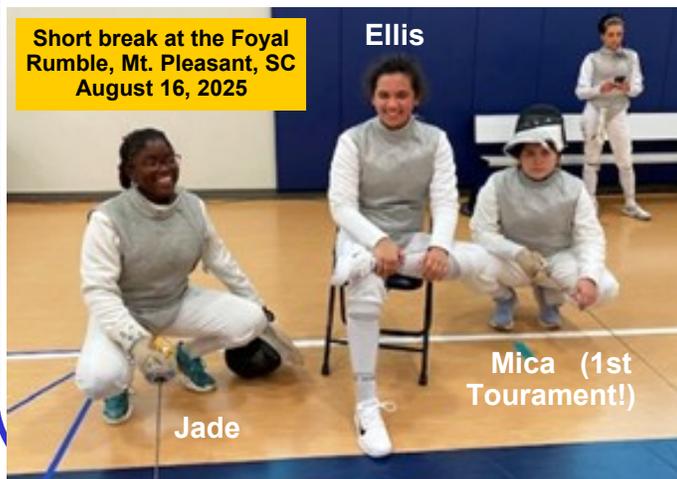
Equipment rental if needed: \$100 deposit plus \$30/month rental. Deposit (\$100) is reissued back to you when gear is returned at end of session.



**Foil practice— On Guard. Ready? Fence!**



**EPEE DOUBLE TOUCH**



Short break at the Foyal Rumble, Mt. Pleasant, SC August 16, 2025

Ellis

Mica (1st Tournament!)

Jade

**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.)



Foil 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>

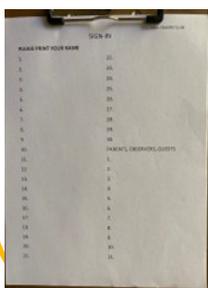
**USE OF CFC FENCING EQUIPMENT:** You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week session—this includes a \$100 deposit that is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



Epee bouting

**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!!



Hand-to-hand drills

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

The 2025-26 season began 8/1/25. Tournaments are still being organized for this coming fall.

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-Sun, Sep 27-28 [Tiger Open 2025](#), Clemson University Fencing Club, Clemson, SC. Sr Mixed Foil; D&Under Mixed Foil; Sr Mixed Epee; D&Under Mixed Epee.

Sat-Sun, Oct 4-5 [Foothills Fall Fight 2025](#), Foothills Fencing Academy, Piedmont, SC. Registration closes Oct 1. Mixed Foil, Mixed Epee. Sunday includes Unsanctioned Y10 & Y12 Foil.

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 since managed nationally.)

Sat-Sun, Oct 18-19 [Fall Frolic 2025](#), Augusta Fencers Club, Augusta, GA. Open Epee, E&Under Epee. Open Foil, E&Under Foil. Youth-10 Foil, Y12 Foil, Y10 Epee, Y12 Epee.

Sat, Nov 8 [South Carolina Junior Olympic Qualifiers](#), at Columbia Fencers' Club, Seven Oaks Park, Columbia, SC, managed by SC Division. **Registration closes Oct. 24.** Events must have a minimum of 4 fencers entered to be fenced. Payments are nonrefundable even if your event is not fenced. You may register and defer payment til closer to the registration deadline. Events: **Cadet:** Men's Foil, Men's Epee, Women's Foil, Women's Epee, **Junior:** Women's Foil, Women's Epee, Men's Foil, Men's Epee. See above link for more info.

The [Age and Rating eligibilities](#) chart for entering various tournaments for the 2025-2026 season is [Here](#).

The [2025-26 Regional USA Fencing Tournaments](#) schedule is [Here](#). It includes two tournaments at Myrtle Beach this fall, and one next May. SC is part of Region 6. Other regional events nearby are also in that calendar.

The [2025-26 National Calendar](#) is [Here](#). Please note that there are many changes, including that the Jr Olympics (JO's) will be held in January rather than February. (JO's are January 9-12, 2026, Kansas City, MO)

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

[Here](#) is the 2025-26 [Athlete's Handbook](#) to understand all this! Check occasionally at USA Fencing for updates. [https://www.usafencing.org/rules-compliance#USA\\_Fencing\\_Rulebook\\_csec](https://www.usafencing.org/rules-compliance#USA_Fencing_Rulebook_csec)

**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.

The SC Division website lists local events for the season. This is updated regularly. <http://scfencing.org/calendar/>

**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.



# COLUMBIA FENCERS' CLUB

## COMPETITORS' CORNER (continued)

Videos of the top bouts in each event held at the 2025 USA Fencing National Championships and July Challenge (Summer Nationals) are viewable [here](#). There is plenty to learn from viewing the top bouts in the various events! Previous years' videos are [here](#).



Jade tackles competing nationally



ARMORY LINE



New Challenges

New Friends



Thomas is tough at the 2025 Foyal Rumble



Ellis is ready to rumble!



Part of CFC's Parent Support Squad 2025 Foyal Rumble



Mica is not meek in her 1st tourney



Cynthia prepares to battle!



Cynthia attacks!



Ellis wins the Chair!

# 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” (\$34 per year). <https://www.usafencing.org/membership> First time Access members who joined (or upgraded to Competitive) after April 1st, 2025—Your memberships 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](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.)*

See you at Fencing!

# COLUMBIA FENCERS' CLUB



Glove Game



Glove Game



Foil Class Practice



Epee Class Practice



Elizabeth completes her foil workout

