

# COLUMBIA FENCERS' CLUB NEWSLETTER

To all our present and previous CFC Fencers, Families, and Friends— Wishing you great health, joy, fun, new progress, and success in all your endeavors in 2026 and beyond! Happy New Year! As always, please let us know how to make the club better for you!

**NEW CLASS DATES:** January and February sessions 

**CLUB ENROLLMENT:** Enrollment is by contacting Jane to get placed on the appropriate roster (class/time) before the session begins.

- ◆ All CFC fencers must have current *USA Fencing Memberships* to participate at the club. See <https://member.usafencing.org/membership-types>. First-time members may join Free for 90 days as “Trial” members and then upgrade to Access USFA membership if continuing beyond 90 days.
- ◆ **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. Fencers and families sometimes have items outgrown or no longer in use. Let us know!
  4. Fencers can also combine orders to save on shipping.

**CLASS DESCRIPTIONS:**

**5:45 PM- FOIL & FENCING FUNDAMENTALS** — Great for beginners & continuing foil fencers.

Curriculum varies a bit each month.

**(Please arrive BEFORE 5:45 so you are suited up on time and ready for the skills & concepts you need for that class!)**

**6:55 PM- EPEE classes. Prerequisite:** Completed Fundamentals class; able to drill various basic skills with partner.

**Rosters 1 & 2 are Foil.**

**Rosters 3 & 4 are Epee.**

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

**Time: 5:45–6: 45 PM Tuesdays** Introduce & refine essential fencing skills. (Optional time afterward for more bouting.)

**#2 Roster - Same as above but on Wednesdays.**

**#3 Roster - Introduction to Epee Fundamentals & Competition skills**

**Time: 6:55 – 7:45 PM Tuesdays** (Optional time afterward for more bouting and lessons, 7:45-8:45 PM)

**#4 Roster -Same as above but on Wednesdays.**

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

**Tuesdays:**

Jan. 6, 13, 20, & 27, 2026

and/or **Wednesdays:**

Jan. 7, 14, 21, & 28, 2026

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

**Tuesdays:**

Feb. 3, 10, 17, & 24, 2026

and/or **Wednesdays:**

Feb. 4, 11, 18, & 25, 2026



Foil practice



Epee Stop Hit arrives against the fleche—One light!



**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.

## 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 long-term 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.)



**"In-fighting" (at close distance)**

\*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>



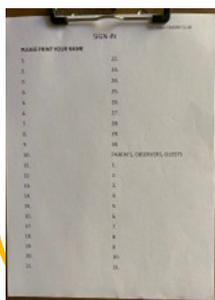
**USE OF CFC FENCING EQUIPMENT:** You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week session—this includes a \$100 deposit that is 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 wish to sell gear they've outgrown or no longer use.



**Div I Men's Foil - Nov NAC**

**USA FENCING RULEBOOK: It's revised. Again! The most recent rulebook is NOVEMBER 2025. Knowing the rules helps you as a fencer!**

**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!!



**It actually landed that way!!**

# COLUMBIA FENCERS' CLUB

## Tournaments?

Here we come!



## COMPETITORS' CORNER

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

\*(Tournaments are still being organized for this winter and spring.)

Sat-Mon, Jan 17-19, 2026 [Capitol Clash SYC/RCC & Y8](#), National Harbor, MD. Managed nationally. Requires Competitive USA Fencing membership.

Sat, Jan 24, 2026 [Old Man Winter](#), Cape Fear Fencing Association (CFFA), at Tileston Gym at St. Mary in Wilmington, NC. Sr Open Mixed Foil; Sr Open Mixed Epee; Vet Combined Mixed Epee

Sat-Sun, Feb 21-22, 2026 [Athens Fencing Open 2026](#), Athens Fencing Club, GA Square Mall. (Saber on Sat.) Sun— E&U Sr Men's Epee; Sr Women's Epee; Sr Mixed Epee.

Sat-Sun, Feb 28-Mar 1, 2026 [16th Annual Yellow Jacket Open](#), GA Tech, Atlanta, GA. Sr Mixed Foil; D&U Mixed Foil; Sr Mixed Epee; D&U Mixed Epee.

Sat, Mar 7, 2026 [Lynn Krupey Memorial Iron Maiden](#), CFFA at Tileston Gym at St. Mary in Wilmington, NC. Sr Women's Foil; Sr Women's Epee.

The [NEWLY RE-REVISED USA Fencing Rulebook \(November 2025\)](#) is [here](#).

**Videos to View:** 2 fun short videos of good On Guard stance and footwork: <https://www.facebook.com/reel/2022807135140493> (saber) and <https://www.facebook.com/reel/735660279499530> (6 yr old foil). Note precision of stance, balance, independent control of upper and lower body movement.

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](#). SC is part of Region 6. Other regional events nearby are also in that calendar.

The [2025-26 National Calendar](#) is [Here](#).

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 *revised* 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) For example, '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 ratings, and where they finish. Ratings are explained on pages 11 and 80.

## 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 in advance.

**Questions?** For example, what should I enter? **Ask Jane!**



Epee — Double Touch!



Thomas and Ellis

## 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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803-781-0056 Home/Office or 803-466-5837 Cell  
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



Just Foiling Around



Epeeing it forward!

# COLUMBIA FENCERS' CLUB



Catching your opponent off guard!



Epeeist's Motto – Do unto others before they do unto you!



Practicing Prime

See you at Fencing



Gerek Meinhardt On Guard

Ft. Worth NAC

