

COLUMBIA FENCERS' CLUB NEWSLETTER

Spring greetings to our CFC Fencers, Families, Friends and new Fencers— As Spring approaches and blossoms, so too are your developing skills and enthusiasm! I see you embracing the fun and challenges of this exciting game with extra focus, lightness, and spring!

NEW CLASS DATES: March and April 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. If continuing beyond 90 days, then upgrade to Access USFA membership.
- ♦ **Equipment:** Planning to purchase a starter set or competitive gear?
 1. Jane has info flyers on what/how to order per your interests & 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. Please 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.

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.

MARCH SESSION: (4 weeks)

Tuesdays:

Mar 3, 10, 17, & 24, 2026

and/or **Wednesdays:**

Mar 4, 11, 18, & 25, 2026

APRIL SESSION: (4 weeks)

Tuesdays:

Apr 7, 14, 21, & 28, 2026

and/or **Wednesdays:**

Apr 8, 15, 22, & 29, 2026



Epee—Double touch!



Foil practice



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CFC HEALTH POLICIES: CFC requires all fencers and spectators in the fencing area to be COVID-vaccinated and to have had the MMR (measles, mumps, and rubella) vaccine (or have a medical waiver). Please wear a facial covering if you have recently been exposed to someone who is ill. 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 and our families.

(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>

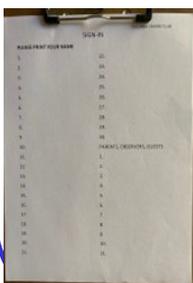
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USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week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

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!!



COLUMBIA FENCERS' CLUB

COMPETITORS' CORNER Upcoming Events: ([More on askfred](#))*



Sat, Mar 7, 2026 **SwordFest** at the South Carolina Confederate Relic Room and Military Museum, 301 Gervais Street, Suite B, Columbia, SC 29201. Free to the public. Presentations include CFC's demonstration of the modern Olympic sport. <https://www.lakemurraycountry.com/event/swordfest-at-the-sc-confederate-relic-room-military-museum/>

Sat, Mar 7 **Lynn Krupey Memorial Iron Maiden**, CFFA, Tileston Gym at St. Mary, Wilmington, NC. Sr Women's Foil & Epee

Sat, Mar 14 **2nd On Point Spring Open**, Clover, SC. Open Mixed Foil; Div III (D&Under) Mixed Foil.

Sat-Sun, Mar 14-15 **Volunteer Open 2026** at TRECS Gym, Knoxville, TN.

Sat, Mar 14 **CHFA Club Y10 Tournament**, Charlotte Fencing Academy, Charlotte, NC. Youth 10 Mixed Epee.

Sat, Mar 21 **Des Ananas 2026**, Town Hall Gym, Mt Pleasant, SC. Reg by 3/14.

Sun, Mar 22 **Spring Cup 2026 Hilton Head Sc**, Atlantic Miami Epee Academy, Hilton Head Island, SC. Various Unsanctioned Epee events.

Sat-Sun, Mar 28-29 **1st Annual SCAD ATL University Tournament**, Atlanta (GA) International School-Historical Gym.

Sat, Mar 28 **GFA - Mixed Greens Open**, Greensboro (NC) Fencing Academy.

Sat, Apr 11 **Asheville Spring C&Under Tournament**, Asheville, NC. Div 2 (C&Under) MF, WF, ME, WE.

Sat, Apr 18 **South Carolina National Qualifier & Annual Division Meeting 2026**, Foothills Fencing Academy, Piedmont, SC. Official qualifier for **Summer Nationals 2026 for SC Division Fencers in Y14, DIV2/ DIV3/VET [combined]**. **REGISTER BY APRIL 3.**

Sat, Apr 25 **UNCC Masters of Blades**, Belk Gym, Charlotte, NC.

Sat-Sun, May 9-10 **Spring Fling 2026**, Augusta Fencers Club. Open and E-Under Epee, Open and E-Under Foil, and Youth Foil (Y10, Y12) and Youth Epee (Y12)

ADDITIONAL RESOURCES (links):

[USA Fencing Rulebook \(November 2025\)](#)

[USA Fencing Penalty Chart](#)

[Age and Rating eligibilities](#) chart for entering various tournaments

[2025-26 Regional USA Fencing Tournaments](#) calendar. SC is part of Region 6.

[2025-26 National Calendar](#)

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

Revised 2025-26 Athlete's Handbook. Check occasionally for 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, enter your location and limit of how many miles you are willing to travel. You can also search by weapon, age group, name of tournament, etc.

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.



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.

HEALTH POLICIES:

CFC requires some vaccinations (or a medical exemption, see p. 2).

For now, masks under masks are optional unless you’ve recently been exposed to someone who is ill.

Masks must cover the nose and mouth.

Spectators who are not fencing must also be vaccinated and wear masks (as above).

If you are not feeling well, please stay home. These policies help protect us all & our families. Thanks.

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 join (or upgrade to Competitive) after April 1st, 2026—Your memberships will extend though 7/31/27. 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 if exposed to illness 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.

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

Coach & Co-Founder JRL5837@yahoo.com

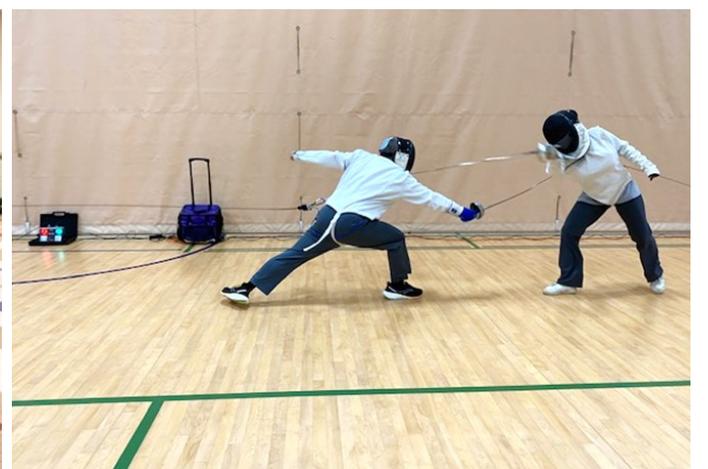
Columbia Fencers' Club www.columbiafc.com

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

Foil

Epee

COLUMBIA FENCERS' CLUB



Foil

COLUMBIA FENCERS' CLUB

Epee



See you at Fencing!

