# COLUMBIA FENCERS' CLUB NEWSLETTER

**At this wonderful but hectic time of year, it's challenging to stay active, balanced, healthy, and fit! We look forward to helping you meet your goals. Wishing you good health, strength, joy, & peace as we celebrate the Holidays & express gratitude for our many blessings. See you at the club!**

**NEW CLASS DATES: November and December sessions**

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

***Nov* SESSION: *(4 weeks)***

***Tuesdays:***
**Nov 3, 10, 17, & 24, 2026**

**and/or**

***Wednesdays:***
**Nov 4, 11, 18, & 25, 2026**

***Dec* SESSION: *(4 weeks)***

***Tuesdays:***
**Dec 1, 8, 15, & 22, 2026**

**and/or**

***Wednesdays:***
**Dec 2, 9, 16, & 23, 2026**

- **All CFC fencers must have current *USA Fencing Memberships* to participate at the club. See https://member.usafencing.org/membership-types. The 2026-27 season runs Aug 1-July 31. First-time** members may join **Free for 90 days as "Trial" members**. If continuing beyond 90 days, then upgrade to "**Access**" USFA membership. "Access" allows you to compete.

- **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.

**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.**

## CLASS DESCRIPTIONS:

**5:45-6:45 PM- Tu &/or Wed: FOIL & Fencing Fundamentals**
**Introduce & refine essential fencing skills.** Curriculum varies a bit each month. Great for **beginners & continuing foil fencers.** Optional time after class for more bouting. ***(Please arrive at 5:30 so you are suited up at 5:45 & ready for the skills & concepts you need for that class!)***

**6:55-7:55 PM- Tu &/or Wed:**
**EPEE Fundamentals & Competition Skills** *Prerequisite:* Completed Foil fundamentals class; able to drill various basic skills with partner. Optional time after for more bouting and lessons: 7:55-8:40 PM.







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**CFC HEALTH POLICIES: CFC requires all fencers and spectators in the fencing area to have had the MMR (measles, mumps, and rubella) vaccine and other standard required (SC or another state's) school vaccines 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 always "prevent" someone from becoming ill, we know that (1) vaccinated communities have lower infection rates and less severe cases of the designated illnesses than unvaccinated communities, and (2) the risk and harm to children and adults from actually *getting* these illnesses is higher than the risk of harm from the vaccines. Thank you for your ongoing cooperation. We'll do our best to minimize your risk of exposures to illness for your sake, our fencing community, and our families.

**(If you are not feeling well, please stay home that night.)**

**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.



**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!





**USA FENCING RULEBOOK:**
The **most recent** rulebook is **OCTOBER 2026.**
**Knowing the rules helps you as a fencer!!**

# COLUMBIA FENCERS' CLUB

Tournaments? Here we come!

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

**Sat, Nov 7** JLMFC Fall High School Meet, J.L. Mann Fencing Club, Greenville, SC. **Middle and High School Fencers,** Mixed Foil, Mixed Epee.
**Sat, Nov 7** Doug Griswold Memorial Open - Mixed Foil/Epee & Vet Foil/Epee, Apex Fencing Academy, Apex, NC.
**Sat-Sun, Nov 7-8** 2026 OFC High Class Epee Tournament, Olympic Fencers Club, John's Creek, GA. Various Epee events: Div 1A, Div II, Jr, Cadet, & Youth epee events.
**Sat, Nov 21** Apex Novice Cup – November, (Unsanctioned events for new fencers and parents to learn about competitions.) Youth and Senior foil & epee events. Apex Fencing Academy, Apex, NC.
**Sat-Sun, Dec 11-13** The Southern **(Regional event)** Myrtle Beach Sports Center: Myrtle Beach, SC **Y8/RYC/RJCC/ROC (VET/D1A/DV2/RPC/TEAM)** (Events: Y8, Y10, Y12, Y14, CDT, JNR, D1A, DV2, VET, PARA).
**Equipment Vendor: Absolute Fencing Gear will be on site.**




### 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 **F**encing **R**esults and **E**vents **D**atabase). 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, tournament name, etc. More besides above listings.

**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.**




**COACHING AT COMPETITIONS:** Want coaching at upcoming competitions? Contact Jane in advance.

### ADDITIONAL RESOURCES (links):

USA Fencing Rulebook (Oct 2026)
USA Fencing Penalty Chart (Oct 2026)
2026-27 Age and Rating eligibilities chart for entering tournaments
2026-27 Regional USA Fencing Tournaments calendar SC is in Region 6.
2026-27 National Calendar
USA Fencing explanation of the various changes for the 2026-27 season
2026-27 Athlete's Handbook. Check occasionally for updates.
The SC Division website **lists local events.** This is updated regularly.



Events 9/26/26 at Seven Oaks Park

**Congratulations** to: **Caleb, Mark, & Chris** on Gold, Bronze, & 5th in Mixed Epee at the Palmetto Adult Combined 21+, **Ellis** on Silver at the JO Qualifier in Jr Women's Foil, and **Grisha & Elizabeth** tied for Bronze at the Palmetto Youth Challenge Y12 Mixed Epee, Sept 26!
Kudos to **Mason, Finn, Grisha, & Evan** in their first tournaments joining **Thomas** with strong performances!



Gold for Caleb!
Missing: Mark with Bronze




Silver for 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.

**HEALTH POLICIES:**
CFC requires some vaccinations (or a medical exemption, see p. 2).
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 joined (or upgraded to Competitive for the first time) after April 1st, 2026—Your memberships extend though 7/31/2**7**. 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**

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

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Epee drills





Good height, but nonconforming mask!









Seven Oaks Park welcomes Fencers!







See you at Fencing!



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