

2015-16 Fencing Season XEL Program Descriptions

General Practice information

We are continuing to build on our programming from past years. Our general nightly schedule will be as follows:

6-6:30- gym set up and welcome

6:30-6:45- Warm-up and group games

6:45-7:00- group footwork and group lesson (all streams)

7:00-8:00- bouting

7:00-close - individual and small group lessons

8:00-8:30 competitive programming (e.g. advanced footwork)

8:30-close- open fencing

We build a lot of bouting into our programming, and want to provide more opportunities for fencers who are interested in training hard and competing. At the same time, we will continue to provide development opportunities for fencers who are interested in developing at a more gradual pace, and who are less interested in competition.

The new programming structure will rely less on large group instruction. Rather, instruction will primarily take place during individual and small group lessons, which will enable all students to get more focused attention. There will be ample opportunities for skills taught in this manner to be developed through bouting and group footwork classes.

New fencers will be integrated into the programming quickly, after a few weeks of group instruction to help get them familiar with the fundamental skills. Please see the section on our new "Introduction to Fencing" program for more information.

Intro to Fencing

Description

This program introduces people to the sport of competitive fencing and teaches fundamental skills, etiquette and provides the foundation necessary to enable you to transition into our other programs.

Term and commitment

8 week program, after which fencers will transition into the Development and/or Competitive programs. Fencers may join the program at the start of any month if there is space. Foil lessons are available on Mondays and Wednesdays. Lessons in other weapons will be available on other nights – please speak with a coach for more information. Members of our “Intro to Fencing” program will be invited to attend open fencing sessions on other nights once the coaches feel they are ready.

Cost

\$200 for 8 weeks

Licenses

Associate membership in the Ontario Fencing Association is included in the program fees.

Equipment

The club provides all equipment for the first 8 weeks. Beyond this time, fencers are expected to start to purchase their own equipment (coaches can help with this).

Expectations

Learn and enjoy fencing. Progress to our Development and Recreation or Competitive programs on completion of this 8 week program.

Coaches:

Foil: Paul, Dan, Jon

Sabre: Jon

Epee: Todd, Callum

Development and Recreation

Description

An instructional program that follows the format of the National Instructional Program, and the principles of the Canadian Sport for Life framework. Our Development and Recreation program is focused on building a strong technical base within the sport. Instruction is done through regular group and individual lessons.

Term and commitment

Our Development and Recreation program is a year-round program. Fencers can join at any point on the recommendation of their coach. Practices for Foil and Epee run on Mondays and Wednesdays. Practice for Sabre runs on Fridays.

Cost

\$165/month or \$470 for 3 months

Membership and Licenses

All fencers who have completed an introductory program and wish to join our regular programming must pay an annual membership fee to the club (\$50 for the 2014/15 season), and are required to purchase a membership in the Ontario Fencing Association (\$20 – \$80 depending on the level). The club registrar can assist with membership purchases.

Equipment

Fencers are expected to purchase their own equipment. Coaches are available to offer recommendations. Expectations Learn core fencing skills and have fun in the sport. All members of the development program participate in regular drills and bouts within the club, and are able to enter competitions appropriate to their development to refine their skills should they wish to do so. Some fencers may be invited to join the Competitive program should the coaches feel it appropriate. Fencers are expected to keep a Fencing Journal, and should own and learn to take care of their own equipment.

Coaches:

Foil: Callum, Dan, Jon

Sabre: Jon

Epee: Callum

Competitive

Description

Our competitive program is geared towards fencers who are prepared to invest time and effort into their own development, and includes regular individual lessons. Fencers are expected to be interested in attending competitions. Entry to the competitive program is by invitation only. Term and commitment Expectation is for Competitive fencers to participate year round, though cross-training in other sports at various times through the year may be strongly encouraged. Lessons will primarily take place on Monday nights for Foil fencers, and Friday nights for Sabre fencers, though competitive fencers are encouraged to attend other practices as well.

Cost

\$225/month or \$625 for 3 months

Membership and Licenses

All fencers in the Competitive program must pay an annual membership fee to the club (\$50 for the 2014/15 season), and are required to purchase a competitive membership in the Ontario Fencing Association (\$80 depending on the level). The club registrar can assist with membership purchases.

Equipment

Fencers are expected to own their own equipment.

Expectations

Fencers in the competitive program are expected to be highly motivated, and willing to work hard, and with a clear intention to improve and apply their skills in a competitive context. Fencers are expected to keep a Fencing Journal, have and maintain their own equipment, and be willing to compete outside of the club.

Coaches:

Foil: Dan, Lester

Sabre: Jon

Epee: Callum, Lester