

# COLUMBIA FENCERS' CLUB NEWSLETTER

**BRING A FRIEND TO VISIT THE CLUB!!**

## Greetings CFC Fencers and Friends!

The 2015-16 Fencing Season is here! It began August 1st! Returning Fencers: If you haven't renewed your USA Fencing (US Fencing Association) membership, you can do so online or at the club.

All participants at CFC are required to be USFA members (non-competitive level membership is \$10). CFC is an Insured Member Club of USA Fencing and complies with their policies.



(If you joined the USFA, or upgraded to Competitive membership, for the first time on or after April 1, 2015, your membership is still good through 7/31/16.)

**Welcome Bernadette, Mathew, Jack, Harris, Paul, Josh, and Justin!**

**Clubmates** — As always, please introduce yourself to anyone you do not know.

In September you will see lots of new faces!

Let's be sure everyone gets acquainted.

## **Congratulations to Luke Reuwer!**

At the 2015 State Games of America in Nebraska, Luke earned 3 Gold Medals, 2 Silver, and 2 Bronze!



## Camp and Clinic Report



What a blast our campers had at the Beginners Fencing Camp with Michael Tarascio at Heathwood Hall the last week in July! (More photos on page 2.)

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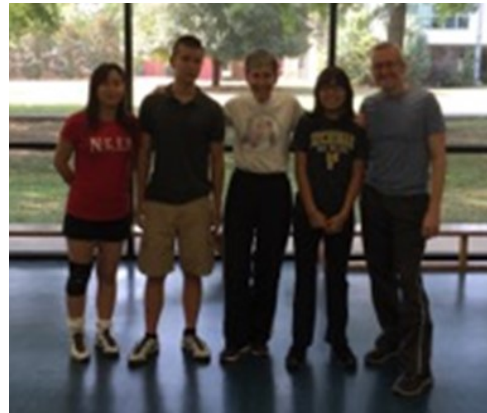
### Beginners' Fencing Camp at Heathwood Hall

All 14 campers attended all 5 days — What a group! What a camp! What a leader! Thanks, Michael!  
And thanks Valerie and Heathwood Hall!



### CFC Clinic — August 2, 2015 2nd Day and those still standing!

Michael  
Tarascio and  
Sunday Clinic  
diehards



## CFC DUES and FEES September

**YMCA site:** Dues are due: **Tuesday, Sept. 1 or Thursday, Sept. 3.** (Dues for *brand new* fencers who start mid-month are pro-rated.)

**CFC dues:** \$60/month (for twice a week fencers) or \$40/month (Tu-only or Th-only)  
Checks payable to "Jane Littmann".

**YMCA Activity Fee (required for fencers who are not YMCA members nor part of Family Memberships):** Ages 9-21: **\$25/month.** Adults, ages 22 and older: **\$30/month.** Checks payable to the "Columbia Downtown YMCA".  
(YMCA fees go in the same envelope on the sign-in clipboard as your CFC dues.)

**\$10 late  
charge after  
Th, Sept. 3.**

Ask Jane  
about  
Individual  
Lessons

**HARBISON site:** Current 6-wk session continues through Wed., Sept 16. (No classes Wed., Sept 23.) Next 6-wk session starts Sept 30— Nov 4. Harbison Residents: \$92 . Nonresidents: \$115. Checks payable to the "Harbison Community Association". (Times of classes are adjusted each session.)

Current USA Fencing Membership at least at the noncompetitive (\$10) level is required of all participants in both programs. CFC is an Insured Member Club of USA Fencing.

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## Instruction Format—September

**YMCA:** The YMCA class meets Tuesdays and Thursdays from 6:30–7:30 pm. **Class begins promptly at 6:30 pm. Please arrive early, and be READY and SUITED UP.** Group instruction is provided for foil and epee.

We will continue to include some bouting during class time after the footwork and bladework drills. We are working on drills that are valuable to practice for all levels of fencers.



Photo by Lori Metzger



Photo by Michael Tarascio

Open fencing (additional bouting) at the Y can continue after class as always from 7:30 pm until closing (8:45 pm) for those who wish to stay.

Individual lessons are available from Jane but are not included in the Club dues. These are given before and after class. Please contact Jane for information, fees, and available times.

### **FOR OUR COMPETITIVE (and soon-to-be competitive) MEMBERS:**

Upcoming tournaments and clinics in SC, NC, & GA and around the country can be found on <http://askFRED.net/> (**FRED** is an acronym for **Fencing Results and Events Database**). If you would like coaching, please let Jane know several weeks ahead.



Please note that not all events listed on AskFred are sanctioned (approved) events by USA Fencing and its divisions. Sanctioned events follow USA Fencing rules, are insured through our national governing body, and permit earning classifications according to the strength of the



event and final results of the fencers. To enter sanctioned USA Fencing competitions, you must be a 'competitive' member of USA Fencing and have regulation clothing and regulation electric equipment. Please contact Jane if you have questions about ordering equipment, or entering competitions, e.g., which events might be appropriate for you.

Please be sure to check "AskFRED" regularly as events are frequently added and cancelled.



**Coaching at Competitions:** If you would like coaching at upcoming competitions, please contact Jane preferably a month ahead of the event.

**Coordinating travel:** If you have car space available, or need transportation, please let me or others in the club know.

**FENCING RULES & refereeing:** Knowing the rules helps you as a fencer, not just as a referee. Read it and learn! The most current rulebook is <http://assets.ngin.com/attachments/document/0054/4279/USRules-4-1-14.pdf> (April 1, 2014 edition).

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## CFC CLUB INFORMATION

**GET-TOGETHERS:** Impromptu. No dates set this month.

**SIGN-IN SHEET:** Please remember to sign-in on the YMCA 4th floor! All names, FIRST AND LAST, are to be PRINTED and LEGIBLE! (This includes Parents and Guests.) *This complies with the YMCA's policies and requirements. (We will enjoy "penalty brownies" from those who forget!)* (Dues and YMCA fees may be left in the envelope attached to the clipboard.)

**CLOTHING SAFETY REMINDERS:** *Legs, ankles, and torso must be fully covered.*

*Long pants with socks, or knickers with long socks are always required for fencing involving any bladework drills and bouts. No holes, shorts, sandals, crocs, or other open shoes are appropriate. Shirts must be long enough to cover your torso. YOU WILL NOT BE ALLOWED TO FENCE IN SHORTS OR SANDALS. Safety comes first. (The Y is air conditioned.)*

**POLICY REMINDER:** No CFC equipment may leave the YMCA or Harbison.

**USA FENCING MEMBERSHIP REQUIREMENT:** All participants at CFC practices must be at least "non-competitive" USA Fencing Members. (**New members** who joined **on or after April 1**—your memberships are valid through July 31, 2016.)

You can join, renew, or upgrade your membership *either* at the club *or* online at <https://www.railstation.org/usfencing/MembershipRegistration.aspx> **If you join or renew online, please provide verification of your USFA membership to Jane.**



**NEW FENCERS?** Know anyone who might be interested in learning to fence? New fencers (youth and adults) are welcome to start throughout the year. No experience or equipment is necessary. Please invite your friends who might be interested in fencing to contact us. Our club meets year round.

As always, best en gardes,

--Jane

Jane R. Littmann, Ph.D.

Head Coach & Co-Founder, Columbia Fencers' Club

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[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.)*

