

COLUMBIA FENCERS' CLUB NEWSLETTER

Greetings CFC Fencers and Friends!

Welcome Ellie P, Ellie S, William, Nolan, Colin, Avery, and Brant! Glad to have you fencing with us!

Welcome back John & (briefly) Chandler!

Clubmates— Be sure to introduce yourself to anyone you do not know at both sites!

CFC meets year round.

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REGISTER NOW FOR OUR SUMMER FENCING CAMP AND "CLINICS"!



Q: What's a "Clinic" ?

A: It's a fun weekend training 'workshop' to expand your understanding of the game, introduce you to more skills and concepts, and refine those you already have.

LEARN WHAT YOU DIDN'T KNOW YOU DIDN'T KNOW!!

The Heathwood Hall "Introduction to Fencing" Summer Camp

CO-LED BY MICHAEL TARASCIO AND JANE LITTMANN WILL MEET MON-FRI MORNINGS, JULY 11-15 . IT'S OPEN TO 4TH - 12TH GRADERS.

(YOU NEED NOT BE A STUDENT AT HEATHWOOD HALL.) ENROLL NOW!
<https://www.heathwood.org/summer>

OUR PHILOSOPHY ON FENCING IS SIMPLE, "PARTICIPATE IN FENCING BECAUSE IT'S FUN."

The camp is intended for campers who have little to no fencing experience and is designed to teach fencing through activities, games and exercises that develop coordination, flexibility and focus. Attendees will have lots of fun learning a great new sport! All equipment is provided.



Michael Tarascio was a member of the US World Championship Team in Men's Foil. He is Co-Founder and Guest Coach of CFC, and Founder and Coach of the New England Fencing Alliance.

Two Foil-Epee Fencing "Clinics"

Ever feel like our one-hour classes are too short to learn more skills, explore tactics, and really deepen your game? Join us for one or both Fencing Clinics this summer! (For ages 9 through Adults, beginners through advanced. You must have your own gear and know basic attacks and parries.)

July 9-10 https://askfred.net/Clinics/wholsComing.php?clinic_id=32951 and **July 16-17** https://askfred.net/Clinics/moreInfo.php?clinic_id=32952 ! More info at the above links. Questions? Email us.

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JCC & Harbison: Fees are month to month. 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 are working on drills that are valuable to practice for all levels of fencers. **There may be adjustments of class times to accommodate all ages, levels, & weapons. Feedback welcome!** Individual lessons available.

Kahn JCC site:

Our CFC class meets Tu's & Th's 6:30-7:30 PM with additional bouting time available until 8:45 PM. June fencing fees are due **Thursday, June 2 or Tuesday, June 7**. Checks payable to "Kahn JCC".

CFC/JCC combined fee:

Once a week fencers: \$75/month (Tu-only or Th-only) **Twice a week fencers: \$95/month.** (Each additional family member pays \$70/month for once a week or \$85/month for twice a week.)

JCC members discounted fee: Once a week: \$65/month (Tu only or Th only). **Twice a week: \$75/month** (plus the relevant monthly JCC membership fee). Each additional fencing member of family pays same JCC member-discount rate.

JCC Membership is not required. New JCC members who join to fence pay no joining fee and receive a significant promotional discount off their JCC membership their first year. (Memberships for fencers are \$40 /month for individuals; \$70/month for families.) Additional categories of memberships are available for Single Parent-Child, Couples, Senior Couple, etc. Free babysitting is available for JCC members during workouts among many other programs and discounts. The JCC will provide additional information about various categories of memberships and programs. <http://www.jcccolumbia.org/>

HARBISON site: Fees are now month to month. Classes meet on Wednesdays.

Harbison/CFC combined fee:

\$75 per month Nonresidents.

Each additional member of family: \$70.

\$60 per month Harbison Residents.

5:45 – 6:30 PM Open Fencing (Bouting)

6:30 – 7:30 PM Class

7:30—8:30 PM Additional bouting

Checks payable to "Harbison Community Association" or "HCA"



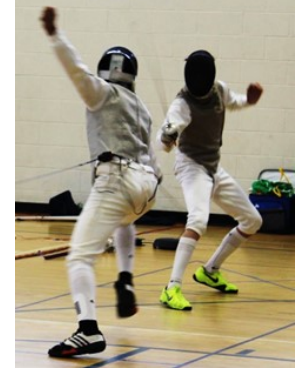
DROP IN Fees per visit at Harbison or the JCC: If you are a 2/week fencer at one site, you may drop in to our other site for \$5 per visit. Once a week fencers may drop in to the other site for \$10 per visit. Local fencers not paying at either site may drop in to either site for \$20 per visit.

You must be a current USA Fencing member at least at the noncompetitive (\$10) membership level to participate in all CFC programs. CFC is an Insured Member Club of USA Fencing.

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More
photos
CFC's 2016
Accept
the
Challenge



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

How Do I Find Out About Tournaments? Upcoming tournaments and clinics in SC, NC, & GA and around the country can be found at <http://askFRED.net/> (**FRED** is an acronym for **Fencing Results and Events Database**). 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 the **September 2015 edition** http://assets.ngin.com/attachments/document/0085/5875/USA_Fencing_Rules_9-15.pdf

Note: 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.**

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CFC CLUB INFORMATION

GET-TOGETHERS: Impromptu. None pre-scheduled this month.

SIGN-IN SHEET: Please remember to sign-in both at Harbison and the Kahn JCC! All names, FIRST AND LAST, are to be PRINTED and LEGIBLE! (This includes Parents and Guests.) *This complies with our facilities' policies and requirements.* (We will enjoy "penalty brownies" from those who forget!)

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 or boots 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. (As it gets hot this summer, please remember the rules!!)

POLICY REMINDER: No CFC equipment may leave the Kahn JCC or Harbison.

USA FENCING MEMBERSHIP REQUIREMENT: All participants at CFC practices must be at least "non-competitive" USA Fencing Members. (New members who join on or after April 1— your memberships are valid through July 31, 2017.)



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.

Our Wednesday Club site is the **Harbison Recreation Center**
106 Hillpine Rd., Columbia, SC
29212.



Best en gardes,

Jane

Jane R. Littmann, Ph.D.

Head Coach &

Co-Founder,

Columbia Fencers' Club

(803) 781-0056

www.columbiaafc.com



Our Tuesday and Thursday Club site is the **Katie and Irwin Kahn**

Jewish Community Center

306 Flora Drive, Columbia, SC 29223.

<http://www.jcccolumbia.org/>

You are welcome to join us at either of our locations!

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