

COLUMBIA FENCERS' CLUB NEWSLETTER

THERE'S STILL TIME

TO REGISTER FOR either or both FENCING CLINICS, or OUR BEGINNERS CAMP!

REGULAR REGISTRATION for JULY 9-10 ENDS Th, July 7. EARLY BIRD REGISTRATION for the JULY 16-17 CLINIC ENDS Tues, July 5. Checks must be received by those dates to receive discounts.

July 9-10 https://askfred.net/Clinics/whosComing.php?clinic_id=32951 and July 16-17 https://askfred.net/Clinics/moreInfo.php?clinic_id=32952

Fencing "Clinics" ("Workshops")

Here's a chance to learn more skills and concepts, refine those you already have, explore tactics, and deepen your game! Ages 9 through Adults, beginners through advanced. You must have your own gear and know basic attacks and parries.

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

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**Greetings CFC Fencers and Friends!
Happy 4th of July! Stay cool & hydrated!**

Welcome Noah & Cort!

Glad to have you fencing with us!

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

The Heathwood Hall Summer Camp "Introduction to Fencing"

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.)

ENROLLMENT IS STILL OPEN !

<https://www.heathwood.org/summer>



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.

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.

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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. July fencing fees are due **Tuesday, July 5 or Thursday, July 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 month to month.

Classes meet on Wednesdays. Dues due July 6.

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.

Renew your USA Fencing memberships NOW! August 1 is the start of the 2016-17 Season!

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Beginners Fencing Camp 2015



CFC Competitive Fencers convene at Walden Pond after 20 years to reminisce, contemplate where they are now, and celebrate good times!

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

Interested in a more Competitive program with more intensive Training and Competition next season? Contact Jane and include days and times you'd come.

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. **The September 2015 Rulebook will be revised next season. Changes include (1) reversing shoulders will be a Group 1 penalty (& annuls touch by fencer at fault), and (2) time allowed for an Injury or Cramp (after evaluation) is limited to 5 minutes for treatment (not 10).**

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 even hotter 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. **PLEASE RENEW PRIOR TO AUGUST 1st!**

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.)