

COLUMBIA FENCERS' CLUB NEWSLETTER

IT'S TIME TO RENEW YOUR USA FENCING MEMBERSHIPS!

The new fencing season runs August 1, 2016 – July 31, 2017. You must have a current USFA membership to participate in CFC. (Fencers who joined USA Fencing (or who upgraded to competitive memberships) for the first time on or after April 1, 2016, your memberships extend through July 31, 2017.) A current membership list including expiration dates can be found at <http://www.usfencing.org/current-member-list>

You can renew 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.



Warmest Greetings CFC Fencers & Friends!

How quickly the Summer is flying by!

Welcome Brooks, Caleb, and Chris!

Glad to have you fencing with us!

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

OLYMPIC FENCING COVERAGE



NBC has announced 4 channels will broadcast Olympic Fencing between August 6-13: USA, MSNBC, CNBC, & NBCSN. The schedule and more info on featured American fencers is at http://www.usfencing.org/news_article/show/672027?referrer_id=708436

In addition, all rounds will be live streamed: <http://www.nbcolympics.com/Fencing>

The network schedule is also listed on p.5.

“PARTICIPATE IN FENCING BECAUSE IT’S FUN!”

Campers ages 9-14 enjoyed their Introduction to Fencing through games and activities designed to teach them the key elements of the sport. Michael Tarascio, CFC Guest Coach, led the 5-day camp and two weekend Foil-Epee Clinics at Heathwood Hall in July. More photos p. 3.



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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. **August** fencing fees are due **Tuesday, August 2 or Thursday, Aug. 4**. 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.jccolumbia.org/>

HARBISON site: Fees are month to month.

Classes meet on Wednesdays. Dues due Aug 3.

Harbison/CFC combined fee:

\$75 per month Nonresidents.

Each additional member of family: \$70.

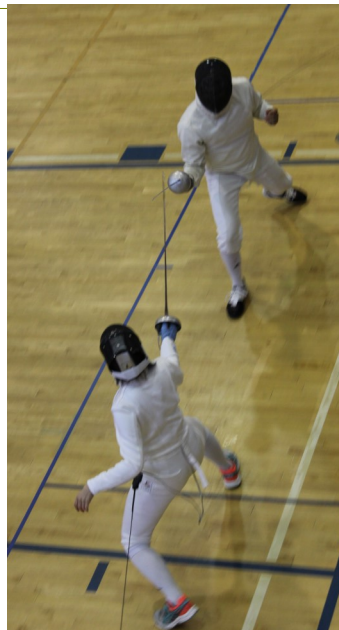
\$60 per month Harbison Residents.

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 USFA memberships NOW! August 1 is the start of the 2016-17 Season!

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2016 Beginners Fencing Camp at Heathwood Hall



CFC Foil-Epee Clinic Participants learn to Condition, Observe, Appraise, and Seize the Moment



with the expert tutelage of CFC's Guest Coach Michael Tarascio!



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

Interested in a more Competitive program with more intensive Training and Competition this 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 soon. Changes include (1) reversing shoulders in foil 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. (Our facilities are air conditioned thankfully in this summer's heat.)

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 joined on or after April 1—your memberships are valid through July 31, 2017.)



You can join, renew, or upgrade your membership in USA Fencing 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 membership to Jane. **Your USA Fencing membership must be current to participate!**

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.

<http://www.harbisonhoa.com/rec/athletics>



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.)

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Olympic Fencing Coverage:



For live coverage: <http://www.nbcolympics.com/fencing> (Begins Sat., Aug. 6, 2016 at 3:00 PM,)

TV coverage (interspersed with other sports) - Dates and times below:

Sat., August 6

6:30 - 8 p.m. (USA): Women's Fencing – Individual Epee Gold Medal Final



Sun., August 7

12 – 2:30 p.m. (MSNBC): Men's Fencing – Individual Foil Quarterfinals

2:30 – 5 p.m. (MSNBC): Men's Fencing – Individual Foil Semifinals and Gold Medal Final (LIVE)

Mon., August 8

9 – 11 a.m. (NBCSN): Women's Fencing – Individual Saber Round of 32

1 – 3 p.m. (NBCSN): Women's Fencing – Individual Saber Quarterfinals

3 – 6 p.m. (NBCSN): Women's Fencing – Individual Saber Gold Medal Finals (LIVE)

Tues., August 10

12 – 2:30 p.m. (NBCSN): Men's Fencing – Individual Saber Qualifying

5 – 8 p.m. (CNBC): Women's Fencing – Individual Foil Gold Medal Final (LIVE)

8 – 9 p.m. (NBCSN): Men's Fencing – Individual Saber Gold Medal Final

Wed., August 11

9:45 a.m. – 1:30 p.m. (NBCSN): Women's Fencing – Team Epee Quarterfinals (LIVE)

5 – 8 p.m. (CNBC): Women's Fencing – Team Epee Gold Medal Final (LIVE)

Thurs., August 12

9 – 10:40 a.m. (USA): Men's Fencing – Team Foil Quarterfinals (LIVE)

12:15 – 2 p.m. (USA): Men's Fencing – Team Foil Semifinals (LIVE)

8 – 9 p.m. (NBCSN): Men's Fencing – Team Foil Gold Medal Final

Fri., August 13

9 a.m. – 12:15 p.m. (MSNBC): Women's Fencing – Team Saber Quarterfinals (LIVE)

4 – 6:15 pm. (MSNBC): Women's Fencing – Team Saber Bronze and Gold Medal (LIVE)



CFC Fencers putting their skills into action!