

COLUMBIA FENCERS' CLUB NEWSLETTER

Greetings CFC Fencers & Friends! Want to compete? Lots happening this fall!
We're delighted to welcome Johnna, Ashley, Alessandro, Nahyan, Guy, & Jack!

Clubmates at both sites — Please be sure to introduce yourself to anyone you don't know!

CFC Combined Practice Harbison & Kahn JCC fencers!

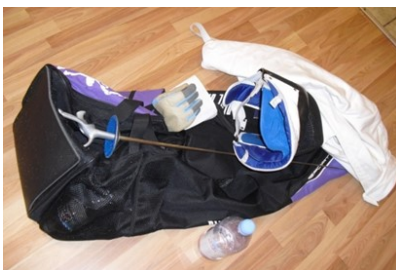
Saturday, Oct 8, at the Kahn JCC
3:00-5:00 PM FOIL & EPEE

**Have fun meeting & sparring with
 your clubmates from across town!**
Bring electric gear if you have it.
Others fence "dry" (non-electric").

Current CFC members \$8
Noncurrent CFC fencers \$15

**Those interested can learn tournament
 rules, formats, refereeing. Or just enjoy
 boutng! No preregistration. Just come!**

**You may come late or leave early though we hope
 most will stay so all will have many opponents
 throughout the two hour practice.**



Have questions
 ordering gear?
 Flyers available
 for electric and
 practice gear.
 Contact Jane.

NO FENCING TUESDAY, OCT. 11
at the Kahn JCC. It will close early
for the High Holiday, Yom Kippur.

**"Tuesday-only" fencers are welcome
 to attend one Thursday in October or
 November as a MakeUp day.**

The SC Div. USFA "Junior Olympics" (JO's) Qualifying Tournament will be held at the Kahn JCC Sunday, Dec. 11, 2016

"JO's" is the name of the USA Fencing National
 Championships for Under 16 and Under 19 age
 groups in the US. Those qualifying from SC are eli-
 gible to fence at JO's in Kansas City, MO Feb 17-20,
 2017. Eligible birth years for JO's are 1997-2003.

<http://www.usfencing.org/2017-junior-olympics>

This is a wonderful tournament for all our Cadet
 and Junior competitors to enter regardless of intent
 to qualify or attend JOs. You must be a US Citizen
 or Permanent Resident to enter the Qualifier & JOs.

Youth 12 & Under and Veterans (40 & Over)
tournaments also to be held at the Kahn JCC
Sunday, Dec. 11, 2016

Foil and Epee events will be included!

Details soon on SC Division's website & AskFred.

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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. **Conditioning drills for fencing begin at 6:05 pm at the JCC in the gym for those interested. Epee instruction (JCC) is designated specifically at 7:15-7:30. At Harbison, bouting may begin at 5:45 for those interested.** There may be other adjustments of class times to accommodate all ages, levels, & weapons. Feedback welcome! **Individual lessons available. Contact Jane to schedule.**

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. **October fencing fees are due Tuesday, Oct. 4 or Thursday, Oct. 6.** (Checks payable to "Kahn JCC" please.)

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 Oct. 5. 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—8:15 PM Additional bouting

(Checks payable to "Harbison Community Association" or "HCA", please.)

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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CFC
Fencers
develop
their
moves!



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. **Cf, p. 5 of this newsletter for a calendar of upcoming competitions in the area.**

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 is being revised. **Changes include that reversing shoulders in FOIL is a Group 1 penalty (& annuls touch by fencer at fault).** See <http://www.refereescommission.org/blog/2016/08/reversing-the-shoulder-in-foil/>

The new 2016-17 Penalty Chart is at <http://www.fencingofficials.org/blog/wp-content/uploads/2016/08/2016-USA-Fencing-Penalty-Chart.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 bouting. 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.)

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](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.columbiafc.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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Upcoming Events: (Details on or coming soon on AskFred)

Sun, Oct 2 NCFDP Bell Tower Classic, Chapel Hill, NC (Mixed Epee / Mixed Foil) Both strong events

https://askfred.net/Events/moreInfo.php?tournament_id=33734

Sat, Oct 8 Combined CFC Harbison-JCC practice 3:00-5:00 PM, Kahn JCC, Columbia
(No preregistration. Just come! Additional fee covers gym rental. Sign in as usual entering gym.)

Sat, Oct 15 [ACN Atlanta 2016 Foil RJCC \(Region 6\)](#) Men's & Women's Cadet & Jr Foil. *Registration deadline Wed, Oct. 5*

Sat-Sun, Oct 22-23 [2016 OFC Grand Prix](#), Y12, Y14, Div3, and Open Mixed Foil; Y10, Y12, and Open Mixed Epee

Sat, Nov 5 [ACN Atlanta Foil :Regional Youth \(RYC\) \(Region 6\)](#) Y10, Y12, Y14 Men's and Women's Foil

Sat, Nov 5 [ACN Atlanta Foil Tournament, mixed open](#)

Sun, Nov 6 [Premier Fencing Alliance Big Chicken Open](#) (Mixed Epee, Div 2 Mixed Epee)

Sat-Sun, Nov 19-20 [Tiger Open 2016](#), Clemson, SC

Sun, Dec 11 SC Division JO Qualifier (Cadet and Junior Men's and Women's Foil and Epee) Columbia, SC at the Kahn JCC. Preregistration required.

Sun Dec 11 Vet Mixed Foil and Vet Mixed Epee; Y12 Mixed Foil, Columbia, SC at the Kahn JCC

