

COLUMBIA FENCERS' CLUB

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

“Clinic” Opportunities

Several CFC members have expressed interest this summer in having weekend “clinics” — afternoon or morning ‘workshops’ to increase specific skills. Focus may be:

1. Coaching to improve tactical bouting
2. A combined scrimmage opportunity with all CFC fencers (both sites)
3. A practice tournament to experience the rules and formats fencers will want to know for official tournaments
4. Introduction to epee fencing
5. Other (your ideas here...).

Contact Jane re:

- ◆ *what focus is of interest to you (include which weapon)*
- ◆ *what weekend and date is best or OK.*

Greetings CFC Fencers & Friends!

*Welcome Dib and
welcome back Connor and Cort!*

*Clubmates at both sites--
Please introduce yourself to anyone you
do not know!*

New fencers are always welcome!

**There is no charge to visit and observe.
We arrange an individualized introduction
for new fencers when you enroll.**

Contact Jane to arrange a starting date.

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CFC meets year round!

Programs— Contact Jane if interested—

Ages 5-8? Separate equipment and class times can be arranged. Group size needed: 10

Competitive group? Contact Jane re: goals, training, time commitment, and tournament schedule.

High School? There's growing interest city & statewide.



DON'T FORGET TO SIGN IN—



And SUIT UP!

COLUMBIA FENCERS' CLUB NEWSLETTER

JCC & Harbison: Classes meet year round. Fees are month to month. Classes begin 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, foil & epee. Additional Epee instruction at the JCC will be 7:15-7:30 PM during class foil bouting. *There may be other adjustments of class times to accommodate all ages, levels, & weapons. Feedback welcome!* Pre-class bouting at Harbison may begin at 5:45 for those interested. **Individual lessons available at both sites. Contact Jane for info and to schedule.**



Kahn JCC site: Fees are month to month. **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 Th, June 1, or Tu, June 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 are due on Wed, June 7.
 (Checks payable to "Harbison Community Association" or "HCA", please.)

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



DROP IN Fees per visit at Harbison or the JCC: Local fencers not paying at either site may drop in to either site for \$20 per visit. 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.

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

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More from **Accept the Challenge 2017!**



Photo credits: Sandy Andrews

Competitive intensity, sportsmanship, camaraderie

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.



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

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

FENCING RULES & Refereeing: Knowing the rules helps you as a fencer, not just as a referee. The Aug 1, 2016 Rulebook is the most current. See <http://www.fencingofficials.org/blog/wp-content/uploads/2016/08/2016-USA-Fencing-Rules.pdf>

Want to become a referee? Study Guides and Seminars will help you train! Seminars are listed on AskFred.

Rule changes this season included that **reversing shoulders in FOIL is a Group 1 penalty (and annuls touch by fencer at fault)**. See <http://www.refereescommission.org/blog/2016/08/reversing-the-shoulder-in-foil/> with more clarification here: <http://www.refereescommission.org/blog/category/rules-application/>

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.**

COLUMBIA FENCERS' CLUB

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 join on or after April 1, 2017—your memberships are valid through July 31, 2018. If you upgrade to Competitive membership for the first time on or after April 1, your Competitive level membership is valid through July 31, 2018!)**



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. There is no fee to observe. Our club meets year round. **We do need a week's advance notice for those enrolling, in order to arrange an individualized Intro/Overview for you.**



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.
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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.)