

COLUMBIA FENCERS' CLUB NEWSLETTER

Greetings CFC Fencers & Friends,
Welcome

Hayes, Henry, Kerrie, Killian, and Cyrus!
CFC Fencers -- Please introduce yourself to
all your clubmates and our visitors!

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Congratulations to Nathan & Emma
on the birth of their son!



If you are just returning
since Aug 1, you can renew
your USA Fencing membership
either at the club or
online at [https://
member.usfencing.org/](https://member.usfencing.org/)



New fencers welcome! Call to arrange an introduction.



Have you filled out a new **2018-19 CFC
Contact Info** form with your updated goals?
Help us help you meet your fencing goals.



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Kahn JCC & Seven Oaks Park: 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. **There may be adjustments of class times to accommodate all ages, levels, & weapons. Feedback welcome!** Pre-class bouts at Seven Oaks Park may begin at 6:00 pm for those interested. **Individual lessons available at both sites. Contact Jane for info and to schedule.** Observers and new fencers welcome. **(We do need a week's advance notice for those enrolling in order to arrange an individualized Intro/Overview for you.)**

Kahn JCC site: Fees are month to month. **Our CFC class meets Tu's & Th's 6:30-7:30 PM. More bouts time is available until 8:45 PM. October fencing fees are due Tu, Oct 2, or Th, Oct 4, 2018.** (Checks payable to "Kahn JCC" please, or credit card at desk.)



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 2x/wk)

JCC members discounted fee: Once a week: \$65/month (Tu only or Th only). **Twice a week: \$80/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. The JCC will provide additional information about various categories of memberships and programs. <http://www.jccolumbia.org/> **CFC offers a discount for collegiate fencers.**

Seven Oaks Park site: Fees are month to month. Classes meet on Weds. **Dues are due on Wed., Oct 3.** (Checks, credit card, or cash payable at front desk. Please arrive early to handle your account at the desk.) <http://www.icrc.net/seven-oaks-park> **CFC offers a discount for collegiate fencers.**

CFC/Seven Oaks Park combined fee:
\$75 per month (Each additional member of family: \$70.)

6:00 – 6:30 PM Open Fencing (Bouting)

6:30 – 7:30 PM Class

7:30—8:45 PM Additional bouts

DROP IN Fees per visit at Seven Oaks Park 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/yr.) membership level to participate in all CFC programs. CFC is an Insured Member Club of USA Fencing.

The new season began August 1, 2018. You can join or renew either at the club or online at <https://member.usfencing.org/>

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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.

North American Cups and Nationals are listed on the USA Fencing website. <https://www.usafencing.org/home>

The 2018-19 USA Regional Calendar is at https://cdn3.sportngin.com/attachments/document/798e-1655472/2018-19_Regional_Event_Schedule.pdf

Upcoming 'local' events include:

Oct 27-28, 2018. The Tiger Open 2018, Clemson University, Clemson, SC. https://askfred.net/Events/moreInfo.php?tournament_id=40768. Events include Mixed Open and D&Under in Foil, Epee, & Saber.

Where Do I Find a copy of the RULEBOOK? Knowing the rules helps you as a fencer, not just as a referee. The **AUGUST, 2018** Rulebook is the most current. <http://www.refereescommission.org/blog/wp-content/uploads/2018/08/2018-08-USA-Fencing-Rules.pdf>

Rule change: Treatment time for injuries (Effective Aug. 1, 2018 for all USA Fencing sanctioned competitions): The time for the designated sports medicine professional to treat an injury is now five minutes. See https://www.usafencing.org/news_article/show/949828 for more information.

How Do I arrange travel carpools or coaching?

Coordinating travel: If you have car space available, or need transportation, please let Jane 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.

How Do I save on equipment costs? Often several fencers are placing equipment orders from the same company at nearly the same time. Let Jane or others know so you can combine orders and save on shipping. Also, fencers who have outgrown their gear may wish to sell it to younger fencers at a reduced price. Please write down a description of what you have including sizes, RH/LH, manufacturer/company, and sale price.

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

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 the Kahn JCC and Seven Oaks Park! 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 Seven Oaks Park.



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, 2018—your memberships are valid through July 31, 2019. If you upgraded to Competitive membership for the first time on or after April 1, your Competitive level membership is valid through July 31, 2019!)** See current membership list here: <https://member.usfencing.org/search/members>

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. We do need a **week's advance notice for those enrolling**, in order to arrange an individualized Intro/Overview for you.

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



Our Wednesday Club site is **Seven Oaks Park**
200 Leisure Lane
Columbia, SC 29210
<http://www.icrc.net/seven-oaks-park>

Best en gardes,

Jane

Jane R. Littmann, Ph.D. (803) 781-0056
Coach & Co-Founder JRL5837@yahoo.com
Columbia Fencers' Club 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/>

(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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See you at Fencing!

