



# Guildford Fencing Club

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## Guildford Fencing Club 2009/2010 Season

We are delighted you wish to take up the sport of fencing. Thank you for your enquiry and welcome to Guildford Fencing Club.

Founded in 1949, Guildford Fencing Club is one of the oldest fencing clubs in England. As a Club, we are keen to encourage new people to try out the sport of fencing. Fencing is a unique and increasingly popular activity, enjoyed by people of all ages, and is excellent for keeping fit.

The Club runs from early September and the year is divided into three terms with our AGM being held at the end of the fencing year in the middle of July. At present we have around 70 members, plus casual fencers and beginners.

### Adult Beginners/Improvers Course Details

#### **General Information**

Our adult courses are designed for beginners aged 13 and over. We plan to run the courses once each term, commencing in September, January and May. Classes are on Friday evenings, from 8.30 to 9.30.

The Course gives an ideal opportunity to find out more about this exciting sport. The courses are held in the Sports Hall of St. Peter's School in Merrow - please see page 4 for a map of the school. The sports hall was built in 1999 to modern standards and provides a really excellent venue for fencing.

The course is taught using the épée. This is one of the three weapons used in modern fencing. After learning the basic movements you may choose to continue with épée or change to foil or sabre; all three are fenced at the highest levels of competition.

As part of the course you will be offered the opportunity to take a test for **Stage One Épée**. If you are successful you will be offered a certificate and badge (£5 at current costs).

During the course you will also be introduced to other Guildford fencers, including fencers from previous courses, and to the other coaches.

#### **Coaches**

Your coach will be Tim Schofield.

## Joining the Course

### **Cost**

The cost of the Course, including coaching and beginners kit hire, is:

**£105**

### **Places**

Places are limited to a maximum of 16.

### **Payment**

Please send your cheque and enrolment form to **Julie Schofield, 3 Oak Tree Close, Burpham, Guildford, GU4 7JQ.**

Cheques should be made payable to Guildford Fencing Club.

Your place will be guaranteed once Julie has received your cheque and enrolment form.

Please note: fees are non-refundable and must be paid in full before the Course commences.

If you have an enquiry, please contact Julie on 01483-569917 or at julie@foxtree.co.uk

**Please Note: The course fee includes membership of the Club for the rest of the term so you may continue to learn until the end of term.**

## **Course Syllabus**

On the Course you will learn the following:

- how to use your épée and to fence safely
- fencing etiquette, and the principles of fencing with the épée
- the grip, the salute and the on guard position
- how to step forward and back, maintaining line and distance
- the lunge and recovery
- low-line and circular parries
- the disengage attack
- direct attack with lunge to hand, arm and body
- opposition hitting in Sixte and Quarte as attacks and in defence

## **Kit for Beginners Course**

Hire of all specialist equipment needed for the initial weeks is included within the course fee, namely: a fencing jacket, a plastron (a 1-armed protective under-jacket), a mask, a glove and an épée (plus a breast protector, for ladies only). In addition the Club will purchase on your behalf a pair of breeches which you will be able to keep.

All you will need to bring is:

- Trainers (non-marking) and long socks.
- T-shirt (we recommend bringing a spare to go home in, as you will get rather sweaty!)
- Optional but recommended, a plastic bottle of water and a towel.

**Cancellation of Course:** If for some reason, we are unable to run the Course at the appointed time, you will be offered the choice of either joining our next Course or receiving a full refund

## **What next?**

We hope you will enjoy the Course and continue fencing on completion.

### **Kit Needed after Beginners Course**

Purchasing of your own fencing equipment is something you will want to do over time. There are various fencing suppliers we can recommend so please talk to one of the Coaches before you decide to purchase.

### **Joining the Club**

The Club is well attended and includes many Novices who joined the Club from previous Beginners Courses. **Adult members fence on Friday evenings, from 7.45 to 10 pm.** All members are encouraged to attend the footwork sessions at 8 p.m. The footwork sessions will be suitable for all three weapons. When possible the sessions will be divided into two groups between competitive and social fencers.

The format of the evening is less structured than for the courses, but there are plenty of opportunities for training and learning. All club members are entitled to group and individual tuition from the club's coaches – unlike some other clubs, there is no extra charge (subject to availability) for individual tuition during club hours.

### **Club Coaches**

The Club's main coaches are currently Neale Thomas and Ian Briggs. Tim Schofield coaches the Adult Beginners Course on a voluntary basis and Andrew Lee assists with coaching on a volunteer basis.

### **Continuing to Fence**

If you wish to continue fencing at the Club the following term, please fill in a membership form (available for download, or ask John Kidd, our Treasurer for a paper copy, John's details are on our webpage and he also regularly fences at Guildford).

The cost per term is £69 for adults and £52 for FTE.

Please see our webpage for further details - <http://www.guildfordfencing.co.uk>

### **Matches and Competitions**

Our Match Secretary & Competition Organiser is Matthew Gourlay. The Club runs several competitions throughout the year. Matthew will also be organising matches against other local clubs and teams for outside competitions.

In addition when you grow more confident it is possible to take part in local county, regional and national competitions. Please ask any of the coaches for more details.

### **Social**

Fencing evenings generally conclude (for over 18s) with a visit to a local pub, where we enjoy some well deserved r&r.

### **Affiliations**

The Club is affiliated to the British Fencing Association, Surrey County Fencing Union and the Guildford Sports Council. The Club takes an active part in promoting fencing in Guildford through the Sport for All days, as well as entering County and Section Competitions.

## Safety

Fencing is one of the safest sports, providing fencers observe the rules. The coaches will make every effort to ensure that beginners, students and casual fencers are taught and observe the rules of fencing. However, fencing is a combat sport, and you fence at your own risk. The club will not be held responsible for any accidents or injury. We recommend fencers become individual or social members of the BFA. Social membership gives you liability insurance when you are fencing at the Club and at one local competition. Details available from <http://www.britishfencing.com>.

## Venue:

### **Sports Hall, St. Peter's School, Merrow, Guildford, Surrey, GU1 2TN**

- Showers and changing facilities are available (but - parents please note – not supervised)
- There is a no smoking policy throughout the premises
- Only non-marking shoes should be worn in the sports hall
- Any food or drink should be consumed in the foyer
- No ball games are allowed in the hall except those organised and supervised by the Coaches.

And finally, although we hire premises from St. Peter's School, we are not a part of the school at all. Fencing mail should be sent to the club chairman/secretary, at their address not the school.

*There is ample parking in the school if you come by car.*

*We suggest you park near the sports hall, which is on the left of the school premises, rather than follow signs to the car park.*

*Arriva runs buses from Guildford through Merrow, stopping on Epsom Road – the School is in easy walking distance.*

*Please check Arriva's website for latest timetables. ([www.arriva.co.uk](http://www.arriva.co.uk))*

