

PETERBOROUGH FENCING CLUB

PROGRAM OVERVIEW

MEMBERSHIP/INSURANCE

- All participants are required to hold membership with the Ontario Fencing Association which includes sport insurance coverage.
- Pre-Fence and Fencing Introduction membership fees are collected at registration and are submitted by Admin for 12-week programs only.
- Rec and Comp program participants must register with the OFA at <https://fencingontario.ca/about-the-ofa/membership-information/>

PRE-FENCE FOR KIDS

- Pre-Fence is offered for three different age groups:
 - Paiges 5-6 years old
 - Squires 7-8 years old
 - Knights 9-10 years old.
- Participants will learn fencing concepts of attacking and defending through the use of light weight, foam batons or boffers.
- A key focus will be the development of physical literacy through balance, coordination and agility activities.
- Participants will earn the underpinning values of fair play, good sportsmanship and participating fully through individual and team activities.
- Participants will require a fencing mask. See Equipment Requirement sheet for details.
- Participants should wear season appropriate athletic clothing, bring indoor only running shoes and a water bottle.
- We highly recommend a kid-friendly appropriate sized bag to carry their gear to class.

FENCING - INTRODUCTION

- A 12-week session offered three times over the course of the season for youth and adults.
- No previous experience required.
- Participants will learn basic footwork and blade techniques and have the opportunity to bout with other participants.
- All necessary equipment is provided for the Fencing Introduction.
- Participants are required to wear athletic clothing (short sleeved t-shirt with pants that cover the entire leg).
- Bring indoor only running shoes and a water bottle.

FENCING - RECREATIONAL

- Fencing Recreational is ideal for participants who want to stay active, once or twice per week, enjoy development at their pace and in a stress-free environment.
- This level builds on skills taught in Fencing Introduction.
- Fencers with experience will continue their development using the Armband technical system.
- This program runs September to June in two 5-month semesters. Semester One September to January and Semester Two February to June.
- Classes are held Tuesday and/or Thursday.
- Coaches will make efforts to adapt to participants learning needs. We want to ensure participants enjoy the sport and have a good experience.
- Participants are expected to follow the club Code of Conduct and demonstrate self-control.
- All fencing equipment is the responsibility of the participant to acquire. An equipment list is available to assist with making your purchases.
- Participants are required to wear athletic clothing (short sleeved t-shirt with pants that cover the entire leg).
- Bring indoor only running shoes and a water bottle.

FENCING - COMPETITIVE

- Fencing Competitive accepts participants after assessment and invitation by the Head Coach.
- Classes are held three times per week - Monday, Wednesday and Friday.
- Athletes are expected to adapt to the competitive environment.
- The competitive environment requires higher intensity and focus, accepting increased stress and higher athletic demands.
- Successful participants will show a willingness and follow through on supporting their training with athletics on their own time.
- A commitment to the annual training plan is required which does include participation in away tournaments.
- Participants will be required to have the necessary equipment to meet the tournament standards at the level they compete.
- Regular private lessons, as directed by the Head Coach, are strongly encouraged and expected.

FENCING - PRIVATE LESSONS

- Private Lessons are a very focused one-on-one form of development.
- Competitive Stream members are strongly encouraged to take regular private lessons. Speak with the Head Coach for recommendations on frequency to aid your development and enable you to reach your goals.
- Private Lessons are available to all members dependent on coach availability. Speak with the Head Coach for an assessment/recommendation.