

# 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.
- All other program participants must register with the OFA at <https://fencingontario.ca/about-the-ofa/membership-information/>

### PRE-FENCE - AGES 6-9

- Pre-Fence is offered for two different age groups:
  - Squires 6-7 years old
  - Knights 8-9 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 learn the underpinning values of fair play, good sportsmanship, listening and participating fully.
- Participants will require a plastic fencing mask. Masks are loaned at a cost of \$80. Rebate of \$40 upon return. See Club Administrator.
- 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.

### TRANSITION STREAM - AGE 10

- This program is for 10 year olds and is intended as a bridge between our play-based Pre-Fence and fencing as sport development.
- Transitions is also an excellent entry point to fencing. No previous experience required.
- This program runs September to June in two 5-month semesters. Semester One - September to January and Semester Two - February to June.
- Participants will learn basic footwork and blade techniques and have the opportunity to bout with other participants.
- Participants will also still enjoy kid friendly games using a soft-side boffer.
- Participants are expected to follow the club Code of Conduct and demonstrate self-control.
- All necessary equipment is provided for the Fencing Transitions.
- 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 INTRODUCTION - RECREATIONAL STREAM - AGES 11 TO ADULT

- A 12-week session offered over the course of the season within the Recreational classes 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 Fencing Introductions.
- Participants are expected to follow the club Code of Conduct and demonstrate self-control.
- 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.

### RECREATIONAL STREAM - AGES 11 TO ADULT

- Fencing Recreational is ideal for participants aged 11 and up who want to stay active, once or twice per week, enjoy development at their pace and in a stress-free environment.
- This stream builds and expands 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 in these age divisions - Youth I for 11-13, Youth II for 14-18 and Adult 19+
- 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. Club carries an inventory. See Admin for assistance.
- 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.

### COMPETITIVE STREAM

- 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 require the necessary equipment to meet the tournament standards at the level they compete.
- Regular private lessons, as directed by the Head Coach, are part of the program expectations.