

### What is fencing?

Fencing is a fast, fabulous, furious sport for all ages - children, teenagers, adults and seniors. For boys and girls, men and women; for the able bodied and disabled; for the social athlete and the competitive athlete. It is one of the few sports in which men and women can compete on equal terms. Fencing develops physical fitness, discipline, respect, reflexes, timing, mental concentration and tactical awareness.

At the elite level, fencing is one of only five sports to be in every single Olympic Games since 1896. World Championships take place yearly at Under 17 (Cadet), Under 20 (Junior), Veteran (Over 50) and Open levels. In addition, fencing is part of the Commonwealth Games Association and conducts Commonwealth Championship events.

On their own, neither height, physical strength, intelligence nor speed will ensure a victory in the sport of fencing.

### Is it safe?

Fencing is one of the safest sports in existence. Strict rules exist for individual safety of participants at all levels, including the wearing of protective clothing and masks.

### Where does the Club meet?

Trott Park Fencing Club Inc meets in the Activity Hall of the Hallett Cove South Primary School, Livonia Street, Hallett Cove. Enter from the Staff Car Park in Shamrock Road.

### When?

Club night 7 – 9 pm, Wednesday evenings.  
Individual lessons by appointment.

### What weapons are taught?

All 3 weapons, that is, foil, épée and sabre.

### Who is the coach?

Our coach is Jenny Cassidy. Jenny is a NCAS Level 2 nationally accredited coach (through the National Coaching Accreditation Scheme) in all 3 weapons and has been coaching for over 15 years. She has also been accredited as an international referee in all three weapons, and has written the technical competencies for fencing referees in Australia.

### How much does it cost?

If you want to come and try fencing, you can become a temporary club member and pay \$5 for the first lesson. After that, term fees are to be paid on a pro-rata basis on the remaining number of lessons in the term.

Group lessons are payable by the (school) term within the first 3 weeks of term and work out to be \$10 per week. For example, if the school term was 10 weeks, the cost would be \$100; if the school term was 11 weeks, the cost would be \$110. Note that there is no refund for non-attendance.

Individual 1-on-1 lessons are \$16 per 30 minute block.

In addition, an annual (calendar) club fee of \$20 per active participant is payable after two lessons. For families with more than 2 members, the maximum fee payable is \$60. You can also join as a non-active, non-competitive club member for \$5.

Your club fee covers you for public liability insurance and a small amount of accident coverage.

### Are there any discounts?

For members of the same family, the first participant pays full fee. The second participant receives a 50% discount; the third participant the same 50% discount; and the fourth and each subsequent family member pays only \$20 for the whole term.

### Do I need any equipment?

No, all equipment is supplied as part of the lesson fee. This includes weapon (foil, épée, sabre), jacket, plastron, glove and mask.

If at a later stage you wish to make your own plastron, jacket and breeches, patterns are available for purchase.

Equipment can be bought from a number of suppliers, including Adelaide, interstate and overseas. Most suppliers also accept orders over the Internet – just ask for the list.

### Does the club have a website?

Yes – visit it and tell us what you think!

[www.trottparkfencingclub.org.au](http://www.trottparkfencingclub.org.au)

### Is the club associated with any other bodies?

Yes, Trott Park Fencing Club Inc is associated with Fencing SA.

Fencing SA is the governing body for fencing within South Australia and it is a member of the Australian Fencing Federation (AFF), which is associated with the Australian Olympic Council and the Australian Commonwealth Games Association.

### What sort of competitions are there?

Competitions are held at many levels.

Fencing SA holds competitions at junior, beginner, intermediate, open and veteran levels. Junior competitions are age categorised as Under 13, Under 15, Under 17 and Under 20. These are ages as at 1 January of each year.

In addition, wheelchair and school team events are held.

## Definition of Novice

Novices are fencers within their first 12 months of registration or licence.

## Definition of Intermediates

Intermediates are fencers who have not won either the State Intermediate Championship, or were not ranked number 1 for Intermediate Fencers at the end of the calendar year, or have not finished in the top 4 of an open event in a competition of 13 or more.

## Definition of Veterans

Veterans are aged 40 years or over as at the date of the competition.

## What does it cost to compete?

Fencing SA sets the fees for entries and competition registration / licensing. For 2007, these fees are:

Entry fees:

Junior competitions .....	\$7 per event
All other individual competitions .....	\$10 per event
Team events .....	\$20 per team
Second event on same day .....	\$3 juniors, \$5 seniors
National competitions .....	\$45 per event

Registration / licensing fees:

Juniors competing only in U13, U15, U17, U20 .....	\$20
Juniors competing in other competitions .....	\$70
Novices competing only in Novice events .....	\$20
Non-competing accredited coaches .....	\$65
All others .....	\$80

## When and where are competitions held?

On weekends, at the gym of Scotch College, Blythwood Road, Torrens Park. The entrance is a concealed entrance opposite McLaren Street on Blythwood Road.

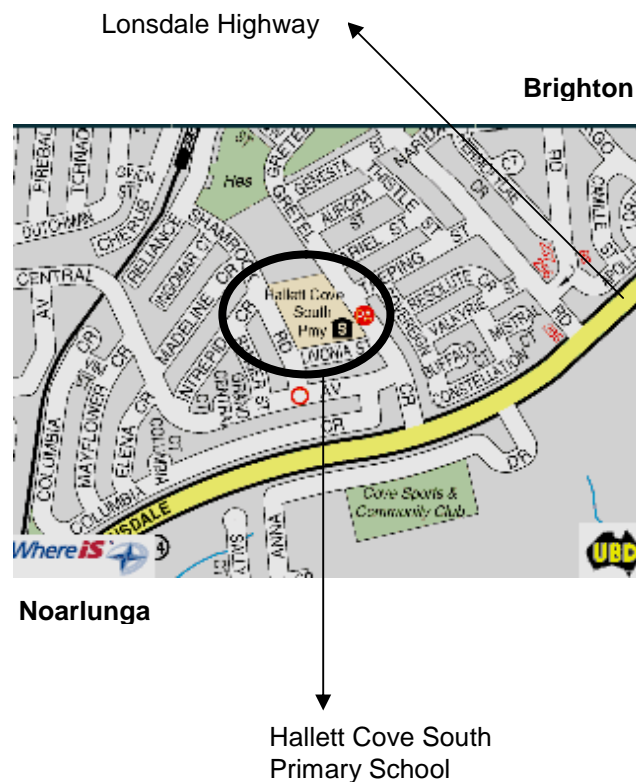
## Do I have to go in competitions?

No, it is encouraged, but participation in competitions is purely voluntary.

## Need more information?

Contact Jenny on (08) 8322 6598. She will be more than happy to speak with you and give you any further information you need.

Otherwise, just turn up on a Wednesday evening!



## Trott Park Fencing Club Inc

