

Huntingdonshire Fencing Club Newsletter - September 2013

Welcome to the e-newsletter

We aim to publish this approximately 3 times a year. We hope you find it useful.

If you have any suggestions or contributions please email tracey.coates@btinternet.com using the word newsletter in the subject.

WANTED – someone to put together all the competition information for the newsletter. Please contact Tracey Coates if you can help.

Fees are due

At the recent AGM it was decided yet again to keep club fees at the same level. These are now due for the autumn/winter term.

Adult - £40.00 Junior (U18) - £25.00

Please use online banking if possible:

Bank - Lloyds TSB

Acc. name – Huntingdonshire Fencing Club

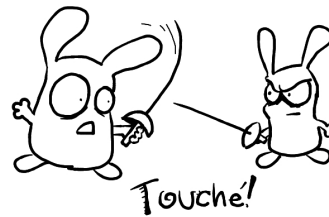
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Reference -name of the person fees cover

Club fees are due 3 times a year-

1st week - September, January & May

See Mike Ellis for further information



Adult Open Competitions

7th & 8th September – Essex Open

www.colchesterfencing.com/essexopen.aspx

21st September – The Bristol Open

<http://bristolopen.info>

28th & 29th September – The York Open

www.yorkfencing.0fees.net.

28th & 29th September - Shropshire Open

See BFA website for details.

Saturday 5th October - Leon Paul London Open Men's Epee

See BFA website for full details

Saturday 12th October - Coventry Open

www.salleursafencing.co.uk/item/456342

Saturday 12th October - Leon Paul London Open Women's Epee – See BFA

Sunday 13th October - Bedford Open (Epee)

www.bedfordfencingclub.co.uk/events.html

12th & 13th October - Sussex Open

www.sussexfencing.org.uk/fixtures/view/sussex-open-2013

Sunday 27th October - Leon Paul London Open Women's Foil

Saturday 9th November - Welsh Open 2013

www.welshfencing.org.

Saturday 7th December - Beazley British Championships 2013

Further details to be announced shortly

14th & 15th Dec - Hereford & Worcester , Great Malvern

www.one4all.plus.com/hwo.html

14th & 15th December – Oxfam Open, Cardiff

www.oxfamopen.com

Please note the above are only a selection of the nearer or more popular open competitions. Please see the BFA website for a full calendar -

www.britishfencing.com/events/

Armoury

Hi, I'm Tim Bissell, I have been fencing for ten years now and, for my sins, have been the club armourer for about two years. As armourer I repair the club's equipment when it stops working. As anyone who has been fencing more than a couple of months knows, the weapons take a battering in use, and can be temperamental.

If you encounter any problems with equipment which you cannot solve, then please let me (or one of the coaches) know. If you are not sure which bit of kit is playing up, then we will be able to help you track it down, replace it with spare equipment and get you back fencing. I will take the faulty kit home and fix it over the next week or so.

As well as servicing club equipment, I also offer a repair service for club members; if you have a problem with a piece of your own equipment and you don't feel confident fixing it, I will usually be able to repair it over the course of a week or two. The cost will be just the cost of any parts, plus a nominal labour charge, usually a pound or two, which goes into club funds and helps pay for new equipment. I can usually give an estimate straight away, so do feel free to ask - I am also happy to give advice if you want to have a go yourself.

Armoury contd.

In future articles I plan to cover topics such as how to trouble-shoot problems on the piste, common problems with weapons, maintenance tips and anything else I can think of. If you have any queries or topic suggestions, please let me know!



Club Clothing

Coming soon - new supplies of club kit such as sweatshirts, jackets and T shirts. More details to follow soon. See Tracey Coates if you have any particular requests.

Junior/Cadet Competitions

8th September – London Region BSC Junior Foil competition.

<http://londonregionfencing.org.uk>

12th October - Camden LPJS Foil

www.leonpauljuniorseries.com

26th Oct – Elite Epee Junior Series Event 1

www.eliteepee.com

16th November – Dockside Winter LPJS

www.leonpauljuniorseries.com

24th November – Hertfordshire LPJS Foil

Contact: James Dicker Phone: 07811160043

See Chris Convine if you would like help and advice on entering competitions.

Don't forget the county also runs a number of competitions suitable for younger fencers. See the County section elsewhere in the Newsletter.

Once you are 13 years of age you can enter the 'adult' competitions if you wish. You must be 13 on the 1st of January to fence in that calendar year.

County Fencing

Annual General Meeting

The Cambridgeshire Fencing Association AGM is to be held on Friday 13th of September at 7 p.m. - Cherry Hinton Village Centre, Colville Road Cherry Hinton Cambridge CB1 9EJ. All club members are welcome to attend.

Junior Squad

For junior fencers, the county junior squad will be selected based on the results of the first junior competition of the season. This is a chance to get high intensity coaching from other coaches in the county. Keep your eyes peeled for when the date is announced.

County Competitions

The calendar has yet to be fixed but it should be available later in September. See www.cambsfa.org.uk

The Fencing Quiz

1. If you are in Octave and you perform a lateral parry, which position are you now in?
2. Name the 4 simple attacks?
3. What are the names of the 4 main hand positions performed with the hand in semi supination?

Coaching

Warming up

This is very important for all of us to stretch and warm-up our muscles, before throwing ourselves onto our opponents swords.

Try to get your own routine of warm up/stretching exercises so you do not have to think "what shall I do"?

Start with some simple stretching exercises; Head/neck, Arms, Legs. Use the lunge position to stretch the legs, reverse it to LH lunge if you are RH and vice versa.

Warming up can be jogging – sprinting – jogging etc. slow – fast – slow, footwork with lunges.

Warming Up for Competition

This should follow your usual routine as above but must include a mental warm-up. As you warm-up try to start focusing on your fencing what did you coach say e.g. watch your distance, finger work/control of the point/blade, moves you have been practising etc. If possible have a warm-up fight but keep your mind focused on your game/tactics.

Talk to Mike Ellis if you want to know more.

Items for Sale

Leon Paul Size 5 SR-71 Epee Blade £75

Leon Paul 350N Full Stretch Jacket, Right Handed, Size 38" £50

Leon Paul 'Horizon' Foil Mask, Med £70

Leon Paul Sabre Lame, 46" £70

Leon Paul Sabre Lame, 36" £85

Leon Paul Foil/Sabre Bodywire £15

Leon Paul Epee Bodywire £15

Leon Paul Stretch Panel Breeches, 28" Waist £25

Leon Paul Stretch Panel Breeches, 30" Waist £25

For further Information and to have a look at/try on the items, see Josh Coates.

Cash, Cheques and Paypal Accepted.

If you have items you want to sell when the next newsletter comes out in January please email details to Tracey Coates.

Celebrating 35 years

To celebrate the clubs 35th anniversary we are having a meal on the Captains Table, which cruises down the river whilst you eat. Cost is approx. £19.50 per person (this is subsidised by the club) Drinks are extra.

Date to be confirmed soon.

Club Officers

Chairperson - Ian Coates

Treasurer/Senior Coach - Mike Ellis

Secretary - Ivan Ward

Captain - Chris Convine

Armourer - Tim Bissell

Welfare - Dan Tozer

Public Relations - Tracey Coates

Website - Andrew Brown

Fencing in France

Every Easter there is a friendly fencing competition held in Periers France. As a club we usually try and send a group of fencers and have a fun weekend away. There will be more information nearer the time but please think about whether you might like to go. Further information from Tracey Coates or Dan Tozer.



Results 2012/13

G. Yarmouth Invit. - MF 2nd J Presland
3rd S Presland, WF 1st C Walden, Junior Foil 2nd
K Presland
Essex Open - WS 2nd S Earl, WE 3rd B
Verastegue
Bedford Open WE 2nd B Verastegue
Veterans Commonwealth MF - 2nd Overall
1st 50/60, Team 2nd - R Sage
County U16 Foil 2nd K Presland
Periers (France) Sabre 2nd Dan Tozer
County Foil 2nd J Coates, 3rd C Convine
County U16 Team Foil 3rd K Presland,
Pickering, Vaughan, Philips
County Epee 1st G Partridge
County Novice Foil 2nd D Blin, 3rd T Langley
County Sabre 3rd D Tozer
Norfolk Open Epee 3rd G Partridge
CFA Senior Foil 3rd J Coates

Don't forget to visit the club website - www.huntsfencingclub.co.uk