

# INNOVATION ACADEMY FENCING CLUB

**IAFC**



# MEET THE COACH – BILL DONGES

- ▶ Fenced at Newfield High School New York under one of the most successful HS coaches, Tom Cakouros. Team written up in Sports Illustrated for over ten years with undefeated dual meet record.
- ▶ Fenced Division I at the US Naval Academy under two time Olympic Coach, Andre Deladrier.
- ▶ Coached North Springs Charter High School passed three years – Won Georgia High School Championship and Won 4<sup>th</sup> Place another year.
- ▶ Served in US Navy 24 years
- ▶ Now is entrepreneur and advisor to AI technology companies
- ▶ He is an avid reader and crazy about his daughter in law.



## FACULTY SPONSOR – CHRIS BRAY

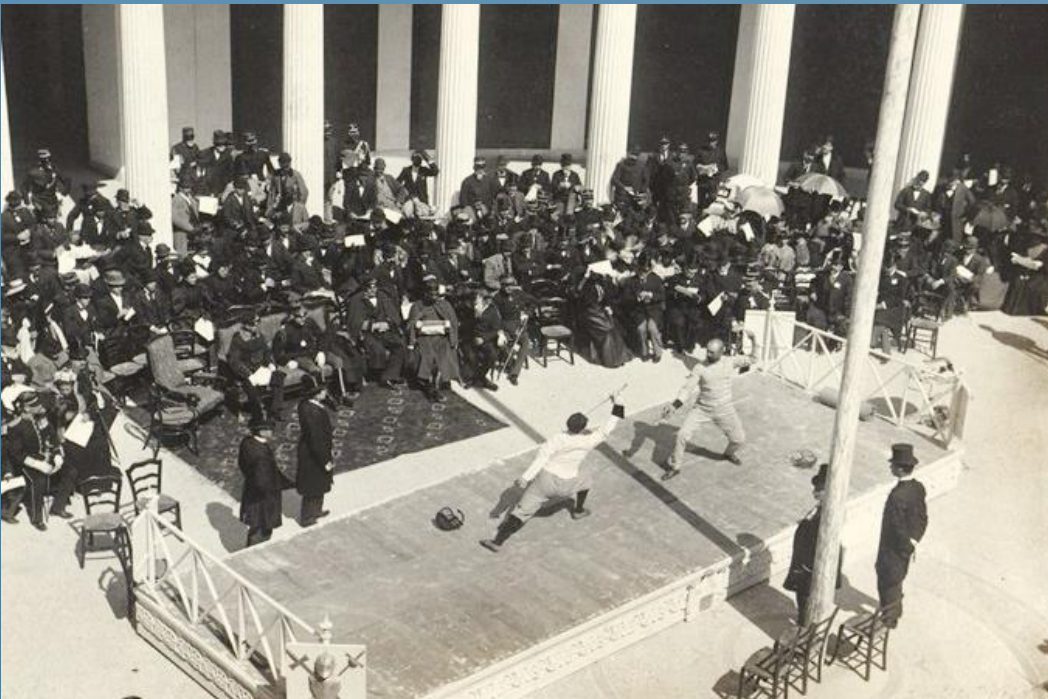
- ▶ Career Technical Instruction (CTI) Coordinator
- ▶ 4 year faculty sponsor at Centennial High School
- ▶ 4 year fencing parent at CHS
- ▶ 2018 Georgia High School Fencing League Sponsor of the Year
- ▶ Also has a 10<sup>th</sup> grade daughter attending IA

## TEAM PARENT – CARISSA DONGES

- ▶ 10<sup>th</sup> Grade Daughter
- ▶ Anna has 4 years fencing experience
- ▶ Also serving on the PTSO Executive Board

# WHAT IS FENCING?

Fencing is an Olympic sport dating back to the mid-18th century which is broken up into three weapons (foil, epee, and saber). It is one of only five sports contested at every summer Olympic games since 1896. The basic form and footwork of fencing is used in all three weapons, but each has its own unique style and technique which has developed due to rule differences.



1896 Summer Olympics





# WEAPONS – WE WILL BE USING EPEE

Foil, épée and saber are the three weapons used in the sport of fencing. While it is not unusual for fencers to compete in all three events, they generally choose to develop their skills in one weapon.

- ▶ **Foil:** Foil is a thrusting weapon where you attack your opponent's target with the tip of the blade. The valid target area is the torso without the arms, and this was developed based on hitting vital organs in an actual duel. A foil blade is light and flexible with a button on the end which must be depressed against a metallic surface (the opponent's lame) in order to register a valid touch. In a foil bout, only one person can score a touch at a time, so there is a way to determine offense and defense with "right of way".
- ▶ **Saber:** Saber is a cutting weapon where you attack your opponent's target with the side or the tip of the blade. The valid target area is from the head to the waist, and this was developed based on someone using a cavalry sword on horseback. A saber blade is a little more rigid when compared to foil, and there is no button since the side of the blade can be used to make a valid touch. Just like in a foil bout, only one person can score a touch at a time, so the rules of right of way are used.
- ▶ **Epee:** Epee is a thrusting weapon (like foil) where you attack your opponent's target with the tip of the blade. The valid target area is the entire body from head to toe. An epee blade is fairly rigid with a button on the end which must be depressed against a non-grounded surface (the opponent's body) in order to score a touch. Double touches are valid in epee, so right of way is not used. Epee bouts tend to take longer than foil or saber because the entire body is target. While an opponent has a lot of target to choose from, attacking before there is an opening can leave you open for a counter attack. This leads to bouts which are like a game of cat and mouse, with fencers jockeying for position while trying to out think their opponent.



# WHY FENCING?

Fencing is a fast paced and unique sport with a rich history. The fencing community is very welcoming, and by becoming a fencer you can create life long friendships with people you may have never spoken to otherwise.

While many students play sports like baseball, basketball, or football at some point in their life, fencing is something that will help to set you apart. It is great for boys and girls.

Many high school fencers start learning the sport as a freshman, which means you can start from scratch and compete against opponents at a similar level. While anyone can join the fencing team, the best fencers typically have a good balance between athletic and academic ability.

Fencing is as fast and demanding as any other sport, if not more so, but it is also a very cerebral game. You need to be able to think quickly and adapt when your opponent does something unexpected. Think “Chess with Swords!”

There are also plenty of opportunities to fence once you leave high school, including college teams (NCAA and club level) and individual tournaments through the USFA.

# REQUIRED EQUIPMENT – ESTIMATED COST ~\$400

All fencers will need the following to start:

- ▶ Jacket
- ▶ Knickers
- ▶ Standard 3-weapon mask
- ▶ 2 - Standard (#5) electric epee blades
- ▶ 2 - Standard epee body cords
- ▶ Glove
- ▶ Plastron/underarm protector (required for both men and women)
- ▶ Ladies' plastic chest protector (required for women)
- ▶ Fencing bag, usually included if you order a beginner's set.
- ▶ Fencers will also need knee high socks. Socks must be long enough to fit under the bottom of the knickers. For safety, USFA regulations say no skin on the leg can be exposed while fencing epee, since legs are part of the target area.
- ▶ Team socks and a team t-shirt will be provided by the club.



Blades may need to be replaced if they break, but most of uniform should last the duration of the school participation in club. If new sizes are needed or a member leaves the club, we will facilitate a uniform/equipment buy back. As long as kept in good condition. Then new members or members needing another size or additional equipment will have option of used.

# PRACTICES AND COMPETITIONS

- ▶ Practices once a week on Thursday's.
  - ▶ After school 4:15-6:30
  - ▶ Must commit to 80% of practices
  - ▶ Additional extra option practices will be on Saturday's as availability allows
- ▶ Starting August
  - ▶ Can start basic instruction and conditioning until equipment is received.
- ▶ Georgia High School Fencing League
  - ▶ Estimated 8 tournaments – North Fulton/Cobb County
  - ▶ Will be on Saturdays once a month to twice a month starting in Sept
- ▶ Complete season will be August – February
- ▶ Upgraded Membership for USFA of \$25 will allow the fencer to compete at local non-league tournaments.



# CLUB COSTS – \$400 DUES

- ▶ GHSFL fees
  - ▶ Annual fee that covers insurance for practices and tournaments
  - ▶ Additional per fencer fee that covers all of the league tournaments
- ▶ Club equipment
  - ▶ Scoring machines
  - ▶ Weapon repair supplies
  - ▶ Weapon testing supplies
  - ▶ Back up weapons
- ▶ T-shirt, club jacket and socks
  - ▶ Creates uniformity and club spirit
- ▶ Coaching fee
  - ▶ Head Coach and Assistant Coach
- ▶ Banquet
- ▶ Administrative Cost (including renting space when needed)

# PARENT INVOLVEMENT – TEAM STRUCTURE

- ▶ Transportation
  - ▶ From practice
  - ▶ To tournaments
- ▶ Financial
- ▶ Referees – we have to provide 2 for every tournament
  - ▶ Attend training
  - ▶ Help at tournaments
- ▶ Team Committees
  - ▶ Practice parents – rotate assisting with practices as needed
  - ▶ Treasurer/help collect fees/work with school bookkeeper
  - ▶ Social media/communications/banquet
- ▶ Armorer
  - ▶ Train to repair and build weapons and maintain equipment. Would assist club fencers and assist at tournaments potentially. This could also be a student interested in learning. Would be nice to have multiple. Paul Rafferty is our Lead Armorer.
- ▶ There will be four team captains (fencers) 2 girls and 2 boys
- ▶ Faculty Sponsor (Chris Bray)

# NEXT STEPS

- ▶ Summer Camp TBD – 3 days probably end of July
  - ▶ Prospective fencers are welcome to attend last 2 hours of camp for a demonstration and info session.
- ▶ Commitment forms completed by **August 4<sup>th</sup>**.
  - ▶ Emergency Contact form
  - ▶ Proof of insurance
  - ▶ Liability waivers (including GHSFL waiver)
  - ▶ Code of conduct
- ▶ **August 10th**
  - ▶ 1<sup>st</sup> Dues payment due
  - ▶ Uniform Fees Due – Total startup cost per fencer ~\$400 (uniform will not be ordered without payment)
  - ▶ Parent / team meeting and uniform fitting after school (**need everyone to attend!!**)
- ▶ Equipment ordered
- ▶ Practices start (**August 10th**)(Administrative practice including parents meeting)
- ▶ Community service component determined by Team (requirement of all IA clubs)
- ▶ Parent volunteers signed up and trained

# FAQ'S

## 1. Can my child try fencing before they commit.

- ▶ Unfortunately, it is not a sport you can do without proper equipment. We are unable to provide enough equipment for everyone to try it that would want to. We are trying something new this year, and inviting prospective fencers to 2 hours at the end of our Summer Camp, in order to see a demonstration, hold weapons, get measured for uniforms and ask questions.

## 2. Are uniforms or dues refundable if they do not like it.

- ▶ Dues and uniforms are not refundable once they have been worn.
- ▶ Prospective fencers are welcome to attend last day of camp (once dates announced) for a demonstration and info session.

## 3. Is Fencing safe?

- ▶ There is risk for injury in any physical activity. Most injuries in fencing are related to pulled muscles, bruises, etc. Serious injury is very unlikely. However you will feel it when you are hit! Weapons have blunt tips, but they are still coming at you with force! The uniforms and protective gear are made to prevent any penetration type injuries. This also assumes that fencers follow all safety rules!

## 1. Can my child participate in the full Summer Camp?

- ▶ If your child is new to fencing and is ready to completely commit, we can get measurements and you can order requirement prior to camp. In that case, we would love to have them for camp! Camp will be about \$65 per day.

## 2. Do you have a website?

- ▶ We are working on that right now! We will send out additional information about how to register online soon! Or follow us on Facebook to stay informed at [www.facebook.com/iafencing](https://www.facebook.com/iafencing)! Our website will be [www.iafencingclub.org](http://www.iafencingclub.org) when it is up and running.



# ADDITIONAL FENCING RESOURCES

- ▶ We will be a part of the Georgia High School Fencing League. This is not a GHSA sport it is a club sport. You can visit <http://www.ghsfl.net/forms.html> to download full rules and explanation of fencing!
- ▶ USA Fencing is the national governing fencing body. <https://www.usafencing.org/>
  - ▶ There are additional local, regional and national tournaments available for fencers through USA Fencing. In order to compete at those tournament a fencer would have to purchase a membership to a competitive membership for \$75. There is a local membership for \$25 that will allow local tournament participation outside of the high school league.
- ▶ Uniform and gear can be bought in many places. We will order most of our gear through Absolute Fencing Gear. <https://www.absolutefencinggear.com/shopping/>
- ▶ Fencing 101 videos – fundamentals
  - ▶ <https://www.youtube.com/watch?v=a8IdfA5fXJs&t=16s>
  - ▶ <https://www.youtube.com/watch?v=Q6-aH-op4g4>
    - ▶ Good general intro to rules of fencing
  - ▶ [https://www.youtube.com/watch?v=Yf\\_s9qsY4Xs](https://www.youtube.com/watch?v=Yf_s9qsY4Xs)
    - ▶ This is a 4 part series and a great intro to epee fencing
  - ▶ <https://www.youtube.com/watch?v=fDRAJGn-TQE>
    - ▶ This is a final bout in a USA Fencing national tournament, but it is high school aged boys fencing.
- ▶ Questions? Contact us at [iafencingclub@gmail.com](mailto:iafencingclub@gmail.com)

IAFENCINGCLUB@GMAIL.COM

WWW.FACEBOOK.COM/IAFENCING

INTEREST FORM:

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSDHPXQZXQ31PQTEVH\\_3AKOB\\_QIEPI60JG9I4VOR72BSP5OZFW/VIEWFORM?USP=SF\\_LINK](https://docs.google.com/forms/d/e/1FAIPQLSDHPXQZXQ31PQTEVH_3AKOB_QIEPI60JG9I4VOR72BSP5OZFW/VIEWFORM?USP=SF_LINK)

2021/2022 SEASON VIDEO:

[HTTPS://YOUTU.BE/R7OSXSNOORE](https://youtu.be/r7osxsnoore)

2022/2023 SEASON VIDEO

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=UUI1QDOBKUI](https://www.youtube.com/watch?v=UUI1QDOBKUI)

## **2022-23 Tournament Schedule:**

**September 10** - IA Mock Tournament

**September 17** - #1

**October 1** - #2

**October 29** - #3

**November 19** - #4

**December 10** - #5

**January 14** - #6

**January 28** - #7 (IA will host at Hopewell Middle School)

**February 25** - Individual Championship (have to score points during the season to qualify)

**March 4** - Team Championship (top 4 girl and boy fencers of the season)

**March 5** - Team Banquet