

PREMIER 2019-2020

Handbook



Membership, Classes, and Camps

Membership

Valid September 1, 2019-August 31 2020

Individual *\$350 per year*

Family *\$450 per year*

Included in Membership:

Open Boutings(See Open Boutings)

Member pricing on lessons, classes and camps

Mini-Clinics (See Mini Clinics)

Use of Gym and Club Resources

Club Patch

Membership is non-refundable for the year. Membership may be broken into a maximum of 4 equal payments. The first payment is due September 1, 2019

Group Classes

Premier offers group classes in Saber and Epee. Each class is approximately 1hr in length. During the classes students will be led through footwork, technique, and tactical drills.

Students are generally learning the basic tactics and techniques during their private lessons and then applying those skills during the group classes.

Group classes are open to all students. We will sometimes divide the group into different skill levels or ages depending on the exercises we are doing, however it is very important that more experienced students spend time working with younger and less experienced fencers to help foster a positive team environment and expand their understanding of the exercise.

Group classes are paid for on a monthly basis. The cost to attend one class per week is \$75 per month. The cost for 2 or more classes per week is \$95 per month. There is a \$10 discount per month if you are enrolled in auto-pay.

Open Fencing/Free Fencing

Open Fencing is a time that gym is available for students to fence each other. This time is for the students to practice the concepts they have learned in private lessons and group classes. Without application in the realistic setting that open fencing provides, the concepts and skills learned in group classes and lessons are easily forgotten, so it is essential that students participate in open boutings. Additionally without the experience of actual fencing, it is difficult to understand certain concepts.

Open fencing is also where students will learn to referee. We expect that all of our students learn to referee.

Coaches will observe and provide feedback when they are available, but typically our coaches will have private lessons scheduled during these times.

This portion of the training is self driven, there is no minimum amount of time students must spend on open bouting but the majority of our students fence for at least 45 minutes during open bouting.

Open Fencing is included in the yearly membership fee. Non members must pay a \$25 floor fee to participate in open fencing.

Class and Open Fencing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30pm-7:30pm Class 7:30-9pm Open Bouting	6:30pm-7:30pm Class 7:30-9pm Open Bouting	6:30pm-7:30pm Class 7:30-9pm Open Bouting	6:30pm-7:30pm Class 7:30-9pm Open Bouting	7:00pm-9pm Open Bouting	10am-11am Class 11am-12pm Open bouting

Private Lessons

Private lessons are one of the most important parts of a competitive fencers training. Private lessons allow for the coach to work on small details of techniques and tactics that are difficult to communicate in a group setting. The private lessons also allow for the coach to tailor the lesson to fit the students fencing style and skill level. Additionally, during private lessons coaches can discuss and work on problems encountered during tournaments.

Private lessons are approximately 30 minutes long each. It is important that the student arrives on time for their lesson.

Private Lesson sessions at Premier are divided into 11 week sessions. Students wishing to take private lessons must commit to 10 lessons over the 11 week period.

If a student is unable to attend a lesson they must notify the coach via [this form](#). The form is also available on our website under the members tab. If advance notice is not given, the student will not be able to make up the lesson. Missed lessons may be made up at the coach's convenience or during the designated make up week. There will also be limited make up time available during our mini camps. Please see our schedule for mini camp dates.

If a coach misses a lesson, the lesson will be made up at the student's convenience or a refund for that lesson will be given at the end of the 11 week period.

Refunds will not be given for unused lessons. Lessons must be made up within 4 weeks of the session in which the lesson was missed. During some sessions there will be certain days of the week that will have less than 11 weeks due to holidays or coach travel. In these instances the lessons will be prorated based on the number of available weeks.

Lesson sessions will cost \$305. Students may split this amount in up to 3 monthly payments. If the cost is split into multiple payments there will be a fee of \$3 per payment. Discounts will be given as indicated below if a student takes multiple lessons per week or a family has multiple students taking lessons. Please note that session 4(Summer Session) is only 8 Lessons and costs \$250 for the session.

Number of Lessons Per week	1	2	3	4	5
Total Cost Per 11 week Session	\$305	\$590	\$870	\$1,140	\$1400

Lesson Session Dates(Subject to Change)

Session 1 September 1- November 30

Day of Week	Monday 9 Lessons	Tuesday	Wednesday	Thursday 9 Lessons	Friday	Saturday 8 Lessons
Lesson Dates	9/9 9/16 9/30 10/7 10/14 10/21 10/28 11/4 11/11 11/18(Make up day)	9/3 9/10 9/17 10/1 10/8 10/15 10/22 10/29 11/5 11/12 11/19 (Make Up day)	9/4 9/11 9/18 10/2 10/9 10/16 10/23 10/30 11/6 11/13 11/20(Make Up day)	9/5 9/12 9/19 10/3 10/10 10/17 10/24 11/7 11/14 11/21(Make up day)	9/6 9/13 9/20 10/4 10/11 10/18 10/25 11/1 11/8 11/15 11/22(Make Up day)	9/7 9/14 9/21 10/12 10/19 10/26 11/9 11/16 11/23(Make Up Day)

Session 2 December 1st -March 7th

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday 8 Lessons	Saturday 9 Lessons
Lesson Dates	12/2 12/9 12/16 1/6 1/13 1/20 1/27 2/3 2/10 2/24 3/2(Make Up)	12/3 12/10 12/17 1/7 1/14 1/21 1/28 2/4 2/11 2/25 3/3(Make Up)	12/4 12/11 12/18 1/8 1/15 1/22 1/29 2/5 2/12 2/26 3/4(Make Up)	12/5 12/12 12/19 1/9 1/16 1/23 1/30 2/6 2/13 2/27 3/5(Make Up)	12/6 12/13 1/10 1/17 1/24 1/31 2/7 2/14 3/6(Make UP)	12/7 12/14 12/21 1/11 1/18 1/25 2/1 2/8 2/15 3/7(Make Up)

Session 3 March 8-May 30

Day of Week	Monday 9 Lessons	Tuesday	Wednesday	Thursday	Friday 9 Lessons	Saturday 8 Lessons
Lesson Dates	3/9 3/16 3/23 3/30 4/13 4/20 4/27 5/4 5/11 5/18(make-up)	3/10 3/17 3/24 3/31 4/14 4/21 4/28 5/5 5/12 5/19 5/26 Make Up	3/11 3/18 3/25 4/1 4/15 4/22 4/29 5/6 5/13 5/20 5/27(make-up)	3/12 3/19 3/26 4/2 4/16 4/23 4/30 5/7 5/14 5/21 5/28(make Up	3/13 3/20 3/27 4/3 4/17 4/24 5/8 5/15 5/22 5/29Make Up	3/21 4/4 4/18 4/25 5/2 5/9 5/16 5/23 5/30(make-up)

Session 4 June 1- August 30 (Please note this session is 8 Lessons and the cost is \$250)

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lesson Dates	6/1 6/8 6/15 6/22 7/6 7/13 7/20 8/3 8/10(Make Up) 8/17(Make-Up) 8/24(Make Up)	6/2 6/9 6/16 6/23 7/7 7/14 7/21 8/4 8/11(Make-Up) 8/18(Make-Up) 8/25(Make-Up)	6/3 6/10 6/17 6/24 7/8 7/15 7/22 8/5 8/12(Make- Up) 8/19(Make- Up) 8/26(Make- Up)	6/4 6/11 6/18 6/25 7/9 7/16 7/23 8/6 8/13((Mak e-Up) 8/20(Mak e-Up) 8/27(Mak e-Up)	6/5 6/12 6/19 6/26 7/10 7/17 7/24 8/7 8/14(Make-Up) 8/21(Make-Up) 8/28(Make-Up)	6/6 6/13 6/20 6/27 7/11 7/18 7/25 8/8 8/15(Make-Up) 8/22(Make-Up) 8/29(Make-Up)

Camps/Mini-Camps

During Cobb County school breaks we will host a series of Mini-Camps. These Mini-Camps will feature footwork, drills, and open fencing. Typically the camps will be Sunday and Monday during the breaks. Camp will be from 10am-3pm each day. Students may be dropped off as early as 8am and picked up as late as 5pm. The cost of these mini camps is included in the yearly membership fee. The cost for non members is \$65 per day.

During the summer we will host several week long summer camps. These camps will run from 9am-4pm. More details about the camps will be provided in November. Thos cost of the camps is \$275 for members and \$325 for non-members.

Tournaments

Students who wish to have a coach attend a tournament that has not been designated may request to have a coach attend a tournament via [this form](#). Students attending these tournaments who wish to have coaching will split the following fees. If there are more than 5 students competing on one day an additional coach may be required.

No Overnight Stay Required*(If the event is more than 100 miles participating students must split gas cost)*

Coaching Fee per day **\$150 per coach**

Overnight Stay Required

Coaching Fee per day **\$200 per coach**

Coach Per Deim for travel day or non event day **\$70 per coach per day**

Travel and Hotel cost to be split amongst attending fencers

2019-2020 Club Schedule

September 2019						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Club Closed
 Mini Camp
 Tournament At Premier No Lessons or Classes

General Information

USFA MEMBERSHIP & HOW TO GET ONE

What is the “USFA,” again?

USFA stands for “United States Fencing Association” and it’s the governing body for the sport of fencing in the United States. Similar to sister sports like Lacrosse, Boxing or Field Hockey, it’s a subsidiary of the United States Olympic Committee. It’s partially funded by the USOC and provides the infrastructure that standardizes fencing across the country. www.usfencing.org

What is a USFA membership?

You can purchase a USFA membership by paying \$70 annually on usfencing.org for a competitive membership. You want the competitive membership, because this covers you for the whole season. The membership essentially buys a place for a fencer in the USFA registry and funds national competitions throughout the year. Each fencer receives a unique USFA ID Number. This number is used to track a fencer’s tournament results, ratings and qualifications for national events, when earned. The fees from this membership pay for referees at national tournaments and the online systems used to keep track of fencers throughout the US.

After you purchase your membership, you will fill out your membership information and receive a temporary card that you can print out. A plastic card for your wallet and your keychain will be sent to you in the mail.

*Don’t forget, you must set your primary club name to “Premier Fencing Alliance” to go with your membership. This ensures that the electronic sorting systems won’t place fencers from the same club in the same pool groups.

Does my child have to have a USFA membership?

Most fencing tournaments, even locally, are “USFA sanctioned.” This means that you have to have a membership to compete in the event, because the scores will count towards earning a rating, which we’ll talk about later. When you register for a tournament on AskFred — don’t worry, we’ll explain registering there too — the description of the tournament will clearly say, “USFA sanctioned” or “unsanctioned.”

Don’t hesitate to go to an unsanctioned tournament if it’s close or convenient. But remember, only USFA sanctioned events count toward a rating. You will be asked to present your membership card or number at sanctioned events.

Yes, there’s an app for this

There is a US Fencing app, which can be used as a membership card and is used at national events to track tournament progress.

FINDING & REGISTERING FOR TOURNAMENTS

Ask Fred — Fencing Results and Events Database — is a very dated but very popular website that lists tournaments, camps and clinics throughout the country. Unlike your USFA log in, you will need to use this site to register for local tournaments. It’s very simple to use:

Make a log in with your fencer’s name, rating and USFA number
If you or your child doesn’t have a rating yet, you put the letter “U”
You can use that log in to register your child for tournaments
Note: It’s important to register for events 1-2 weeks beforehand
This let’s the hosting facility know how many refs they need

It also encourages attendance, when other fencers see people participating

www.askfred.net

Where can I register for local tournaments?

Register on askfred.net. You can find tournaments near you by putting your zipcode or city in the search field. Coach Audrey and Dimitri will also tell you about tournaments in the area.

What other fencing tournaments are there?

US Fencing hosts large national tournaments across the country each year. Some are for specific ages and some are for different skill levels. Generally, they include:

NAC – This stands for “North American Cup,” but most people just call these “NAC’s.” (Pronounced like, “nack.”) These large regional events are qualifiers for national championships at the end of the school year

RJCC – This stands for “Regional Junior Cadet Circuit.” These events are for fencers under age 19, they are a qualification path for Junior Olympics and Summer Nationals.

SYC – This stands for “Super Youth Circuit.” These competitions are geared for young fencers and qualify fencers for youth events at the USFA National

How do I register for national and Regional events?

You register on US Fencing Association’s RailStation platform, which is linked from their website. It’s the same place you sign up to be a USFA member.

UNDERSTANDING FENCING RATINGS

By the basics, USFA ratings break down into this:

A – The highest achievable ranking, held by high-level fencers including Olympians

B – The second highest rating

C – The middle rating

D – The second lowest rating

E –The lowest rating

U – Includes competitive fencers who have not yet earned a rating

Is a rating important?

While a rating is nice, they’re more of a way for the USFA to classify fencers — making sure that people on the same skill-level are able to compete with each other. Earning a rating is great, but it’s not nearly as important as just going to competitions and practicing.

Some people take years to earn even an “E.” The more tournaments you or your child attend and the more they practice, the greater chance of earning a rating. At the end of the day though, ratings happen naturally. For your child, “earning my E” should never be a goal. Instead, focus on performing actions well that you’ve practiced with your coach.

Does fencing have age groups?

While they’re not as structured as they are in other sports, there are age groups in fencing that are important -- especially in youth-level national competitions. While it’s great for a child to fence with people in their age-group, they shouldn’t only compete with people at that level. Fencing is truly an “all ages” sport, with many great competitors of all ages.

The age groups in fencing include:

Y10 – Which includes fencers at age 10 or below. The youngest fencers are generally around 8 or 9.

Y12 – For fencers age 12 or below, so no teenagers.

Y14 – For fencers age 14 and below, geared towards younger teens and below.

Cadet – For fencers under 17 years old

Junior – For fencers under 20 years old

Open – All ages 13+

Vet 40 – Competitors over 40 years old

Vet 50 – Competitors over 50 years old

Vet 60 – Competitors over 60 years old

Vet 70 – Competitors over 70 years old

Other Categories

Div I- Fencers rated C or above

Div II - Fencers rated C or below

Div III- Fencer rated D or below

Qualifying For NACs

Currently as long as a fencer meets the age and rating requirements they can attend any NAC. Please speak with your coach as to which NAC events would be appropriate for you or your child.

Qualifying for Junior Olympics and Junior and Cadet Nationals

There are several paths to Qualifying for JOs and Nationals

1. Place in the top 64 at a NAC
2. Qualifying via points at RJCCs(the number of points needed varies from year to year and by event)
3. Place in the top 25% at the Divisional Qualifying event(Junior Olympics Only)

Qualifying for Youth Nationals

1. Place in the top 32 at a NAC
2. Qualifying via points at RYCs(the number of points needed varies from year to year and by event)
3. Place in the top 25% at the Divisional Qualifying event(For Youth 14 only)

Qualifying for Div II or Div III Nationals

1. Place in the top 25% at a NAC
2. Place in the top 25% at a ROC
3. Place in the top 25% at a Divisional Qualifying event

Scholarship Opportunities

<https://www.usafencing.org/athletes-scholarships>

Absolute Scholarship

USA Fencing and Absolute Fencing Gear have partnered to recognize young fencers who have excelled in high school with All-Academic Team honors.

Athletes with a GPA of at least 3.85 (94 or better) are eligible to be named to the First All-Academic Team. Second Team athletes include those whose GPAs are 3.7 – 3.84 (87 to 93). Athletes with 3.5 – 3.69 GPAs (80-86) are recognized on the Honorable Mention Team. In addition to GPA, class rank (where applicable) is reviewed. Only traditional core academic classes will be considered when evaluating transcripts of applicants that are on the border of one team to another.

Absolute Fencing Gear has also pledged \$10,000 in scholarships for the All-Academic Team program. One female and one male applicant will receive \$4,000 each based on both their GPA and essay. Two additional applicants will receive \$1,000 each based on their submitted essay.

Note: Two letters of recommendation are required to be eligible for the Absolute Fencing Gear scholarships.

Connor Porter Memorial Scholarship

Two scholarships are awarded annually - \$2,000 each for one male and one female high school student. To be eligible for the scholarship, candidates must be members of USA Fencing and submit a recommendation letter from a coach, teacher or school administrator. No grades need be submitted as grades will not be considered in determining the winners of the scholarship.

In addition, all applicants must complete an essay on a new topic each year.

Wang Memorial Scholarship

High school seniors and college/university undergraduate students are eligible to apply for this scholarship. To ensure that your application is reviewed and processed as quickly and accurately as possible, please read and follow these procedures and requirements as written. This is not a “need based” scholarship. Nor do you have to be fencing NCAA. All college-bound fencers are encouraged to apply.

SCHOLARSHIP APPLICATION

PROCEDURES AND INFORMATION

1. Enclose only those items requested in the application (do not attach biographies, resumes, or supplemental lists of activities). Requested items must be attached to the application.
2. Answer all questions on the application (“see attached” is not an acceptable answer).
3. All applications must be printed or typed, and with original signatures and include a photograph. Applicants are responsible for legibility and readability.
4. Only original applications will be accepted. Fencing Institute of Texas is not responsible for lost or misdirected applications. E-mail or faxed applications are not acceptable. Mail or bring your completed application to:

Fencing Institute of Texas, Inc.
11482 Luna Road, Suite 100
Farmers Branch, Texas 75234-9420

5. Applications become the property of the selection committee and will not be returned to the applicant.
6. Submission of an application is in no way a guarantee that a scholarship will be granted.
7. DEADLINE FOR APPLICATION SUBMISSION is June 30th. Post marked dates do not constitute submission; applications should be mailed in plenty of time to arrive at FIT prior to the deadline. Use sufficient postage. There is no one at the club during the day, so do not send via USPS requesting a signature receipt!! This may delay receipt of your application and you may miss the deadline.
8. The selection committee will generally meet in September. The selection committee consists of 3-5 FIT members and 2-4 representatives from other clubs. The committee may meet in person or via email, so all applications should be legible enough for scanning into PDF format. Please use black ink if hand writing your application.
9. The selection committee will notify each applicant in writing of the committee's decision. There is no appeal and the decision of the committee is final.

APPLICANT REQUIREMENTS

1. All applicants must be high school seniors or undergraduate students attending college or university in the fall of the scholarship year.
2. Applicants must submit the completed application in a timely fashion.
3. Applicants must have demonstrated a strong desire to participate in fencing activities and help other fencers.
4. Provide TWO signed recommendation letters from Coaches or Fencers who know the applicant personally. These letters should attest to the general character of the applicant. This is the only endorsement required. Endorsements from teachers, counselors, etc., should not be included and will not be considered.
5. Submit a photo that may be used on the internet and in other publications.

Recommended Equipment (Sabre)

Here are a list of items that we recommend. We do provide all equipment needed to fence at the club, however we ask that once fencers begin competing outside the club they purchase their own equipment. Some fencers will want to get their own equipment much sooner. The items are listed in the order we recommend getting them.

1. AF SABRE CE 350 N MASK: STANDARD [Link](#)
2. ABSOLUTE ELECTRIC SABRE GLOVE [Link](#)
3. ABSOLUTE E. STANDARD (S2000) SABRE [Link](#) Select the following options
 - a. AF Plastic Electric Foil/Sabre Pad
 - b. Select your childs dominate hand
 - c. If your child was born in 2008 or earlier choose size 5 blade. If your child was born in 2009 or after choose size #2 blade
 - d. Absolute Standard Guard
 - e. AF 2 Prong Socket

4. JACKET: COTTON W/: STRETCH PANEL [Male Link](#) or [Female Link](#)
5. ABSOLUTE F/ Zip Lame [Male Link](#) or [Female Link](#)
6. ABSOLUTE STANDARD 2-PRONG BODYCORD [Link](#)
7. Mask Cord [Link](#)
8. AF Nylon Underarm Protector [Link](#)
9. Chest Protector [Link](#) (Women Only)
10. AF UNISEX PANTS: 350N COMFORT [Link](#)

Starter sets with all of this equipment can be found [here](#)

Once your child begins competing they will need an additional sabre, mask cord, and body cord.

Additionally you may wish to purchase a [bag](#) and [fencing shoes](#)

Recommended Equipment (Epee)

Here are a list of items that we recommend. We do provide all equipment needed to fence at the club, however we ask that once fencers begin competing outside the club they purchase their own equipment. Some fencers will want to get their own equipment much sooner. The items are listed in the order we recommend getting them.

1. Absolute Mask [Link](#)
- 2.
3. ABSOLUTE STANDARD 3-W WASHABLE GLOVE [Link](#)
4. STM COLOR E. EPEE W/: PISTOL GRIP [Link](#)
 - a. Choose dominant hand
 - b. Af Standard Guard
 - c. German point
 - d. AF Epee socket
 - e. Ask coach about grip, most will be meduim AF Vis Pistol
 - f. #5 blade size

Or Choose

STM COLOR E. EPEE W/: FRENCH GRIP [Link](#)

- a. Choose dominant hand
 - B. Af Standard Guard
 - C. German point
 - D. AF Epee socket
 - E. Harut Mamba Grip
 - F. Pommel Harut 98 grams
 - G. #5 blade size
-
4. JACKET: COTTON W/: STRETCH PANEL [Male Link](#) or [Female Link](#)
 5. AF Nylon Underarm Protector [Link](#)
 6. Chest Protector [Link](#) (Women Only)
 7. AF UNISEX PANTS: 350N COMFORT [Link](#)
 8. ABSOLUTE STANDARD EPEE BODYCORD [Link](#)

Once your child begins competing they will need an additional epee and body cord.

Additionally you may wish to purchase a [bag](#) and [fencing shoes](#)