

ADDITIONAL COMPETITION TRAINING SESSIONS

Saturday 7th October

10:30 - 12:30

Cost £9

All youth fencers welcome, particularly new competitors!

To promote good experiences with competitions and practice existing approaches, I'm putting on competition-focussed session. This additional session will focus on some of the often-overlooked aspects of engaging with competitions and provide additional sparring opportunities. The session will be led by me and supported with local coaches if numbers demand additional staffing.

This will be ideal for fencers who want to start competing and aren't sure whether they feel ready, or keen to start but new to it. The session is also aimed at those already competing with experience who want some time on task.

Venue

Brighton Aldridge Community Academy (BACA) Sport Hall, off the A27 near the Amex

Transport

Car: Access off the A27 and under Falmer bridge into the school grounds. Free parking is available at the school.

Rail: 15 min walk from Falmer station.

Bus: 5 min walk from stops for 5B, 23, 25, 28/29B Regency Route, 78 Breeze

Summary

For new competitors, there will be chances to ask questions of experienced fencers. For experienced competitors, there will be the chance to practice specific tactics, and also share your experiences with newer fencers.

When should I reply by?

Please email info@dragonhead.club no later than Thursday 5th October to sign up.

Payment is due by end of Friday 6th October.

Do I need to bring kit?

For Dragonhead youth fencers, all kit will be provided. For all fencers from other clubs, please bring full fencing kit including weapons and wires (if you have them).

What will we do?

We will begin with a discussion about arriving at competitions, then move on to approaches to warming-up. After, we will have free sparring on boxes, before moving into activities specific to each level of fencer. There will be opportunities to share experiences and ask questions, and for specific personal sparring feedback.

What if I need to cancel?

If you find yourself unable to attend for any reason, you can email me at least 48 hours in advance of the session to cancel and receive a refund of your registration fee.

Anything else?

Please bring a water bottle and a light snack if you want. There will be a short break and food is not provided at the venue.

For new fencers, choosing to compete is a decision best made by the child, in consultation with parents and coaches. This session will help your child work out if competing is something they would like to try at this time, and help them feel more confident with the process when they take part in their first competitions.