

DATES TO REMEMBER:

www.schoolhousefencing.com

September 15th-16th REGIONAL YOUTH CIRCUIT Salt Lake City Y10, Y12, Y14 www.askfred.net
September 23rd Epee Circuit #2 Y8, Y10, Y12, Y14, Junior, Senior and Veteran Pocatello, ID
September 27th **DEADLINE** FOR NOVEMBER NAC in Kansas City Junior, Cadet, Y14
October 7th Epee Circuit #3 Y8, Y10, Y12, Y14, Junior, Senior and Veteran Boise, ID
October 13th-16th NAC in Anaheim for Div I, Div II, Cadet
October 28th Epee Circuit #4 Y8, Y10, Y12, Y14, Junior, Senior and Veteran Kaysville, UT

Schoolhouse Fencing tuition is due on the 1st day of each month. Monthly tuition is \$65 per month. Second family member receives \$10 off. Private lessons are \$60 per month for 20 minute lessons, once a week.

Epee League Success in Kaysville

Huge thanks to everyone who fenced at the first epee cup of our season. It was a good day, with fencers from Pocatello, Boise, Orem and the Salt Lake area participating. In the Senior open, the podium was all Schoolhouse fencers with Zac Hansen earning his A17, followed by Joe Storey, Tatijana Stewart and Oliver Proctor. The Junior event also had a full podium of Schoolhouse with Oliver winning that event, Joe taking silver and Tatijana and Michael Bennion with bronze. Y14 featured Alyssa Ekstrom in 6th place and Gabe Carrier took gold in Y12 with Halle Hardcastle in 3rd and Tommy Cureton in 6th. Gabe and Tommy were first and second in Y10 and Meredith Carrier took silver in her first tournament in the Y8 event. We head to Pocatello on September 23rd for cup #2, so please REGISTER NOW. It makes a difference to register early, as more people will want to attend a larger event. There should be Montana fencers coming over for this event, so let's get signed up now. All three remaining epee cups are on www.askfred.net now, so you can register for all.

In other tournament news, if you are Y10, Y12 or Y14, you'll want to register for the RYC (Regional Youth Circuit) that takes place on the 15th and 16th of September. There will be THREE local RYC's this season and this is the first one. These RYC's are great opportunities to fence people from out of state who often come to our RYC's because they are smaller than the giant RYC's in California that may host 50-70 fencers in each age category. These are qualifiers for summer nationals and these regional events are just good preparation for larger regional tournaments. The other RYC's this season will be in December and April and are hosted by Schoolhouse Fencing. Kenny will be coaching you at this RYC, so please register and plan on attending.



A few photos from August 26th



“Ask Kenny”- A chance for Kenny to answer questions that fencers ask.

“Hey Kenny, I don’t want my parents to video me when I fence but they insist on it. What should I do?”

Well, Inquiring Fencer, I’ll tell you. Your parents are more than likely wanting to video you to have a remembrance of you participating in the sport. They may want to share with other relatives who are unable to attend to see you competing. I think that is great. That is what parents do. That is what families do. Nothing wrong with that. Some people do not like to be videoed or photographed. This is also quite normal. We could think about it and discover a couple of reasons people do not like to be captured on film/video is from fear of seeing (and having a record of) themselves not doing as well as they think they should be doing, fear of seeing themselves and expecting others not to like the view, or sometimes they feel as though their parents are trying to muscle in on their territory (of the sport). These are valid issues that must be addressed and conquered by the fencer/student. I have had some students say they did not want me around while they were fencing; it made them fence worse. This stems from the feeling of inadequacy and insecurity in their own head. They must realize this and get over themselves.

All of us, the coaches, parents, siblings, and fellow clubmates all want the best for us and are there to support us. While sometimes we are not able or capable of providing the perfect support at all and every given moment, we are trying. At the same time, we are also not always the best at accepting the support offered to us. We are in a mental place of unknowing insecurity and frustration, and we do not know how to deal with it. We must all understand this and know it is a learning curve for all of us and we are all doing our best.

That being said, I think videoing you while you are fencing is a wonderful idea. It gives the parents something to do (so they are not bothering us) and it will provide feedback to be analyzed and discussed later to show some of our good traits and some of our faults that we can improve on. It is very hard indeed to fully understand some of our difficulties unless we see them and are show exactly why things we do are not working out. I will take time during our Stage Two class(es) to help the parents know and understand the importance of creating good videos for further review. Just remember little Slim Jim, they are delicate flowers who are easily bruised, so let’s all help them learn in a controlled and comfortable setting. Ready, Set, Action!

Five Things to Do as the New Season Begins:

1. Be sure to renew A membership for you/your fencer. You need to have at least a non-competitive membership to participate at practice for insurance purposes. You can visit www.usfencing.org and find the membership link to get this taken care of.
2. Look on www.askfred.net for the upcoming local events that you may want to fence at and please register early. We say this all the time, but it really makes a difference!
3. Assess your current gear/weapon situation. Did you out grow anything that needs to be replaced? Do your weapons and body cords work? Have you learned the basics of fixing weapons and gear yet? If not-
4. Plan ahead on attending the basics of armory class. Friday evening, October 27th from 5pm-8pm Kenny will give some basic armory information to parents and fencers. We’ll remind you again, but please put that night on your calendar so we can have good attendance.
5. Have you met Giulio Porelli yet? He’s an exchange student from Italy who’ll be fencing with us this season. He’s just 16 and has fenced for about five years. Please say hi and help him feel welcome.