

British Fencing The National Academy



Neil Brown - Project Officer
Ben Champion – National Development Manager
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Closing slideshow

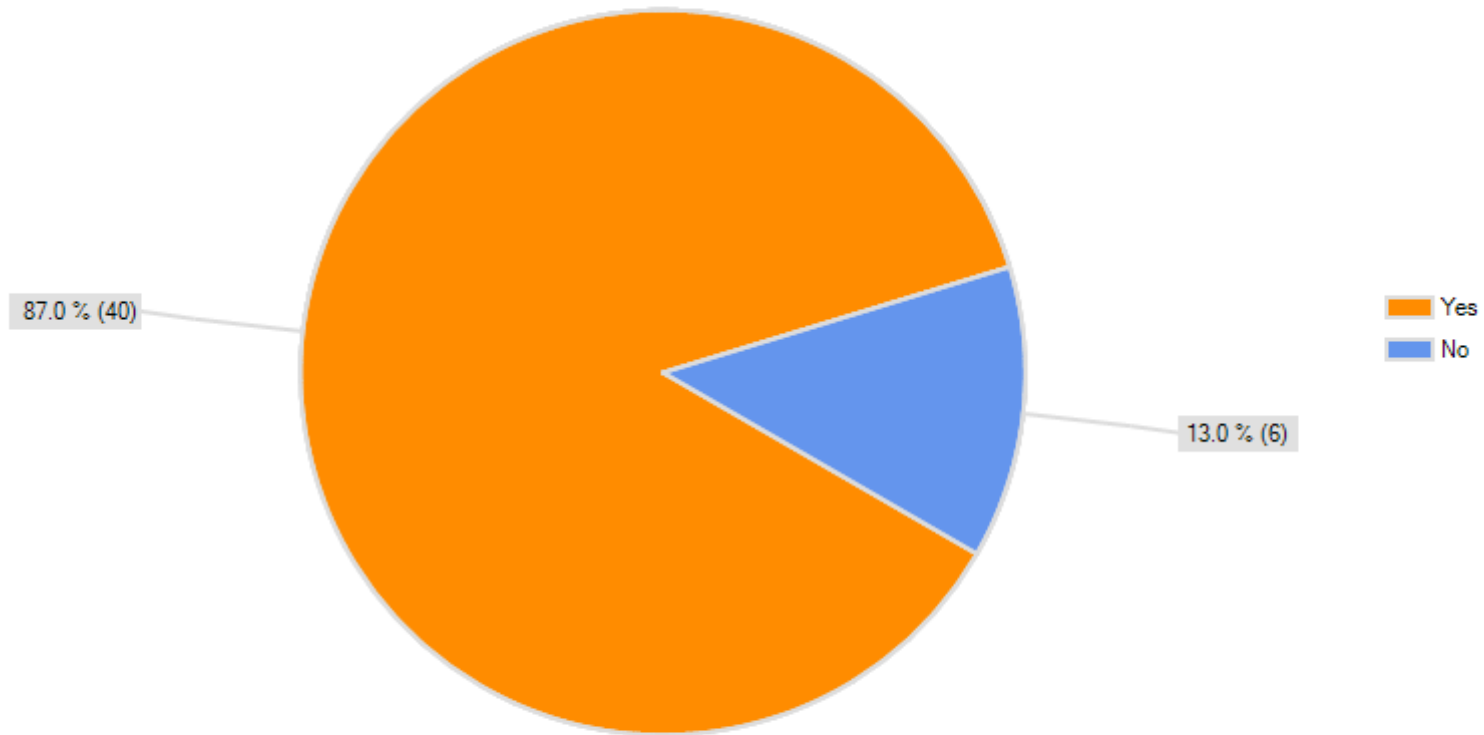


NATIONAL FENCING
ACADEMY

Slide show available at www.britishfencing.com/academy/

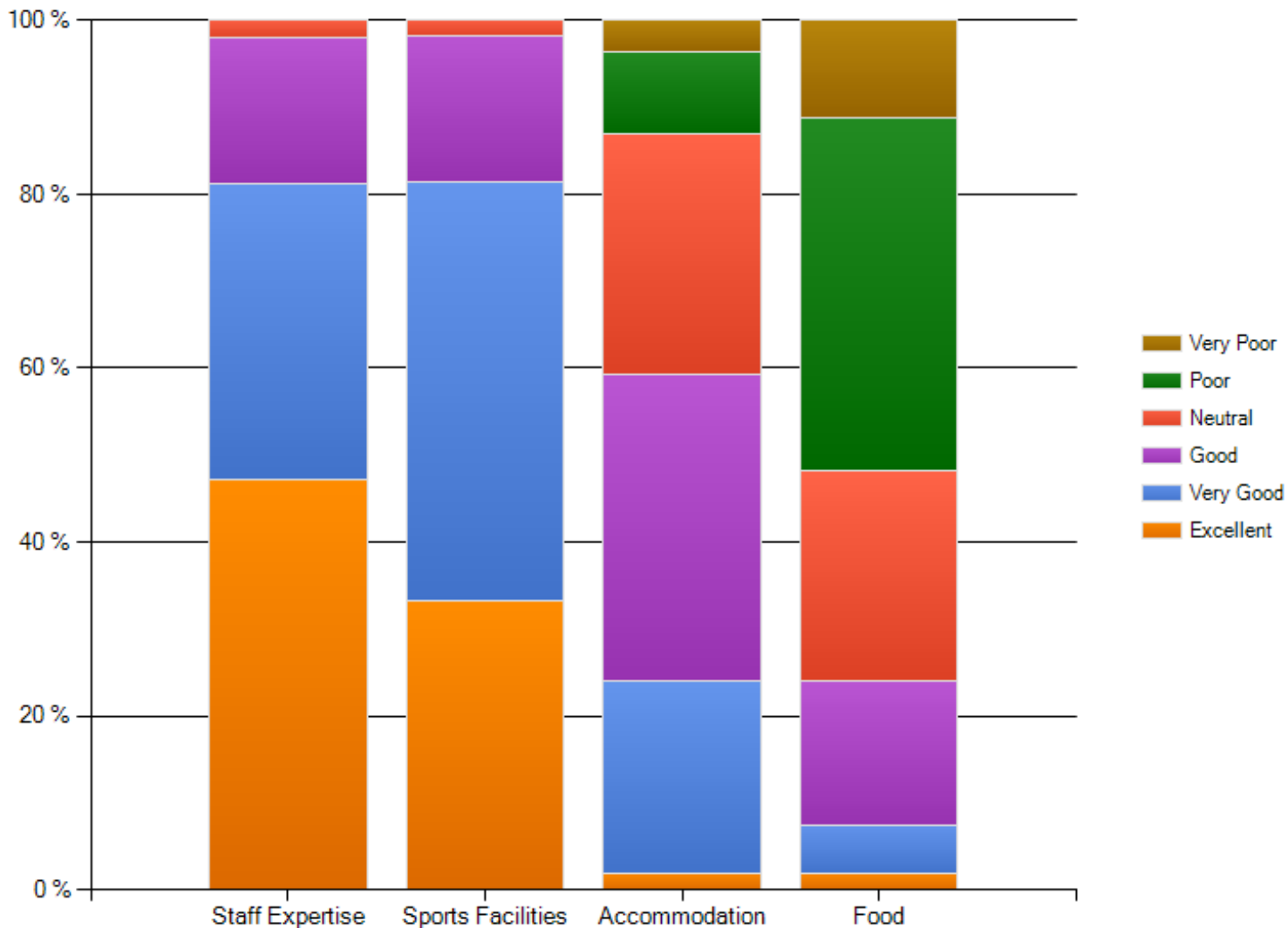
Have you noticed changes in your fencer? What are they?

Have you changed the way you train following the week in Nottingham?

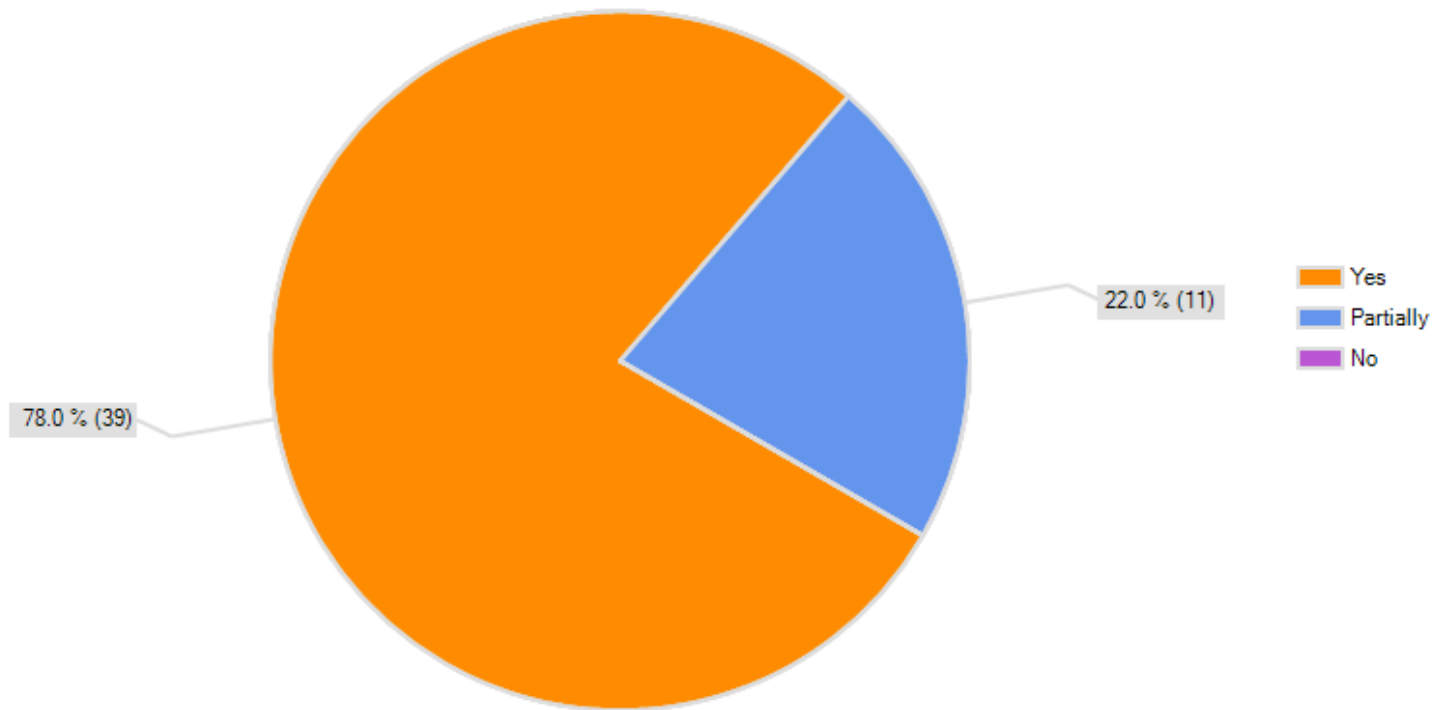


What is most important to your fencer?

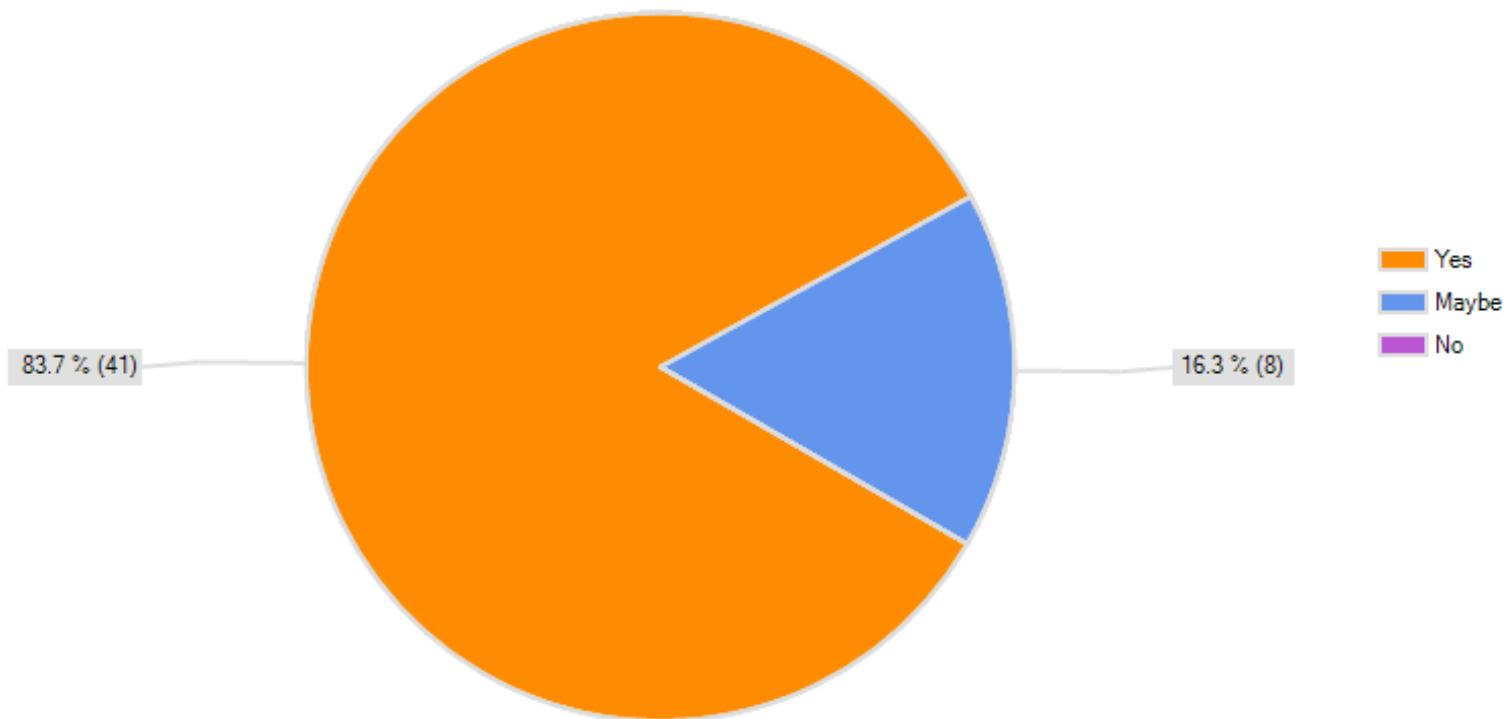
Please rate the following:



Was the National Academy training camp worthwhile for you?

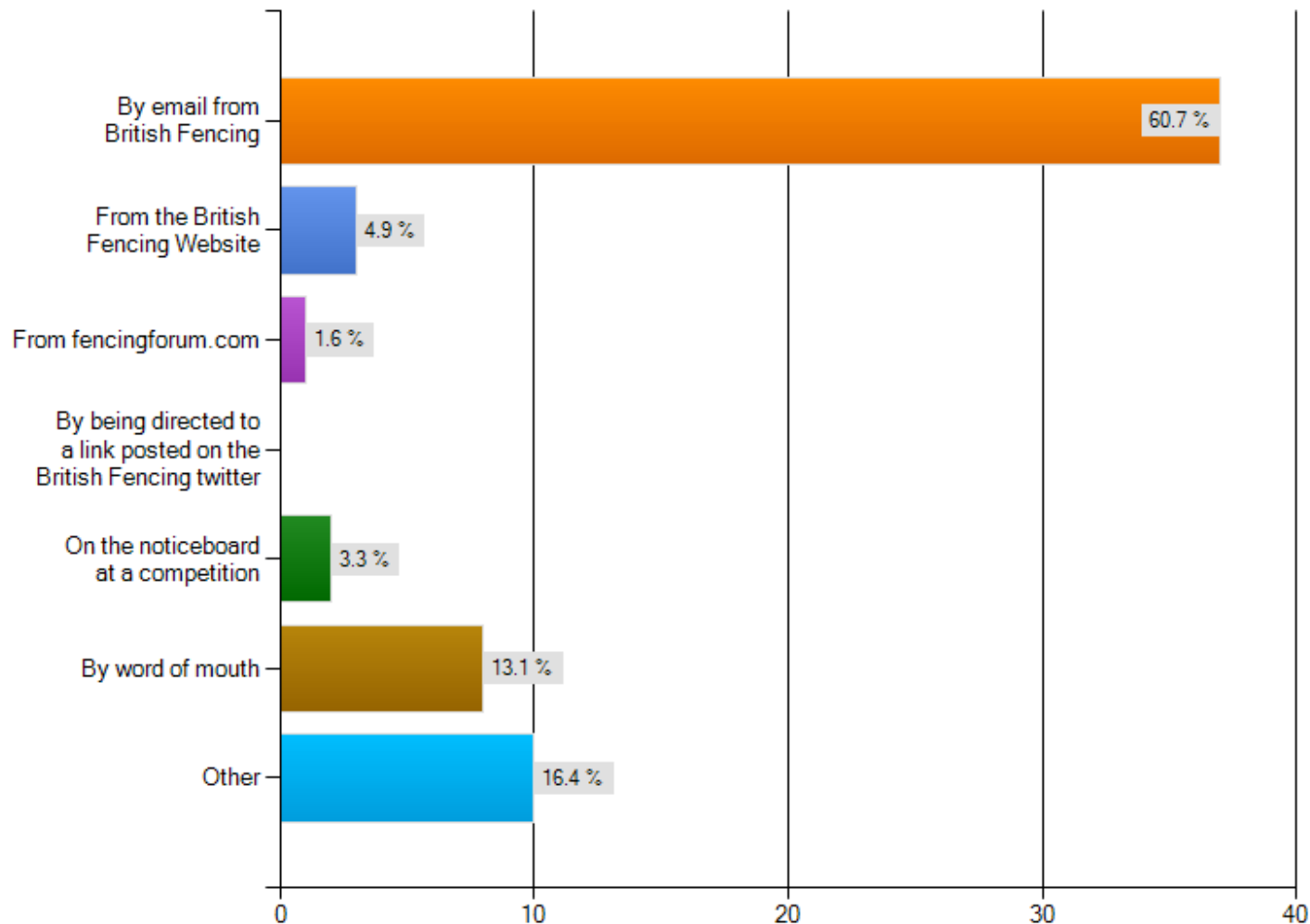


If selected, would you attend this the National Academy Summer camp again?



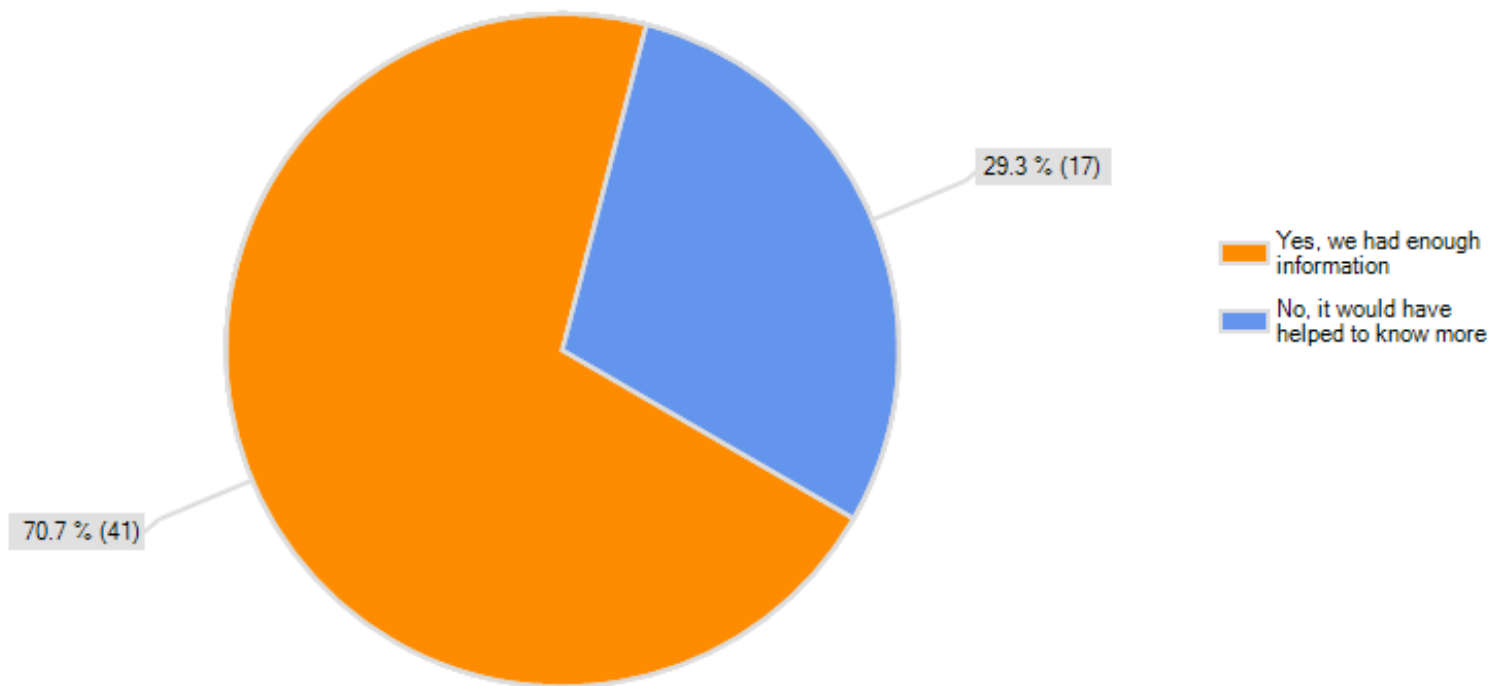
How do we improve our Communication to you?

How did you hear about your selection for the National Academy Summer camp?



What info do we need to provide to you?

Did you have adequate information about the Academy before deciding to accept selection or to apply?



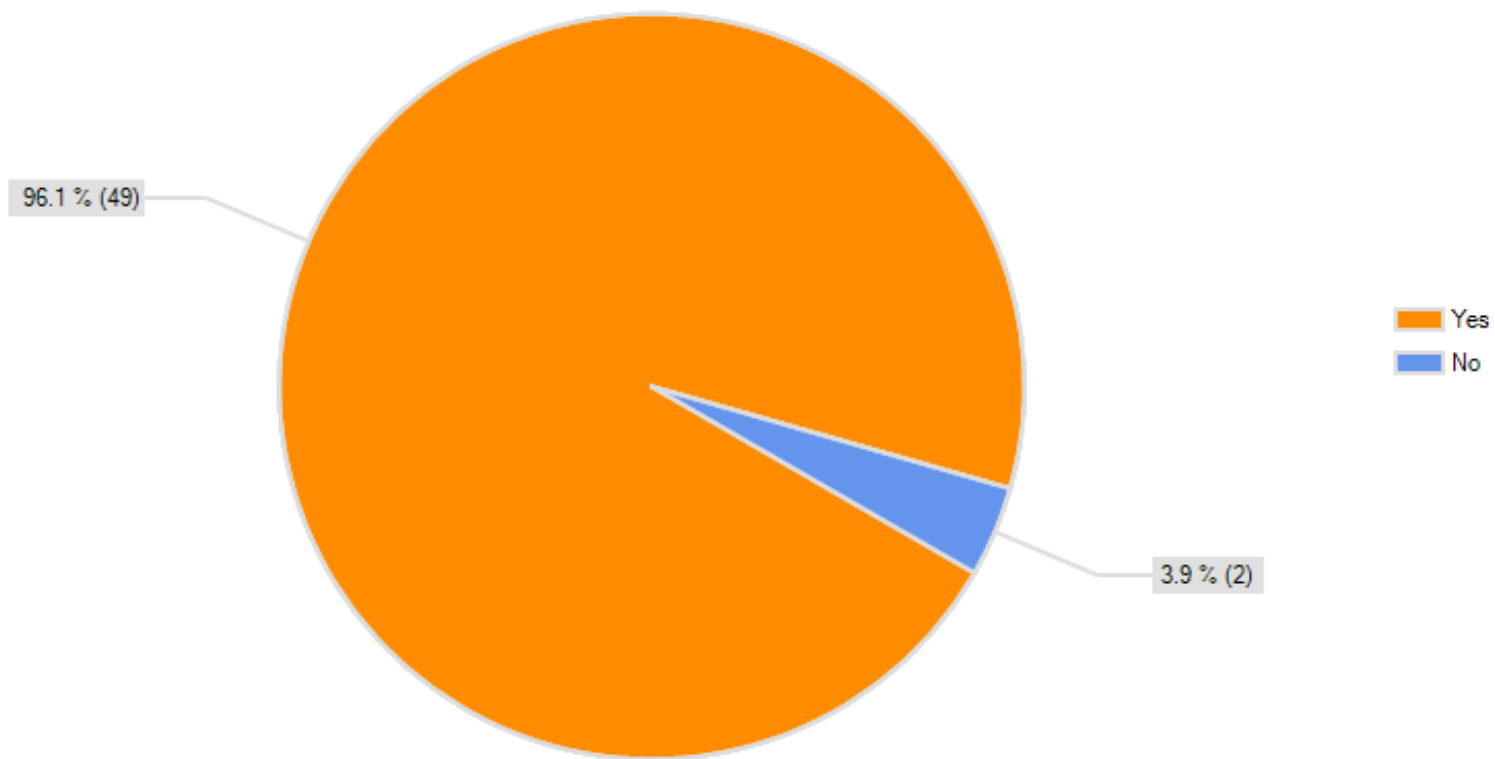
What did you want to know?

- Whether it was compulsory or not
- Names of the staff involved
- Broad outline of syllabus / timetable
- What people would be there
- but I was a bit confused about the initial application and was not sure for a long time if we had done it right

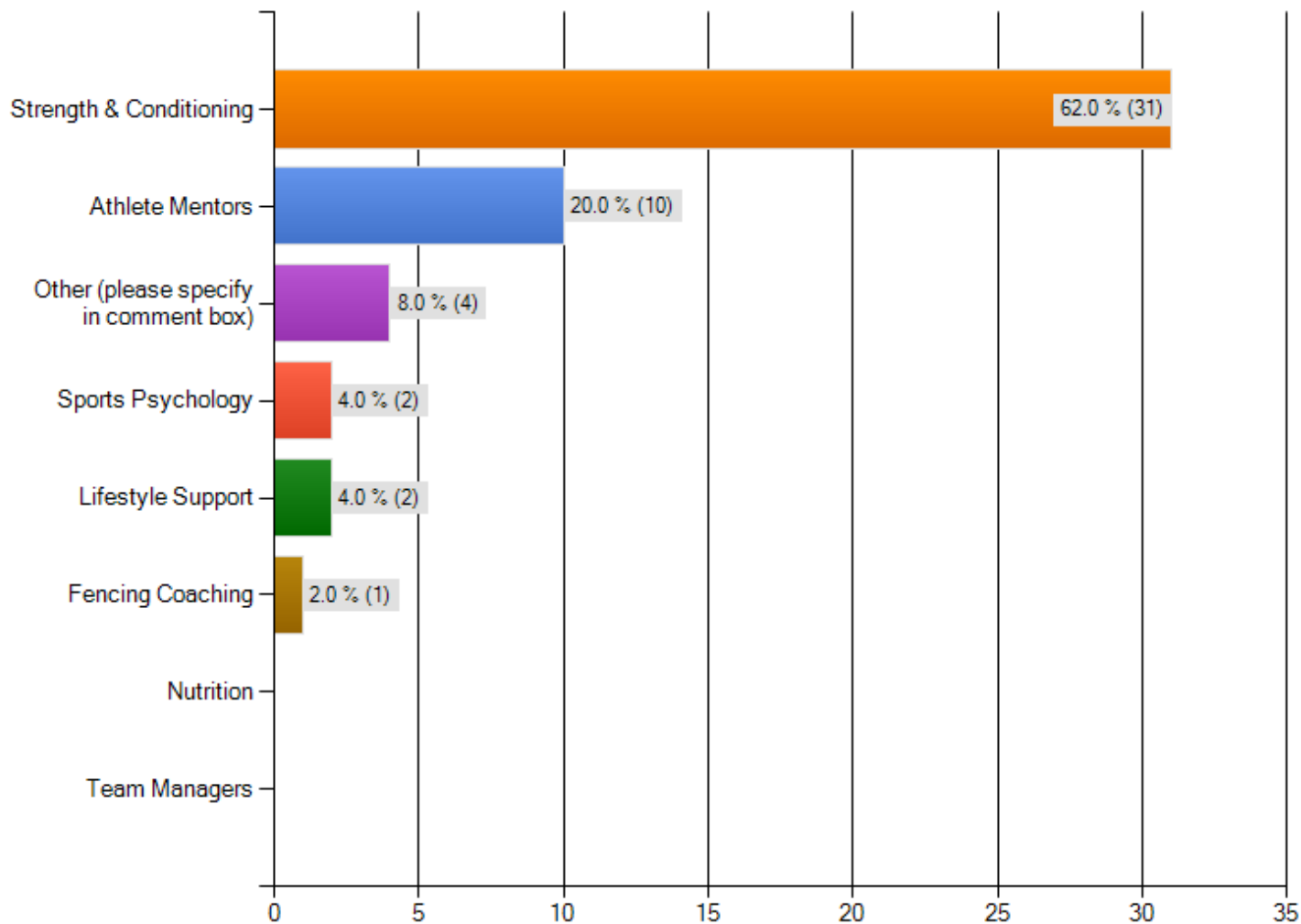
What did you want to know?

- we were worried about the politics of not applying/ those of applying
- Limited information due to cadet results last year
- A timetable, or a rough sketch, would have been good, as although I knew that it would be training to train, I couldn't find out just what that meant.
- but I was a bit confused about the initial application and was not sure for a long time if we had done it right

Have you kept up with the S&C training?



Which of the following had the most impact on you during the week?



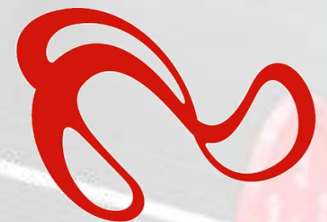


BRITISH FENCING



NATIONAL FENCING
ACADEMY

National Fencing Academy Strength & Conditioning Review 2010



Anthony Turner, MSc, PGCE, CSCS, ASCC

London Sport Institute
at Middlesex University

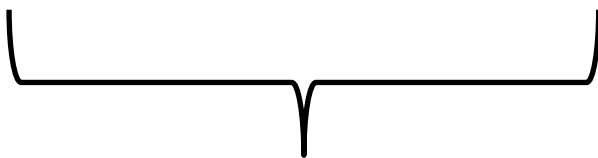
Presentation Overview

1. **Progress Review:** Feedback and feed-forward
2. **Testing:** results, norms and re-testing
3. **Training:** Sport-specific, evidence based approach
4. **Research:** Incorporating sport science to answer some important questions



All goals achieved! (and some...)

| Physical Literacy Skills (PLS) | | | | | | | | |
|--------------------------------|---------------------|--------------------------|--------------------|-------------------|------------|---------------|---------------------------|------------------|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| Calf | Overhead squat* | Walking high knee lunges | Ankling | Drop split snatch | Split jerk | Side shuffles | Single leg jump and stick | Single leg squat |
| Quads | Bent over | Jump and stick | Continuous jumping | | | Slalom jumps | Single leg slalom jumping | |
| Hip flexor | scapula retractions | | | | | | | |
| Hams | Glute | | | | | | | |
| Lats | Bridge | | | | | | | |
| Pecs | | | | | | | | |



August 2010

What next?

- <http://www.britishfencing.com/academy/academy-resources/>
- Performance Preparation
- Progress through PLS



British Fencing National Academy Normative Values

| Performance Test | Male | Female |
|----------------------------|-------------|---------------|
| Squat Jump | 46cm | 35cm |
| Countermovement Jump | 47cm | 37cm |
| Drop Jump | 46cm | 35cm |
| Single Leg jump (dom) | 24cm | 20cm |
| Single Leg jump (non-dom) | 22cm | 18cm |
| Single Leg jump difference | 7% | 9% |
| 2-4-2 Agility | 7s | 9s |

No significant difference between swords!

See end slide for scores defined by gender and sword

At Club Level

What tests should you focus on...

| Performance Test | Male | Female |
|----------------------------|------|--------|
| Squat Jump | 46cm | 35cm |
| Countermovement Jump | 47cm | 37cm |
| Drop Jump | 46cm | 35cm |
| Single Leg jump (dom) | 24cm | 20cm |
| Single Leg jump (non-dom) | 22cm | 18cm |
| Single Leg jump difference | 7% | 9% |
| 2-4-2 Agility | 7s | 9s |

Essentially the other tests would be too inaccurate without specialist equipment

Eventually movement mechanics too...

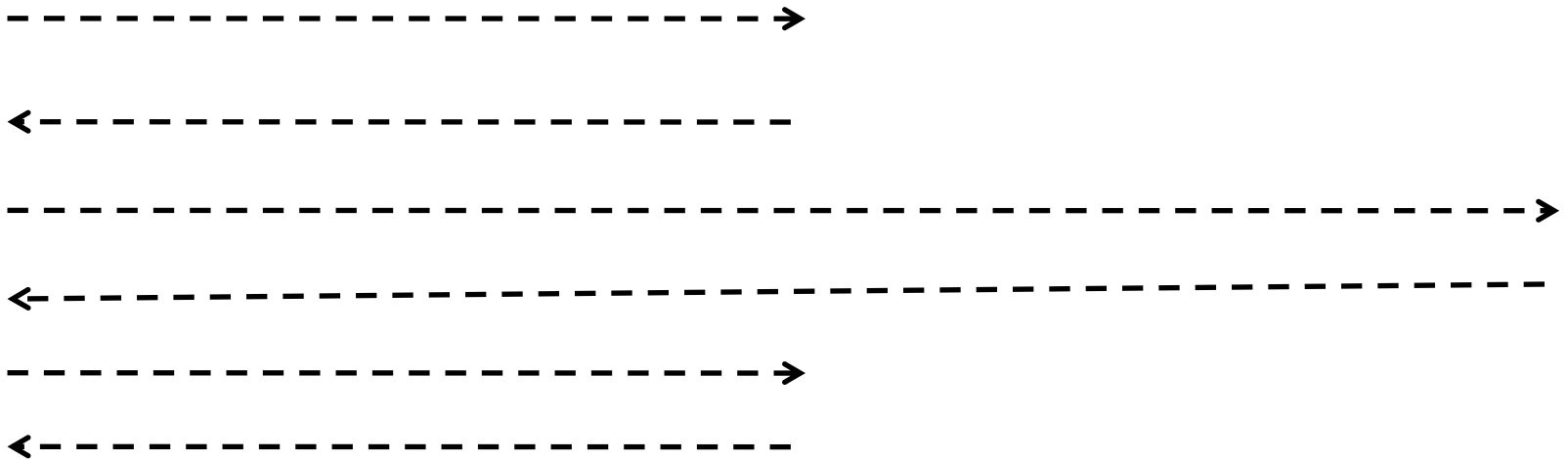
Countermovement Jump Test

- Hands **MUST** be on hips (unless of course you are using the chalk and wall method)
- Athlete jumps as high as possible (do NOT coach the athlete)
- Athletes should **NOT** tuck their knees
- **Best of 3** (but of course let them practice first)



2-4-2 Agility Test

Start



Finish



2m

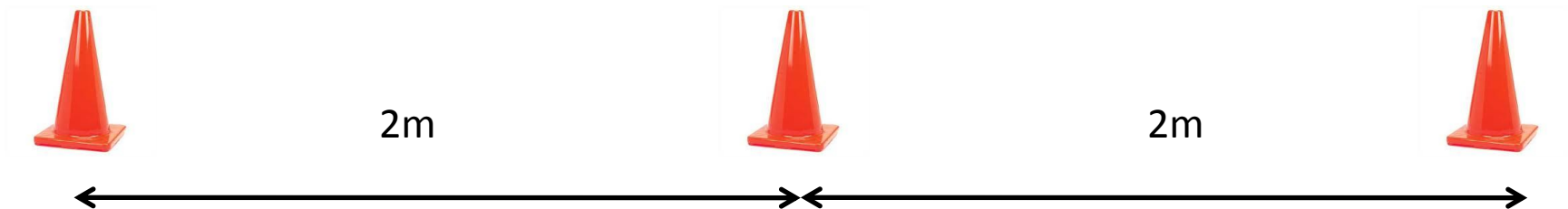


2m



2-4-2 cont.

- Athletes complete a 2-4-2 meter shuttle run
- Athlete **MUST** be in stance (If they break their stance the test is terminated)
- If using a stop watch, use your finger (a silly point I know but it is a little more accurate than your thumb!)
- **Best of 3** (but of course let them practice first)



Training

- Fencing is a *high-power, high-intensity, explosive* sport
- Fencing is an *intermittent* sport defined as *anaerobic...*
- See BF's LTAD model!
- Should fencers run?!?
- Fencers need *anaerobic-endurance* NOT aerobic endurance



Research

- So many unanswered questions...
- Research required to define *work to rest ratios*, *lactate production*, *various kinetic and kinematic parameters*, *validity of our test battery*, etc, etc, etc...
- We aim to investigate these in 2011. **Watch this space!**
- **Any questions..? On anything..?**



| Variable | | Male | | Female | |
|--------------------------------|-------|------|------------|--------|------------|
| | | Mean | Best Score | Mean | Best Score |
| Squat Jump (cm) | Epee | 46 | 63 | 35 | 42 |
| | Foil | 46 | 60 | 36 | 51 |
| | Sabre | 44 | 52 | 35 | 44 |
| | Total | 46 | 63 | 35 | 51 |
| Countermovement Jump (cm) | Epee | 48 | 66 | 35 | 43 |
| | Foil | 47 | 65 | 38 | 48 |
| | Sabre | 46 | 54 | 36 | 48 |
| | Total | 47 | 66 | 37 | 48 |
| Drop Jump (cm) | Epee | 47 | 65 | 35 | 40 |
| | Foil | 46 | 62 | 36 | 44 |
| | Sabre | 44 | 55 | 34 | 46 |
| | Total | 46 | 65 | 35 | 46 |
| Single Leg jump (dom) (cm) | Epee | 24 | 31 | 20 | 24 |
| | Foil | 24 | 31 | 20 | 28 |
| | Sabre | 23 | 31 | 20 | 25 |
| | Total | 24 | 31 | 20 | 28 |
| Single Leg jump (non-dom) (cm) | Epee | 23 | 30 | 20 | 26 |
| | Foil | 22 | 29 | 18 | 23 |
| | Sabre | 21 | 27 | 17 | 21 |
| | Total | 22 | 30 | 18 | 26 |
| Single Leg jump difference (%) | Epee | -6 | | -3 | |
| | Foil | -8 | | -11 | |
| | Sabre | -7 | | -8 | |
| | Total | -7 | | -9 | |
| 2-4-2 Agility (s) | Epee | 7 | 5 | 9 | 9 |
| | Foil | 8 | 5 | 9 | 7 |
| | Sabre | 7 | 5 | 9 | 8 |
| | Total | 7 | 5 | 9 | 7 |



What can we improve?

- not having a competition at the end
- info distribution
- new talks
- Fencing
- later mornings
- Female role model

What can we improve?

- Shorten the day length 7 till 10 was an endurance event in itself.
- Canteen
- Food food food FOOD !!!!!!!
- have practical armoury sessions
- more hands on training re armoury and sports psychology

What can we improve?

- More freedom for fencers
- increased personal freedom
- shorter lectures
- More spare time after lunch
- invite several fencers from abroad to offer competitive sparring
- Arrival on Sunday more convenient for working parents
- healthier food

What went well?

- Strength and conditioning
- S &C
- The addition of the visiting senior fencers and coach.
- The athlete mentors

What went well?

- the balance of theory and practice
- Strength and Conditioning Coaching
- The range of information available via nutritionists, psychologists etc
- S&C Training
- The lectures
- Facilities
- The lectures
- The individual sessions were really good

Athlete role model sessions

What went well?

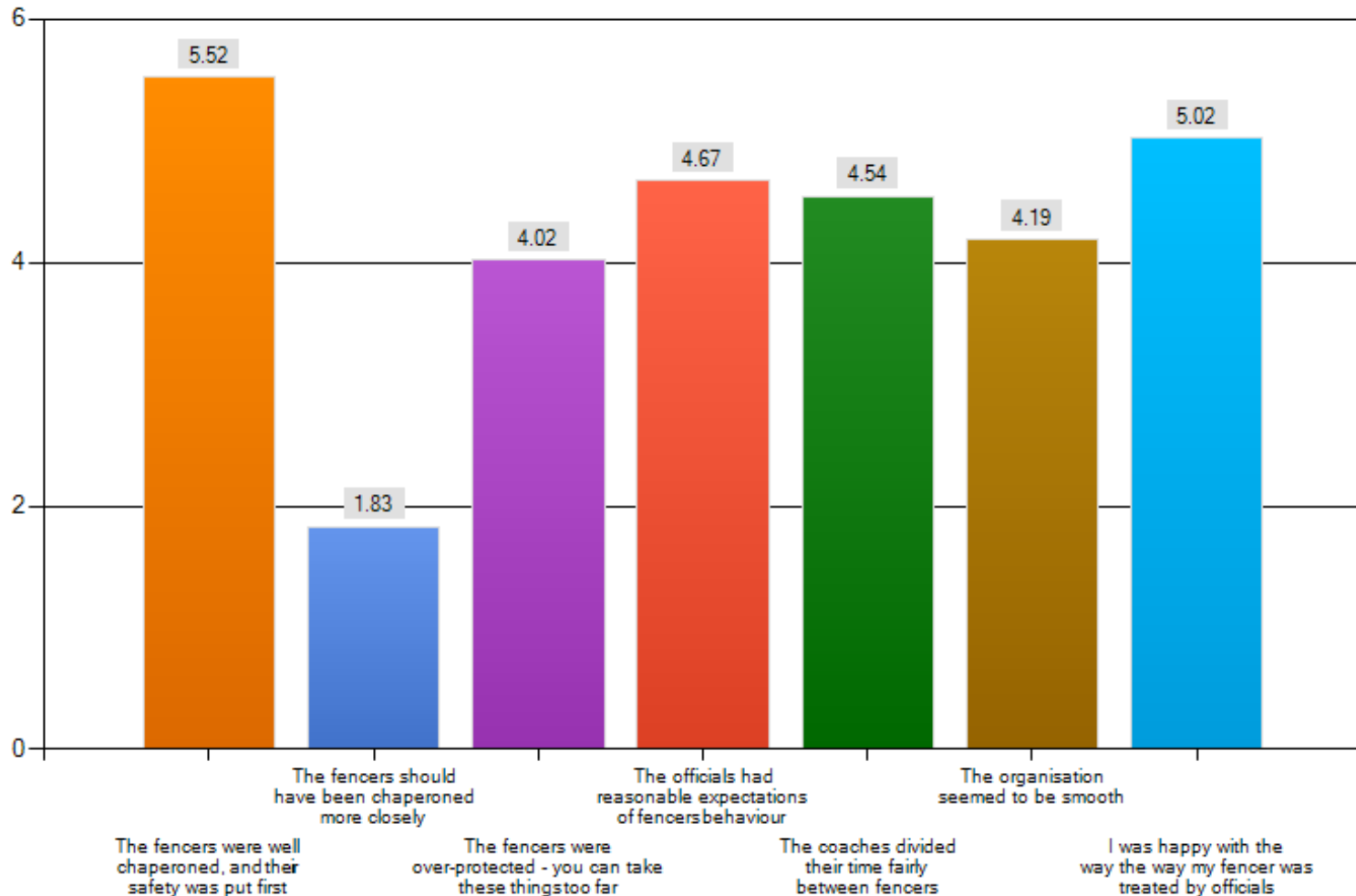
- the quality and knowledge of the staff
- Lifestyle Lectures (Training Diaries etc.)
- Staff were helpful with problems
- Footwork
- The S&C guys were superb
- The team atmosphere
- talking to role models

What went well?

- talking to role models
- Sessions with Jen
- the season planning lecture
- how to train lecture (training diaries...)
- Psychology lecture
- The training for staff concurrently with the training for fencers
- the demonstration lesson with Richard Kruse and Lawrence Halsted

Supervision & Welfare

It will help to know what parents and fencers thought of the way that the camp was managed.
Please put a score against each statement, between 0 and 5, where 0 indicates "strongly disagree" and 5 indicates "Strongly agree"



Most important thing learned

- proper fencing posture and ways to improve my core stability in a way that will help my performance.
- That it's not just fencing that counts - that performance is linked to many aspects: Lifestyle, training, nutrition etc
- Impact of S&C on performance
- The strength and conditioning warm up
- The fact that you have to plan for long term fencing rather than short term.



Most important thing learned

- the way to structure my year of training/competition and the psychological preparation
- The fact that you have to plan for long term fencing rather than short term.

General Comments

- The team manager groups should be with our own ages
- was ran smoothly and was a great experience
- As mentioned before, the days were too long. I think having theory sessions was good, however they were very dull. They could have been broken up with activities, discussions and other task which we could have done interactively. This would have enabled me to remember more of what we were told.
- This was an excellent start and the course was good. The aim for the academy to be the pathway for international competitions is not being met, I could therefore attend internationals without paying and spending time at the academy. This dilutes the rationale for the academy and lessens its impact.
- It would be good if the program continued for the older fencers next year

General Comments

- Really would like some more fencing and to vary the people including the male fencers that you have a chance to fence. The athlete mentors were great, really enjoyed meeting them.
- As demonstrated by S&C staff a mix of some more dynamic, young coaches has a very positive effect on cadet-aged fencers. Athlete mentors also very positive.
- In general I think that it was a fantastic success, and if it continues to succeed and get better, it will be the future of British Fencing.



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