



BRITISH FENCING NATIONAL ACADEMY

British Fencing



“Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't, it's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere.”

Barack Obama

“The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move.”

John Wooden

“I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win--if you don't, you won't.”

Bruce Jenner

“I've always believed that if you put in the work, the results will come.”

Michael Jordan

“Sooner or later, those who win are those who think they can.”

Richard Bach

Contents

Contents.....	3
Foreword.....	4
National Academy Staff – August 2011	5
Strength & Conditioning Assessment & Training.....	12
Training Diaries.....	18
Daily Training record.....	19
Introduction to Long Term Athlete Development.....	20
Appendix I – Age data from Beijing Olympics.....	21
LTAD Summary Table	22
The Fencing Development Pathway.....	25
How to Pass Weapon Checks	26
Core Stability Training	33
Overall Timetable.....	38
Daily feedback forms.....	39
Notes.....	39

Foreword

The National Academy was established last year to help educate fencers, coaches, referees, armourers and others. For fencers it will provide a pipeline to our World Class Programme, giving those with the talent and desire the environment to become a senior international athlete.

This year for the Sumer residential we have brought together an excellent range & breadth of some of the best sports training experts in fields that fencers need to prepare them for a successful fencing career.

This fits solidly within British Fencing's "3G" strategy:

- GREEN: to be a fit for purpose Governing Body
- GROW: to grow the sport
- GOLD: to win Olympic gold medals

In order to achieve Olympic gold, the National Academy aspires to develop individuals as athletes and give them an understanding of this environment. Long term planning, with an understanding of why and when an athlete trains, is key to this. Maintaining a training log or diary alongside this plan is critical, so nothing is left to chance.

Good luck, and I hope to see some of you at the Olympic Games in 2020.

Piers Martin
British Fencing CEO

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National Academy Staff – August 2011

Fencing Coaches

Linda Strachan



Lead coach for the National Academy programme

As a Competitor. Been to 2 Olympic Games (1988 and 1992), 7 National Titles (5 in succession), Been to 6 Commonwealth Games (winning 6 golds, 2 silvers and a bronze), Best International Results: L8s in senior world cup events

As a Coach/Teacher. Coach three of the GB Cadet Foil Team, Coach of Newham Swords Fencing Club, PE Teacher at Lister School

Peter Barrett



Peter began fencing at the age of 12 at Haverstock School in Camden, he joined The Polytechnic Fencing Club in the late 70s and with coach Bela Imregi started his most successful competitive period, representing Great Britain at international competitions. Under the guidance of Bela, Peter began his coaching career.

Leaving the 'Poly' Peter returned to his roots and was responsible as co-founder and senior coach of the Haverstock Fencing Club, one of Britain's most successful epee clubs.

After more than ten years as head coach at Haverstock Peter joined London Thames Fencing Club. Peter's pupils - Cadet, junior, senior, veteran and wheelchair fencers - have won numerous national, international and Olympic medals.

Peter has travelled to events with the Great Britain U20 men's epee team over the last few seasons and has a Masters Degree in 'The Science of Sports Coaching'.

Sue Benney



Sue is a 3 weapon master of the British Academy of Fencing. She coaches at Glastonbury and Bath clubs and at Millfield School.

She has been coaching the national women's epee team, cadet and juniors, for the last 15 years, including coaching at world and European championships. She still fences, sabre, for the British vets team and was a member of the gold medal winning team at the European Championships this season.

Steven Davey



Steven has been coaching full time for 15 years and he has coached many fencers onto GB squads of various age groups over the last decade. He has recently had the pleasure and privilege of working directly with Istvan Lukovich in Hungary. Steve holds a master's diploma from the International Coaching Course in Hungary

Glen Golding



Glen is 32 and has been involved in fencing for 25yrs, firstly as a competitor to international standard then as a coach, he currently coaches at Millfield School, Bristol Uni and Bristol Grammar and is the lead coach at the South West Centre of Excellence. He is currently involved with many GB Internationals from Cadet through to Senior level. Over the last 10yrs he has travelled extensively to many International events (World Cups and Major Championships) as a coach and has gained an extensive knowledge of modern foil tactics.

Pierre Harper



As a Competitor. Been to 3 Olympic Games (1980, 1984, 1988), 6 National Titles, Been to 3 Commonwealth Games (winning 3 Individual and 3 Team Events in a row, spanning 12 years - this has never been equalled!!), Best International Results: 11th in Los Angeles Olympics, L8s in senior world cup events

As a Coach. Coach to current National Cadet Men's Foil Champion, Coached the Cadet Men's Foil Team who took silver at this years Cadet European Championships, Coach three of the GB Cadet Foil Team, Head Coach of Newham Swords Fencing Club

British Fencing – National Academy

Jamie Miller



Started coaching aged 16 in 1995 at Dingwall Fencing Club. Pupils have featured regularly in U17, U20 and Senior Squads and teams from 1998 onwards. In 1999, spent time at Honved Club in Budapest under the stewardship of some of Hungary's best coaches working with every level of fencer from youth beginners to members of Hungary's national teams. Passed the International Fencing Masters Diploma in 2001. GB coach at Cadet European Championships 2010 and Senior level European and World Championships 2001/2002. Jamie holds a master's diploma from the Scottish Coaching Course. Current and former pupils include: Edward Jefferies (Foil), Jo Maynard, Georgina Usher, Ben White, Ivan Abadjiev (Bulgaria) and Tom Chung (Epee).

Rob Partridge



Rob has been involved in fencing since 1992, starting at Bromley Fencing Club under Prof. Simmonds, he then trained under Peter Frohlich, training and competing alongside Ian Williams, where he managed to break into the top ten of the senior rankings. He was 97 National Team Champion, represented England in the Four Nations Quadrangular, as well as competing at Senior A Grades. He now coaches at Camden and Scimitar Fencing Clubs, having coached the current under 18 Women's National Champion, as well as top ranking Cadets who regularly represent GB. He also works in 10 State schools in Bromley and in Camden, introducing the sport to the next generation.

Dan Redshaw



Started coaching in 2006, full time since 2009. In 2010 took the FIE sabre coaching diploma under the instruction of Laszlo Szepesi in Budapest and also attended the European sabre coaching course in Bucharest under the instruction of Octavian Zidaru and Mihai Covaliu. Head coach at Shakespeare's Swords and coach of several U17 squad fencers and the current U15 and U18 British School Team Champions at boys sabre. He is also the British Cadet Sabre Captain.

Baldip Sahota



Fencing Foil since the age of 9yrs in Newham, East London. Member of the GB U20 Squad under Prof Boston. Competitive fencing in the North East with the Harlequins Fencing Club. Coaching for over 10yrs and obtaining a Level 4 BF Coaching Award in all 3 Weapons. Head Coach for Touche Fencing Club. Head Coach for East Midlands Cadet Squad. Team Captain to GB CMF. Coach to the BDFA.

Phil Shepherd-Foster



Philip started fencing aged 11 with David Kirby/Peter Rome and fenced competitively until the Commonwealths in 2010, when he retired from fencing to focus more on his coaching. He gained his first coaching qualification at 17 and coached all the way through university until he moved to Wales in 2007. Within 3 years he had founded Ddraig Wern Fencing, was winning local awards for his work with young fencers in the region, was coaching over half the Welsh UKSG team and had two fencers qualify for the Cadet European championships in Athens. In that time Philip also trained in Hungary as a coach under Dr. Szepesi László achieving an FIE diplôme in Sabre. Philip has also been a Coach and TM for British Fencing on the European Cadet Circuit and the World and European Cadet Championships. In May 2011 Philip moved to Maidstone to take over as head coach of MX fencing.

Paul Sibert



Paul discovered fencing in his final year at University and trained under the then national coach, Prof. Brian Pitman at LTFC. Within 5 years he had reached 18th in the senior rankings but then decided to focus more on coaching than fencing. He co-founded Sherwood Cadets in Nottingham and ran the East Midlands Cadet Squad with Jim Amberton. His coaching experience has developed as his children have improved in their fencing & he's attended several major Championships. He is a British Fencing 3W L4 coach. Last year he decided to train up for the World Veterans' Championships and was delighted to finish 7th in Moscow. As a secondary school Geography teacher, he tries to use things learned from fencing in the classroom and use things learned in the classroom to inform his fencing coaching. His philosophy of life "work hard and play hard, but know which are the right times to do each one."

British Fencing – National Academy

Ian Williams



During his competitive career Ian topped the British Men's Senior Sabre rankings eight times during the period 1989-1998. He represented Great Britain at 3 Junior World Championships, 9 Senior World Championships and the 1992 Olympic Games. He was four times Senior National Sabre Champion and Commonwealth Champion. A number of Ian's students have won National honours and represented Great Britain on the World Cup circuit and at major championships. He is a former Senior National Sabre Coach for both men and women. Ian is Head Coach at both Camden and Scimitar Fencing Clubs, and is currently coaching in five state schools in the borough of Camden.

Sports Science and Coaching Support

Lead Physiotherapist

Saskia Blair



MCSP MHPC The UK's most experienced fencing physio, Saskia has worked extensively with British teams at senior, junior & cadet on many training camps & world championships from 2003.

Her own sporting background is in judo & rugby, both of which she did to international level.

Saskia Blair graduated in 1988 and has had extensive career experience in all areas of physiotherapy, she is currently working as a private practitioner in Cardiff. She has worked for Team Wales as part of the physiotherapy team at the last 3 Commonwealth Games: 1998 Kuala Lumpur, 2002 Manchester, 2006 Melbourne & has recently been selected for the physiotherapy team for Wales at the Commonwealth Delhi 2010. She was also the lead physiotherapist for the Barcelona holding camp for the British team prior to Athens 2004. Chief physiotherapist for the Sainsbury's UK School Games every year from 2006

Physiotherapist

Marsha Evans



Marsha did a Sports science degree in 2002 and a Masters degree in Physiotherapy at Brighton University, she now works within the NHS and in the privately as a senior musculoskeletal physiotherapist. 5 years of specialist Sports Experience working extensively with athletes: athletics, synchronized swimming, super-league Netball, triathlon, fencing, Masters Athletics, UK Schools Games and the BUCS Championships. "This experience has helped me to gain an understanding of the mechanical demands on the body, which allows us to guide the rehabilitation specifically to an individual's needs".

"I am passionate about Sports Medicine because of its effectiveness to rehabilitate a client back to sport. I am especially interested in the later stages of rehabilitation and returning the client to full pre-injury activity". Currently studying postgraduate courses in Orthopaedic Medicine, Acupuncture and training to become a Pilates instructor and is working towards silver Accreditation from the ACPSM (Association of Physiotherapists in Sports Medicine).

Sports Psychologist

Jonathan Katz



BSc, MSc, Postgrad Diploma in Counselling Psychology (BPS), PhD. BASES Accredited, BPS Chartered and HPC Registered Psychologist. Jonathan is an authority on counselling and effective communication systems within performance sport settings. Jonathan's clients have included the British Paralympic Association, the Tennis Foundation, the FA, the British Disabled Ski Team and World Class Lifting and individuals in sports including shooting, triathlon, athletics, table tennis, equestrian, judo, swimming, gymnastics, cricket, motor sport and cycling. He was the GB HQ Psychologist for the 2004 Athens and 2008 Beijing Paralympic Games and lead psychologist for the 2006 Turin Paralympic Games. He was also psychologist to the British Disabled Ski Team at the 2010 Vancouver Paralympic Games.

He has also provided training in counselling skills to sport psychology and sport science practitioners in association with BASES and to sports coaches in association with UK Sport. He has been a qualified coach since 1986 and has provided coaching support to British fencers at World Cups and World Championships. He is qualified by British Fencing and the BAF.

Athlete Lifestyle Jenn Bennett



MSc, BSc (Hons), BASES se, TALS. Jenn will be overseeing the Athlete Lifestyle Support for the National Fencing Academy. Since graduating from Sheffield Hallam University with a Masters in Sport Psychology, under Professor Ian Maynard, Jenn now works for Nottingham Trent University managing the Athlete Lifestyle Support for elite athletes in the East Midlands. Jenn is qualified in Talented Athlete Lifestyle Support and is also a Probationary Sport Psychologist, delivering Lifestyle Support and Sport Psychology consultancy to elite athletes and teams. Jenn has several years experience working with British Diving, table tennis and the Talented Athlete Scholarship Scheme, supporting elite athletes from a range of sports. In addition Jenn manages the Elite Sport Programme at Nottingham Trent University.

Lead Strength & Conditioning Coach

Anthony Turner



BSc, MSc, PGCE Anthony Turner is a senior lecturer and the programme Leader for the MSc in Strength and Conditioning at the London Sport Institute, Middlesex University. Anthony has a Masters in Sport and Exercise Science, a PGCE and is an accredited practitioner of the National Strength and Conditioning Association, the UK Strength and Conditioning Association and the American College of Sports Medicine. Anthony works with a wide variety of male and female athletes including Olympic and Paralympics athletes and with team sports such as football, rugby, basketball and cricket. Anthony has published a number of articles within the field of Strength and Conditioning and is currently undertaking a PhD which investigates how to develop power in combat sports.

Strength & Conditioning Coaches

Rhys Ingram



Rhys completed a BSc in Sport and Exercise Science at the University of Wales Institute, Cardiff (UWIC) then worked for 2 years as an assistant S&C coach with the university. He also assisted at Cardiff Blues as a sports masseur during their highly successful 2007-2009 seasons. From here he decided to undertake an MSc in S&C at Middlesex University & underwent accreditation with the UKSCA as well as working with top athletes & teams, including Harlequins RFC and Bedford Blues RFC. He currently assists with S&C coaching at Bedford Blues RFC as they prepare for the Championship 2010-2011 season and privately coaching many scholarship athletes at Clifton College at a range of sports. Personally he's played Rugby Union for UWIC, hockey and water polo at county level and more recently Olympic Weightlifting, achieving 3rd place in the South West Championships.

Jon Cree



Jon currently lectures Sport and Exercise Science and Sports Rehabilitation at the London Sports Institute, part of Middlesex University. He completed a Masters of Science in Strength and Conditioning at Middlesex in 2009 and is also an Accredited Strength and Conditioning Coach with the UK Strength and Conditioning Association. Jon currently coaches athletes from athletics, fencing and rugby backgrounds. Jon is also a Sports Rehabilitator and has been a practicing member of the British Association of Sports Rehabilitators and Trainers since 2007 and has worked for both professional and semi-professional teams during that time.

Paul Read



Paul is a Strength and Conditioning Specialist and is studying at Middlesex University studying for an MSc in Strength and Conditioning. Following a short career as a professional football player, cut short due to injury, Paul quickly realised the importance of strength and conditioning as part of an integrated approach to athlete development. This spurred him to explore the underlying physiological and biomechanical aspects of human performance and ensure best practice with a sound evidence base and practical applications to coaching. This is complimented with a wide range of experience both as a higher education lecturer and strength and conditioning coach working with professional, national and international athletes in a range of disciplines such as football, rugby, golf, hockey, mixed martial arts, tennis, fencing and athletics.

Sport and Movement Coaching - Taekwondo

Martin Stamper



Martin is an International Taekwondo athlete recently crowned with a World Championship bronze medal. Twenty four years old and originally from Liverpool he lives and trains full time with the GB Taekwondo Academy in Manchester. 2011 has been a great success, the best to date, with German & US Open titles together with a World Championship medal which has secured the -68kg category selection for the 2012 London Olympic Games. Achievements: 6 x Senior British Champion 2005, 06, 07, 08, 09, 10, European Silver Medalist 2008, German Open Champion 2011, US Open Champion 2011, World Bronze Medallist 2011

Sport and Movement Coaching - Boxing

Dave Alloway



GB Boxing Podium Coach

Dave has worked full time with the GB Boxing programme since 2009. Before this he was the Amateur Boxing Association of England's regional coach for the Home Counties, and has worked as a GB and England coach for ten years, attending Commonwealth Games and World and European Championships. Dave was head coach at Bracknell Boys Club for 26 years, producing several schools and junior ABA champions.

Sport and Movement Coaching – Movement Skills

Mark Sheppard



Mark has extensive experience of running Movement, Balance and Co-ordination workshops for a variety of sports across various performance age groups, and providing sport science support, physical conditioning and remedial therapy for players. He also holds qualifications in weight training (BAWLA), tennis and cricket coaching, and is Level 1-certified in resistance stretching. He works with the England and Wales Cricket Board Coach Education Department at Level 3 and 4 coaching courses, delivering the Movement, Balance and Alignment module. Mark has been teaching tai chi for 25 years, applying its principles of relaxed power, ground force, centred focus and kinetic awareness to all the sports with which he works. www.athleticintelligence.co.uk

Lead Team Manager & Logistics

Sarah Dunsbee



Sarah is currently self employed and a fulltime foster carer, who tutors coaching courses, team manager courses, 100%ME and she is a coach at a local swimming club part time. She worked for British Swimming for 6 years and attended many major competitions as a team manager for water polo including World Championships, European Championships and World Student Games. She introduced the first National Water Polo Academy with Piers Martin in 2001 and this is why she is working with fencing in the initial stages of the National Academy programme.

Armourer

Steve Hyman



Steve is an editor working in the broadcast industry; clients include ITN, Sky and the Discovery Channel. He has been freelance since 1997.

He has a degree in Physics and a Masters in Computer Science. He has two daughters; the youngest, Amy is a foilist soon to start her second season in the juniors.

He is a member of the Guild of Armourers and frequently help at competitions. He has been involved with planning the layout, setting up, running repairs on the day and de-rigging.

In addition he regularly repairs and services equipment for the local schools, clubs and individual fencers.

He enjoys designing electronic test equipment & his hobbies include DIY, gardening, photography and computing...especially Apple computers. I design build and run websites, wireless networks and databases.

British Fencing Events Coordinator

Katie Dolan



Katie started fencing foil aged 10 at school before moving onto epee at 14. She competed in the 2004 Cadet World Championships, and was part of the gold medal winning England Women's Epee team at the 2006 Junior Commonwealth Games in India. She studied Applied Sport & Exercise Science at Northumbria then graduated from Brunel University with an MSc in Sports Science (Human Performance) in 2010 just before starting with British Fencing.

Her role as events coordinator can be split into 3 areas. Firstly, a large part involves working closely with the Competitions and Calendar committee around BF run competitions, includes all National Championships, the Eden Cup and England Trophy international events, the Sainsbury's UK School Games and this year of course the European Senior Fencing Championships in Sheffield. Secondly, a lot of work with the National Academy mainly through the Talent Development and Workforce Development streams including sending invitations and collating applications for the National Academy training sessions, helping to organise coaches conferences and the logistics of training courses. Lastly she coordinates a lot of experiential events giving people the chance to try fencing in all sorts of different environments including the corporate setting, charity events and multi-sport days.

Education Programme Leader

Jack Boteler



Jack has been fencing (almost entirely sabre) since he was eight years old and has been competing since he was twelve. In 2007 he competed at U20 World Cup level. He's been active as a referee since 2006, mostly on the Cadet and Junior circuits. This has presented him with opportunities such as refereeing at the Cadet International tournaments both domestically and overseas, and two UK School Games. Since September 2009 he has been working as a volunteer for British Fencing as their Young Official Development Officer. This has given him a number of exciting opportunities to further his knowledge and experience of fencing in a variety of areas. At the Academy, he shall be responsible for the overseeing of Armoury and Refereeing training.

Coach Oversight

Lynne Melia



Lynne has been involved in fencing for 29 years. Starting as a competitive foilist, she quickly moved into coaching when she had her family, and worked with the only minor unit to ever win the Army Fencing Championships, and represent the Army at the Inter Services Championships at the Royal Tournament. Since then, she has diversified into all 3 weapons (fencing and coaching), and runs Team Melia, a successful coaching business and Club in the West Midlands and South East Wales. A qualified teacher, Lynne has become involved in coach education and in refereeing. She recently qualified as an FIE referee for foil, and has just returned from her first major championships. She has fenced internationally at veteran age group at foil and epee.

Iain Aberdeen



Iain is a full time coach who coaches at numerous schools and clubs including RGS Newcastle, Barnard Castle School and Newcastle Fencing Club and is the lead coach for the British Fencing National Academy SUNEE.

He is the Director of fencing and modern pentathlon at Newcastle University and leads the coaching programme for the performance fencing squad and international fencing camps. Iain has coached fencers who have represented GB at cadet and junior European and World Championships as well as fencers who have won gold medals at junior and senior Commonwealth championships and has fencers and pentathletes who have won numerous national championships.

Jes Smith



Professor John 'Jes' Smith is a Master of the British Academy of Fencing and a member of the Académie d'Armes Internationale. He has taught at clubs, schools and colleges in London for many years. He has been involved in coach education for England Fencing and holds level 5 awards at each weapon. He is a Lead Tutor for British Fencing and has recently been appointed as Lead Coach to British Fencing National Academy, Brunel. Previously he has been coach to the Ladies' Epee Squad and has attended Junior and Senior World Championships both as personal trainer and squad coach. He has written "Foil Fencing: The techniques and tactics of modern foil fencing"

Videographer

Beth Davidson

British Fencing – National Academy



Beth was a national team senior fencer in the British team 1999-2006, she has been National champion individual & team & Commonwealth champion with the England team. She has been the manager for British Junior sabre from 2007. Outside of fencing, Beth has worked in the field of photographic and visual media production for over 20 years, specialising in youth, community and sport development. She has been Photographic Officer at North Kesteven District Council & an Associate at Durham City Arts and Cornerstone Strategies, In November 2008, Beth was appointed as North East Regional Fencing Development Officer, the first post of its kind in the UK. For eight years Beth has worked closely with Professor Laszlo Jakab assisting him with the Wheelchair Fencing Squad during preparations for World Cups and recently for the Beijing Paralympics.

Academy Manager

Alan Rapley



Alan is the former 1996 Olympic Swimming Team Captain. He represented his country at multiple world and european competitions over a six year period whilst combining studies at the university of Arkansas in the USA - he graduated with a BSc in Exercise Science. Alan currently runs 'The Alan Rapley Consultancy' - a sports performance consultancy, which works across all sports and business developing performance and leadership. Some of his current key clients include: Sports Coach UK; UK Sport; Scottish Swimming; Royal Bank of Scotland; Sporting Edge; Total Swimming. Before this Alan worked for British Swimming as the Coach Development manager. Alan was also an elite swimming coach at the City of Edinburgh high performance centre coaching many of Britains current top Olympians. In his spare time Alan is the Chairman (and player) for Hinckley Town Cricket Club who play in the Leicestershire premier league. As well as this he is the Chairman of the Leicestershire County Cricket Club management team working closely with their four senior coaches in all areas of self and county performance development.

British Fencing Project Officer

Neil Brown



Neil has been active in fencing for many years & as a professional for over 20. He coached full-time for 18 years, training over 50 national champions & a world championship finalist. He was also responsible for British cadet sabre during this time & led multiple international trips. A fully qualified coach with the British Academy of Fencing & British Fencing, Neil is a British Fencing coach tutor & lead tutor. Responsible for the delivery of the fencing element of the UK School Games, the development that this event has driven, and liaison with the Youth Sport Trust. As Project Officer has been responsible for setting up the National Academy & advising on many aspects of British Fencing's activity. Manages the British Fencing twitter.

Team Managers



Maggie Maynard



Lorraine Rose



Fran Borrill



Rochelle Dazeley



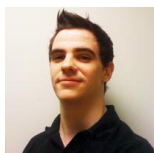
James Docherty



Matt Haynes



Maggie Lloyd-Jones



Richard Lloyd-Jones



Marie-Pauline Mackinnon



Anne Monk



Natasha Thomson



Gillian Aghajan

Strength & Conditioning Assessment & Training

This programme will be led by Anthony Turner & cover the following areas:-
Introducing S&C, Needs Analysis, Training for Power, Resistance Training, Physical Literacy

Coaching Phase 1			Coaching Phase 2			Coaching Phase 3		
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Calf Quads Hip flexor Hams Lats Pecs	Bent over scapula retractions Glute Bridge Overhead squat (inc movement screening)	Walking high knee lunges Jump and stick	Ankling Continuous jumping	Split jerk Drop split snatch	Single leg SLDL Side shuffles	Single leg jump and stick	Alternate lunging Scissor lunge	Single leg squat
PP1			PP2			PP3		

Performance Preparation – Level 1

Level 1	
Performance Prep	Cool-Down
<ol style="list-style-type: none"> 1. 2-4-2-dom (<i>slow then medium</i>) 2. 2-4-2-non-dom (<i>slow then medium</i>) 3. Over head squats (OHS) (<i>10 reps</i>) 4. Scapular retraction (<i>10 reps</i>) 5. Glute bridge (<i>10 reps, with 3sec holds</i>) 6. OHS (with jump through heels) (<i>10 reps</i>) 7. Walking high knee lunges (<i>10 reps each leg</i>) 8. Jump and stick (<i>10 reps</i>) 9. 2-4-2-non-dom (<i>slow, medium, then fast</i>) 10. 2-4-2-dom (<i>slow, medium, then fast</i>) 	<ol style="list-style-type: none"> 11. 2-4-2-non-dom (<i>medium then slow</i>) 12. Stretches (<i>30secs per stretch</i>) 13. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Performance Preparation – Level 2

Level 2	
Performance Prep	Cool-Down
<ol style="list-style-type: none"> 1. 2-4-2-non-dom (<i>slow then medium</i>) 2. 2-4-2 Side shuffles (<i>slow then medium</i>) 3. Single leg SLDL (<i>5 reps per lead leg</i>) 4. Walking high knee lunges (<i>10 reps each leg</i>) 5. Over head squats (with jump through heels) (<i>10 reps</i>) 6. Ankling (10 taps x 3 sets) 7. 3 x Continuous jumps and then stick the landing on the last jump (<i>5 reps</i>) 8. Split jerk (<i>5 reps per lead leg</i>) 9. Drop split snatch (<i>5 reps per lead leg</i>) 10. 2-4-2 Side shuffles (<i>slow, medium then fast</i>) 11. 2-4-2-non-dom (<i>slow, medium, then fast</i>) 12. 2-4-2-dom (<i>slow, medium, then fast</i>) 	<ol style="list-style-type: none"> 13. 2-4-2 Side shuffles (<i>medium then slow</i>) 14. 2-4-2-non-dom (<i>medium then slow</i>) 15. Stretches (<i>30secs per stretch</i>) 16. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Performance Preparation – Level 3

Level 3	
Performance Prep	Cool-Down
<ol style="list-style-type: none"> 1. 2-4-2-non-dom (<i>slow then medium</i>) 2. 2-4-2 Side shuffles (<i>slow then medium</i>) 3. Walking high knee lunges (<i>10 reps each leg</i>) 4. Single leg jump and stick (<i>10 reps each leg</i>) 5. Single leg squat (<i>3 reps per leg</i>) 6. Over head squats (with jump through heels) (<i>10 reps</i>) 7. Drop split snatch (<i>5 reps per lead leg</i>) 8. Alternate lunging (<i>5 reps per leg</i>) 9. Scissor lunge (<i>5 reps per leg</i>) 10. 2-4-2 Side shuffles (<i>slow, medium then fast</i>) 11. 2-4-2-non-dom (<i>slow, medium, then fast</i>) 12. 2-4-2-dom (<i>slow, medium, then fast</i>) 	<ol style="list-style-type: none"> 13. 2-4-2 Side shuffles (<i>medium then slow</i>) 14. 2-4-2-non-dom (<i>medium then slow</i>) 15. Stretches (<i>30secs per stretch</i>) 16. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Gym Based Physical Literacy Skills (PLS)

Coaching Phase 1 (Agonist Strength)			Coaching Phase 2 (Antagonist Strength)			Coaching Phase 3 (Power)		
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Over head Squat	Back squat Front squat	Deadlift	Stiff leg deadlift Nordics	Bent over row	Wide grip chins	Drop jump	Squat Snatch Split Squat snatch	Squat Clean Split Jerk

Strength and Conditioning Coaching – What to expect

- All coaching sessions consist of learning a set of exercises from the PLS
- All fencers start by learning the exercises from coaching phase 1 i.e., the exercises in Levels 1-3
- Once a fencer is competent at **ALL** exercises of a coaching phase, they can progress onto the next coaching phase (*but not before*)
- All coaching sessions conclude by learning the PP that corresponds with the current coaching phase i.e., coaching phase 1 = PP1, coaching phase 2 = PP2 and coaching phase 3 = PP3
- Basically, the PP, which is used as a warm-up to all training sessions and competitions, also acts as an S&C session
- Because the PP's are designed to include all the exercises of its corresponding coaching phase, fencers are always practising, improving and progressing
- Fencers should aim to achieve all phases within 18mo
- Once all coaching phases are complete, fencers move on to the gym-based PLS
- **The cool-down should not be neglected, this is just as important as the PP**

Fitness Testing

Fitness Testing

1. Anthropometry (weight, height, sitting height)
2. Countermovement jump (CMJ)
3. Single-leg CMJ (dom vs. non-dom)
4. 2-4-2 Fencing agility test
5. PLS Test (Indicates level achieved only)

Fitness Testing – What to expect

- Some S&C sessions will be used to test the physical fitness of the fencers
- The testing battery is designed to be sport-specific yet time and resource efficient
- The PLS test is perhaps the most important test
- This is where the fencers exercise competency is assessed. Fencers must be competent at **ALL** exercises within a level to be awarded that level

Once fencers are deemed competent at **ALL** exercise of a coaching phase, they can progress on to the next coaching phase (*but not before*)

Training Diaries

Fencers who want to compete for the National Team and become international athletes should know exactly what training they are doing. This is why they should keep a training diary.

This diary is your plan & your record of training.

You can use any diary, the sheets printed here or sent to you as part of the National Academy preparation, or simply make up your own. It can be paper, software or on online. What is important is that you keep it up to date and that you know what you are doing and when. This will help all the people that support you, from your parents or school teachers to club and national coaches, to help you to get better.

All athletes within the National Team programme use a training log or diary to help them to plan, chart, record and monitor progress against goals. Although it may seem boring and a chore, it is:

- Essential to plan properly, otherwise you are unlikely to meet any of your goals
- Motivating to look back and see your progress and development; it will remind you how hard you've worked
- Valuable, because you are constantly reminded of your goals which helps to focus your training
- Informative because it shows your long term development and you can see patterns in training behaviour and what is working well or not so well
- Helpful in getting you fit again if you get injured
- Good for your coach who can see your individual progression, explain dips in development and will know how you're feeling

If you prefer using an electronic version you can download an excellent template on the British Fencing web site at <http://www.britishfencing.com/academy/academy-resources/>

Daily Training record

Mondav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Tuesdav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Wednesdav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Thursdav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Fridav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Saturdav	Date:
Training in plan:	
Training accomplished:	
Feel-good factor ☹️ 😐 😊	
Notes:	

Introduction to Long Term Athlete Development

“It takes 10 years of extensive practice to excel in anything.”

H. Simon, Nobel Laureate

There is a well known maxim in sports training that it takes 10000 hours of practice to become expert in anything. This translates into an average of 3 hours a day for 10 years (this is progressive and increases over a fencer’s career, nobody starts fencing with 3 hours a day of training)

In any endeavour, the best improvement is when practice is at the edge of ability and is dedicated to what has been called “Effortful Practice”¹. This means that training must be individualised and focussed to have the best value.

Practice doesn’t make perfect, it makes permanent. Therefore quality is important at every stage of the fencer’s development.

Generally fencers in the crucial stages of maturation from early to late teens improve in 2 ways:-

- Improved skill and ability through training
- Growing older

So it is important to make the training as effective as possible and this framework will show how all in the fencing family can help the fencing athletes improve in the most efficient way by utilising optimal window of trainability and providing the best possible environment for improvement.

Biological Age and Chronological Age

Competition is entirely based on chronological age – this means whilst athletes can be 4-5 years apart in biological age, they must compete together.

This is of fundamental importance to most sports, particularly fencing which has traditionally selected more physically developed (and therefore those who tend to score better on the ranking lists) rather than less physically developed fencers. The result is that the sport has focused on the immediate short term outcomes (generally seen as winning age group competitions) rather than developing those who have the potential to become the senior athletes of the future.

Research² has shown that fencing has a significant relative age effect and our systems select young fencers for training and competition opportunities based entirely on their results (which obviously favours early developers over late developers).

Recent evidence³ has shown that late developers have an advantage in the long term (as they spend more of their development life in a skill acquisition trainability window). See page 13 for optimal trainability information.

The full version of the British Fencing LTAD framework is on the British Fencing web site at <http://www.britishfencing.com/academy/ltad/>

¹ <http://www.scientificamerican.com/article.cfm?id=the-expert-mind>

² <http://www.teambath.com/wp-content/uploads/relative-age-effect.pdf>

³ <http://www.canadiansportforlife.ca/default.aspx?PageID=1055andLangID=en>

The key important messages for all fencers who are starting on the National Academy training programme is that they are at a training to train stage of development or just leaving it.

One of the important messages is the time it takes for long-term senior success.

The tables on the following pages show a summary of the overall framework.

Appendix I – Age data from Beijing Olympics

Event	Average Age
Men's Epee	29
Men's Foil	26
Men's Sabre	27
Women's Epee	27
Women's Foil	28
Women's Sabre	25

LTAD Summary Table

	FUNDAMENTAL	LEARNING TO FENCE	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Stage of Maturation	Late Childhood				
		Early Puberty			
			Late Puberty		
				Early Adulthood	Adulthood
Chronological / Developmental Age	Chronological Age: -Male 6-9 years -Female 5-8 years	Chronological/ Developmental Age: -Male 9-12 years -Female 8-11 years	Developmental Age: -Male 12-16 years -Female 11-15 years	Developmental/Chronological Age: -Male 16-20 years -Female 15-18 years (<i>girls fully mature at 17</i>)	Chronological Age: -Male 20-25+ years (<i>boys fully mature at 23</i>) -Female 18-23+ years
Pathway stages	Build overall motor skills	-Learn Core Fencing Skills	-Building training capacity -Consolidate fencing skills	-Consolidate fencing skills -Utilise training capacity	-Maximising performance
Development Phases	Movement Literacy	-Skill Development	-Skill and Aerobic Development	-Competitive and Physical Development	-Specialisation and Performance -High level Competition Development
Progression	-FUN and participation. -General, overall development -ABCS: Agility, Balance, Coordination and Speed - Introduction to simple rules and ethics of sport	-Peak motor development. arms, legs, core, spine and ankle stability. -Participation in other sports -FUNdamental technical skills progressively more specific skills towards the end of the stage. -Medicine ball (1kg) , Swiss ball and own body exercises for strength. -FUNdamentals of ancillary capacities (<i>knowledge and experience</i>)	-Emphasis on aerobic conditioning -2 nd Speed window -Individualisation of fitness and technical training -Shoulder, elbow, core, spine, knee and ankle stability -Participation in other sports -Refinement of specific technical skills -FUNdamentals of tactical preparation -Introduction to mental preparation -Moral learning	-Fencing and individual specific physical conditioning -Shoulder, elbow, core, spine, knee and ankle stability -Basic tactical preparation -Individualisation of technical/tactical skills -Basic mental preparation -Development of fencing and individual specific knowledge and experience -Participation in complementary sports (<i>similar energy system and movement patterns</i>)	-Improvement of physical capacities -Shoulder, elbow, core, spine, knee and ankle stability -Modelling all possible aspects of training and performance -Frequent short breaks for injury prevention -Advanced tactical and psychological preparation -All aspects of training individualised and based on 5S (skill, speed, strength, stamina, suppleness) -Develop further ancillary capacities (knowledge and experience <i>there is no limit</i>) -Optimising of physical capacities
Growth and Development Considerations	-Emphasis on development of generic sports skills -1 st Speed Window (agility/quickness) Peak Speed Velocity 1 (PSpV1); girls 6-8 yrs, boys 7-9 yrs	-Peak motor coordination (PMCV), emphasis on skill development before: girls 11 yrs, boys 12 yrs.	-Growth spurt, Peak Height Velocity (PHV), emphasis on aerobic development; girls 12-13 yrs, boys 13-15 yrs. -2 nd Speed Window (alactic) (PSpV2); girls 12-13 yrs, boys 13-15 yrs -1 st Strength Window (PSV); girls at end of PHV	-Peak Strength development (PSV), emphasis on strength development; girls 2 nd strength window at onset of menarche, boys 12-18 months after PHV	-Development then optimisation of stamina, strength, speed, skill and suppleness.

British Fencing – National Academy

	FUNDAMENTAL	LEARNING TO FENCE	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Other		-General lifestyle awareness (eating right, positive thinking)	-Specific Lifestyle awareness (nutrition, psychology, time planning, logging, etc.) -Balancing education and sport	-Basic video analysis increased emphasis on lifestyle awareness, cooking skills, personal responsibility	-Complex video analysis tactical analysis of individual opponents
Periodisation	-No Periodisation, but structured programme with progressive development	-Single Periodisation	-Single Periodisation	-Double Periodisation	-Generally double or triple dependent on year -Aiming to peak at Internationals as per long term programme -Frequent breaks -This is the training stage where periodisation is most important
Training Component Breakdown	<p>-General participation in sport 5-6 times per week. This should be multisport activity -All fencing training focuses on games, fun activity and fun competitions -FUNDamentals -Hand-eye coordination -Any team games -Basic skills and footwork games -Mini-fencing games -Elementary decision making skills</p> <p>Strength and Conditioning -General fitness and flexibility -Participation in other sports -Dance, gymnastics -Introduction to Swiss ball and basic medicine ball training</p>	<p>Movement skills -Learning and development of core footwork and balance skills</p> <p>Footwork -Learn skills, emphasis on correct technique -Coordination and balance</p> <p>Technical skills and lessons -Learning and development of blade skills and correct use of distance and timing -Use of attacks, defence and preparations -Learning of elementary tactical and decision making skills</p> <p>Sparring -Focus on putting skills into practice,</p> <p>Strength and Conditioning -General fitness and flexibility -Participation in other sports -Dance, gymnastics relevant -Swiss Ball and core strength -Basic body weight and resistance exercises (<i>callisthenics</i>) -Basic Medicine ball exercises -Emphasis on injury prevention training -Develop flexibility</p> <p>Training to Competition ratio (competition here includes competition –style training)</p>	<p>Footwork -Consolidate skills and continued technical drills -Increased volume</p> <p>Technical skills and lessons -Development of blade skills and correct use of distance and timing -Continued learning and development of tactical and decision making skill</p> <p>Sparring -Focus on putting skills into practice under some pressure. -Repetitive actions in different situations</p> <p>Strength and Conditioning -Increase aerobic training -Swiss ball and Core strength -Flexibility -Band work -Technique of resistance training -Elementary plyometrics (low volumes for injury prevention) -Participation in other sports -Cross training -When Growth spurt (PHV) occurs (girls 12-13 yrs, boys 13-15 yrs.), emphasis on aerobic development – swimming, running, rowing, cycling</p>	<p>Footwork -Consolidate skills and continued technical drills</p> <p>Technical skills and lessons -Development of blade skills and correct use of distance and timing -Increased development of tactical skill -Completion of learning of full range of technical actions</p> <p>Sparring -Consolidation of skills under pressure -Tactical skill development -Modelling of competitive scenarios</p> <p>Tactical -Full development of tactical abilities and putting into practice under pressure -Responsibility and leadership</p> <p>Strength and Conditioning -Swiss ball and core strength -Development of plyometrics -Flexibility -Band work -Compensatory training -Individual resistance training programme -Cross training development of plyometric exercise programme</p> <p>Training to Competition ratio</p>	<p>Footwork -Emphasis on functional use, tactical and competitive drills</p> <p>Technical skills and lessons -Full development of blade skills and correct use of distance and timing -Emphasis on perfecting appropriate style</p> <p>Sparring -Competitive activity, focussing on successful actions and maintaining technique under pressure -Complex tactical training and scenarios</p> <p>Tactical -Full development of tactical abilities and putting into practice under pressure -Focus on dealing with individual opponents -Responsibility and leadership</p> <p>Strength and Conditioning -Maximal strength training to aid power development and speed -Swiss ball and core strength -Plyometric programme included as core component</p>

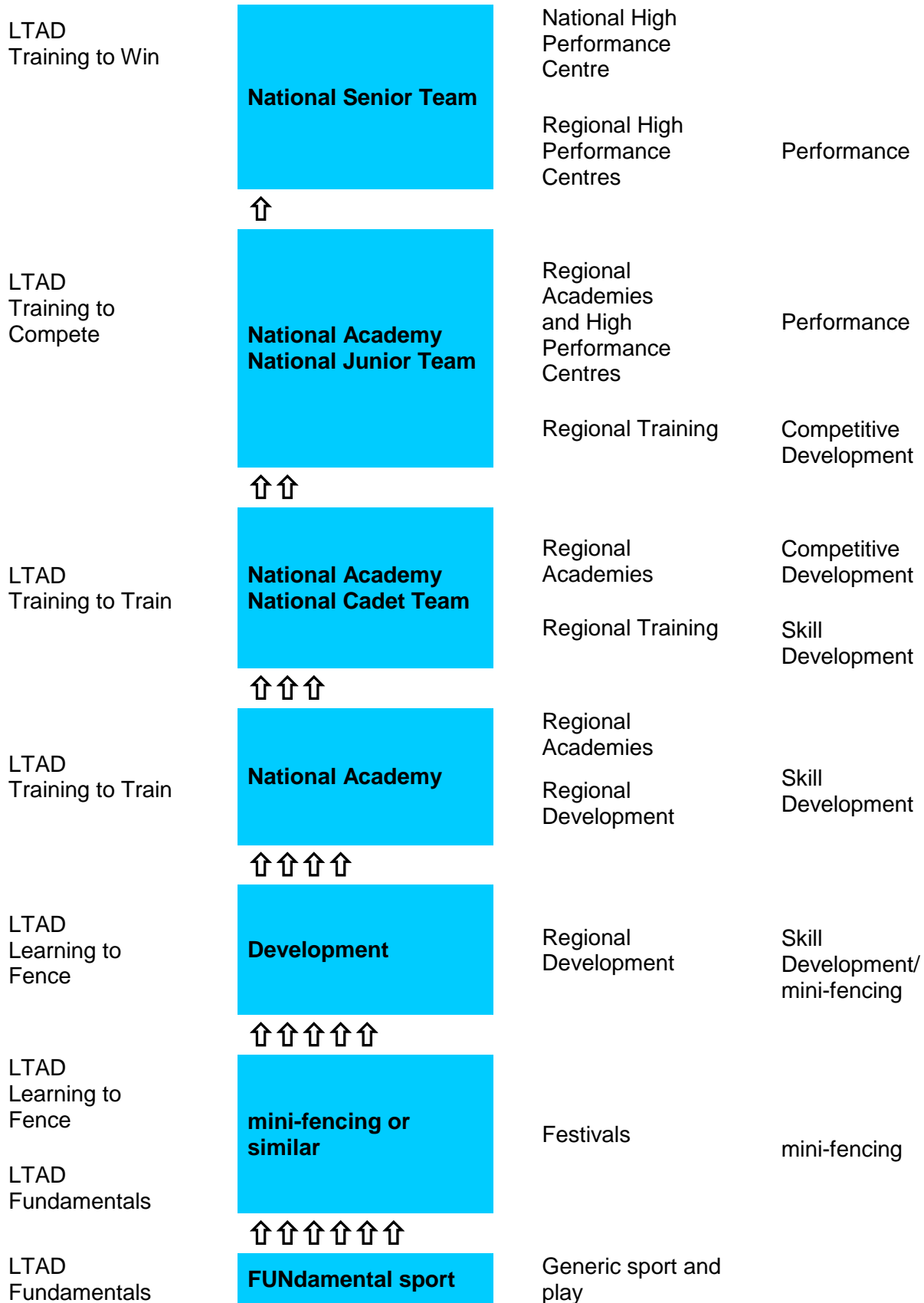
British Fencing – National Academy

	FUNDAMENTAL	LEARNING TO FENCE	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
		70:30	-Introduction to free weights (18 months after PHV) Training to Competition (competition here includes competition –style training) ratio 60:40	(competition here includes competition –style training) 40:60	(monitor for overuse injuries) -Speed agility -Compensatory training -Flexibility -Cross training Training to Competition (competition here includes competition –style training) ratio 25:75
Progressive Training to Competition (and competition–style training) ratios	-S&C:70% -Fencing skill:20% -Fencing tactical: 10%	-S&C, fitness:60% (including other sports) -Fencing skill:25% -Fencing tactical: 15%	-S&C, fitness:40% (including other sports) -Fencing skill:35% -Fencing tactical: 25%	-S&C, fitness:30% -Fencing skill:30% -Fencing tactical: 40%	-S&C, fitness:35% -Fencing skill:20% -Fencing tactical: 45%
Total Training Hours (These are generic to sport and heavily researched figures, include all aspects of training)	-Sessional	5-10	14-20	20-24	24-30
Competition* Level	-No <i>formal</i> competition -FUN games	-Local and County	-County and Regional Introduction to International with 1 event per year	-Regional and National (International events as development)	-International
Competition Number (per year)	-Festivals, e.g. multisport events, friendly club events	6	10	12-15	10-12
International Competitions		-1 age group at own age	-1 age group international at own age -European cadet circuit events	-European Cadet circuit events -Junior world cup -European cadet and junior championships -World Cadet and Junior championships	-Commonwealth Games -Universiade -European Championships -World Championships -Olympic Games
Competition* Outcomes	-Participation -Varied formats -Few rules	-Concentration on development -Can have adapted rules and equipment -Rule of 3 (3 levels of events for individuals: easy, competitive, and hard)	-Concentration is still on development -Tactical skills tested in competition context -Introduction to international competition -Get used to winning -Rule of 3	-Development of competition outcome awareness -Application of techniques within competition context -Individual targets relevant to long term goals -Introduction to higher level international competition -Rule of 3 still applies	-Individual and team targets relevant to long term goals -Gaining experience through exposure to high level competition pressure situations -Individual and team targets relevant to long term goals -Olympic Gold

* A competition is defined as an event that requires alteration or modification to an athlete's training programme

Late Entry programmes underpin this framework and are established appropriate to individual need

The Fencing Development Pathway



How to Pass Weapon Checks

What is a Weapon Check?

Weapon Check (formerly Weapon Control) is where some or all of your fencing kit is inspected and tested before fencing starts. It's done to make sure it's safe, fits the rules, and works (in that order).

Weapon Check is done at A-grades, World Cup, World and European Championships and some other events (like the UK School Games). It is done by qualified armourers (in the UK, these will be members of the BFA Armourers' Guild), who are practised in accurate and rapid testing of large amounts of equipment.

The Weapon Check will happen before the event starts. Usually you will hand in your kit a couple of days early and then collect it the day before you fence. If it's a team event you'll usually need to put all the team kit in one or two bags. All the details of when and where you need to hand in and collect your kit will be given to the Team Manager, and will also be available from the event management.

When your kit has been checked there should be a piece of paper included in the bag showing what passed, what failed and why it failed.

Why do we have Weapon Check?

On the piste:

- Your kit is safe to fence with
- Your kit works
- No (or at least fewer) cards

What you need to understand is that **Weapon Check is there to help you.**

It's not trying to "catch you out", it just lets you know where equipment isn't safe or up to scratch. So that when you get to the piste, you can be confident your kit will work to its best, that it won't cause you penalties, and that you can fence in safety.

Weapon Check spots fencers who:

- don't know how to check their kit
- can't be bothered to check their kit
- deliberately attempt to modify their kit to get around certain rules

Weapon Check shouldn't play favourites, everyone should be treated the same. Of course, like everywhere else in life, the right attitude will get you a long way!

Why shouldn't I argue?

- You aren't the first person to argue today, and won't be the last.
- There are no favourites, but once you argue you certainly go down the list!
- If your kit hasn't passed, there will be a reason.
- Treated nicely, and most armourers will explain how you can fix your kit.
- If there is time (often there is not), they may even fix it themselves.

In the end, the armourers can refer the query to the FIE representative at the event.
Be **very** sure of your ground before going this far.

How can I avoid problems?

Check your own kit regularly

You should check your own equipment (clothing, wires and weapons) before every event, whether there is a Weapon Check there or not.

- Some checks are for safety (mainly clothes)
- Some checks are for rules (mainly weapons)
- Most checks take a matter of seconds
- They should get to be a habit when you are putting your kit away

Think about learning to fix your own kit, or find someone in your club to help you with it.

Be honest with yourself about what you see

- A hole in a jacket or a glove is still a hole, no matter how small it is.
- Weapons and wires that *sometimes* doesn't work still need to be fixed.
- Velcro and zips that don't close need to be replaced.

Be nice to the Weapon Checkers

Bear in mind they will often work several hours non-stop doing nothing but equipment checks. Whenever you can save them time, it helps.

- Don't hand in broken or dodgy kit at Weapon Check "just to see if it passes"
- Listen to what they say about your kit
- Get them to write it down if you don't understand
- Ask at a quiet time and they may be able to fix it for you

What can I check?

The following items can be checked with little or no equipment. With practice, a complete check of these will take you no more than a couple of minutes:

Jackets	Plastrons	Breeches
Gloves	Masks	Socks

Lamé jackets, gloves and masks can be checked visually, but you will need a multimeter for a full check. For weapons, once you've done the visual check, you'll need a weight and gauge, and either a test box or a multimeter. You can use these to check wires as well.

Common faults

There are some faults which come up again and again. Nail these and the whole process becomes much less nerve-wracking.

Clothing

800N (CEN Level 2)

No holes or wear (especially under jacket arms)

You can't fit a biro under the sewing on your country colours

Breeches - have country colours

Masks

1600N for FIE events

No dents, broken wires or sharp edges

No holes in the bib, inside and out

Foil / epee - mesh is insulated and the rubber band is secure all the way around

The elasticated band across the back is there and works

Visor masks

Note: As at February 2010, all visor masks are currently banned for FIE foil and epee events. If in doubt, check with the event organisers.

The visor should have no severe damage, nor any cracks or crazing.

All screws and fixings are present.

Date-stamp on visor is less than two years old

Lame jackets, gloves and masks

No holes or bare patches (sabre - check under arms)

Weapons – general points

FIE events, epee and foil blades are maraging only. Sabre blades S2000 or later.

No sharp edges or oxidation or rust on the guard.

Foil

Note – Foils may now need to go to Weapon Check with the tip tape taken off.

- *Check the Weapon Check requirements!*

The top 15cm of the blade is insulated.

Weapon passes the foil weight test.

No sideways or "S-shape" bends

Epee

Weapon passes the epee weight and gauge tests.

No tape, leather or other covering on pistol/orthopaedic grips.

There is no tape over the wires inside the guard.

No sideways or "S-shape" bends

Sabre

The pommel is insulated, as is the first 7-8cm of the outside of the guard, and the **entire inside of the guard**.

No up or down bends.

Body wires and Mask wires

All crocodile clips are soldered to the wire

The croc clip is a minimum of 8mm wide

Foil mask wires must be white or clear

A note on blades

There are some epee blades currently supplied by manufacturers which are either too long, or too stiff. There is generally nothing you can do about these blades in the time you have at Weapon Control. It doesn't matter how much you bend them, rub them, heat them, or otherwise play around with them, they will still fail if tested correctly.

Similarly, there are currently some sabre blades which are too thin near the tip, or whose tip is too small. Both of these faults can be dangerous, and will fail the Check. There is nothing you can do to correct these.

In both these cases, I'd recommend that if you bought them in the UK, they should simply be returned, as they are not according to the FIE rules.

Detailed checks

This is a short list of the things Weapon Checks look for. There are other checks which need specialised equipment, and some Weapon Checks look for more than others!

Clothing – general points

- General good condition, with no holes, and all seams should be intact.
- No “trapping hazards”. This is where a blade could catch, and may bend and break. In general, if you can insert a biro, it will fail. This mainly applies to makers labels, club/sponsor patches, and country colours, but anything which could catch a blade will be checked.
- Where there are fastenings, e.g. velcro and zips, they should be working.

Plastrons

- 800N (CEN Level 2) for electric fencing.
- No holes, no modifications.
- Especially check condition under the sleeve, and all seams.

Jacket

- 800N (CEN Level 2) for FIE events.
- Country colours are optional but should match each other for team events.
- Check for wear, especially under the arms. If the top layer of fabric is worn through, the jacket will fail. Even though the bottom layer may still be there, the jacket isn't 800N any more.
- The groin strap is present and working.
- For epee, the name is printed on the back, in dark blue, and not peeling off.

Breeches

- 800N (CEN Level 2) for FIE events.
- Must have country colours.
- As with jackets, the item will fail if the top layer of fabric is worn through.
- Elastic or other fastenings round the knees must be in good condition.

Gloves

- No holes or loose stitching. This is important even at sabre.
- Especially check between fingers.
- Velcro and elasticated cuffs must stay fastened.

Masks

- 1600N for FIE events, and the manufacturer and date are on the FIE Homologation list.
- No dents or broken wires in the mesh.
- No sharp edges on any metal parts of the mask.
- For foil and epee, the mesh is insulated and the rubber or elasticated band must be secure all the way around the mask. If not fixed in place, it can trap a blade, or in extreme cases, allow it through to the inside of the mask.
- Bib is in good condition, inside and out. For damage inside, tape or fabric can be used to mend it. Damage outside requires the mask to be re-bibbed.
- The elasticated band across the back of the mask must be present and must not be slack.

Visor masks

Note: As at February 2010, all visor masks are currently banned for FIE foil and epee events. If in doubt, check with the event organisers.

- Same as "Masks" section above, but the visor should have no severe damage, nor any cracks or crazing.
- All screws and fixings are present.
- Each visor is date-stamped (fails if not dated), and will be rejected if dated over two years old, whatever the condition. So when you buy a mask, check the date on the visor.
- On a mask with two layers, any damage to the inner visor needs it to be replaced.
- Don't keep the mask in a plastic bag or store anything in it - PVC can weaken the visor
- Don't clean it with anything other than water - no chemicals, no scourers

Socks

- Should have no holes in the leg.
- Long enough to overlap under the breeches

Lame jackets, gloves and masks

- All lame material should be in good condition, with no bare patches.
- The name on the back should be printed in dark blue, and clearly visible.
- Electrical resistance between any two points should be less than 5 ohms.
- For jackets, check each panel, especially the collar and (for sabre) under the arms.
- Sabre masks should be checked as for foil/epee masks, and all external surfaces (other than the visor) must be conductive as above, the same goes for overlays and sabre gloves.
- On foil masks, the conductive part must be FIE approved and on the Homologation list. Electrically conductive, including the tabs where the mask wire attaches.

Weapons – general points

- FIE events, epee and foil blades are maraging only, and have an FIE approved Homologation mark (on the FIE list). Sabre blades stamped S2000 or later.
- Weapon in general good condition, with no sharp edges or oxidation or rust on the guard.
- Where there is a reinforcing washer at the base of the blade, this must be flush with the guard, so that a blade or point could not get caught in between.
- Blade length and stiffness will be checked. There are some blades currently supplied by manufacturers which fail these tests. There is generally nothing you can do about these blades in the time you have at Weapon Control. It doesn't matter how much you bend them, rub them, heat them, or otherwise play around with them, they will still fail if tested correctly.
- All weapons should have a "security device" on the inside guard socket. In practice, some two-pin systems have the device on the bodywire instead. Either way, it must exist and work.

Foil

- Note – Foils may now need to go to Weapon Check with the tip tape taken off.
- Check the Weapon Check requirements!
- A foil has a maximum resistance of 2 ohms. It is possible that a resistance of up to about 5 ohms will be allowed.
- The top 15cm of the blade is insulated.
- Weapon passes the foil weight test.
- The handle is completely insulated, including the pommel.
- Wires inside the guard have double insulation
- Blade can bend up or down by up to 1cm, but must not bend sideways

Epee

- Resistance for epee is the same as for foil.
- Weapon passes the epee weight and gauge tests.
- No tape, leather or other covering on pistol/orthopaedic grips.
- There is no tape over the wires inside the guard.
- The wires should enter the socket on its outside (between the socket and the guard).
- Blade can bend up or down by up to 1cm, but must not bend sideways

Sabre

- Weapon passes the sabre gauge tests. There are currently some sabre blades which are too thin near the tip, or whose tip is too small. Both of these faults can be dangerous.
- The pommel is insulated, as is the first 7-8cm of the outside of the guard, and the entire inside of the guard.
- Blade can sideways by up to 4cm, but must not bend up or down.

Body wires and Mask wires

- Each wire should have a resistance of less than 1 ohm. It is possible that a resistance of up to 5 ohms will pass the tests.
- When pulled slightly, faulty wires may show a break near the plug, inside their insulation.
- All crocodile clips are attached to the wire and soldered in place. The croc clip is a minimum of 8mm wide.
- Foil and sabre bodywires have the target wire separated from the other two for at least 40cm.
- Foil mask wires must be white or clear

Useful references

http://www.leonpaul.com/armoury/armoury_home.htm

http://www.leonpaul.com/fencing_support/support_rules/fencing_rules.htm

<http://www.armory.usfencing.org/?q=fencing/equipment/armory>

<http://www.fie.ch>

Armourers' Guild

Becoming an Armourer

The Guild of Armourer's is responsible for the protection and development of Armourer's within British Fencing. It is ultimately answerable to the BFA Board, via its committee. There are four grades of membership, open to members of the BFA, NIAFU, SF or WF:

Apprentice Armourer On recommendation from a Club Committee, Armourer or a Master Armourer. Learning the trade, applicants must be seriously interested in acquiring the requisite skills and must aspire to eventually qualify as an Armourer. The minimum age is 12, though apprentices under 18 may not work unless under the supervision of a Journeyman or above. (Yellow Badge)

Journeyman Armourer Having had at least one year's experience and on the personal recommendation of a Master Armourer, or by examination. Must be able to cope with the ordinary tasks of a club armourer and assist at Opens, minimum age 18. (Green Badge)

Armourer After suitable experience, by examination. Must be able to fully run the armoury at a Club and a UK Open event. Must be fully aware of all the requirements of weapon control and such skills within the armoury as could be reasonably expected. (Blue Badge)

Master Armourer By invitation from the Master Armourers. In addition to the skills required of an armourer, a Master Armourer should be fully capable of running an Armoury, or a Weapon Control, at a Full International Event (World Cup, European or World Championship). (Red Badge)

The Committee and Membership:

The committee consists of the Officers, who must be either Armourers or Masters, together with other co-opted members.

The British Armourer's Guild was established in 1996 and has been vital to British fencing. Joining the Guild is a great way to get involved in the technically challenging and genuinely rewarding world of fencing.

For further details on any aspect of the armourers guild please contact:

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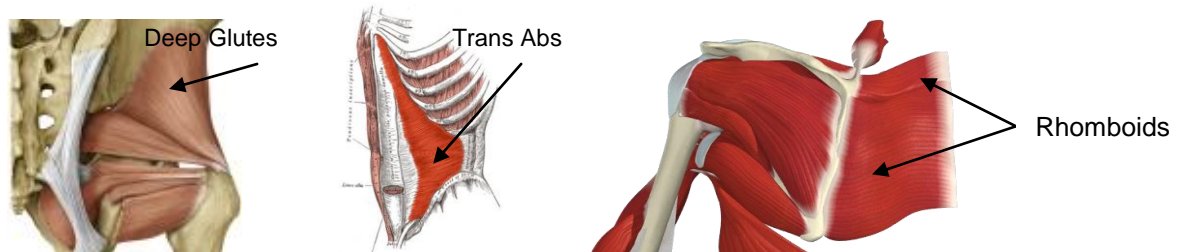
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Core Stability Training

By Saskia Blair PgDip, GradDipPhys, MCSP, MHPC

Core stability is important to an athlete to enhance their performance and also to prevent injury. Fencing is a very one sided sport and as such causes muscles to build up unequally which is likely to increase the risk of injury. Core stability focuses on the postural muscles.

This leaflet aims to demonstrate exercises that will help to strengthen the postural muscles. These support the back and shoulder region acting like a muscular corset. The main larger muscles concerned are the deep buttock muscles (gluteus medius & minimus) and the deep abdominals (transverse abdominus). These larger muscles are also supported by some of the smaller muscles closer to the spinal column e.g. multifidus. The major shoulder blade (scapula) stabilisers that we will be concerned with are the rhomboids.



The exercises that we will be focusing on are pictured below. These exercises are not exhaustive but will give you basic grounding in core stability.

These exercises are progressive, for each muscles group, so do not move on to the next exercise until you are proficient with the previous exercise.

If you are considering using or buying a swiss/fit ball, please the following directions for ensuring you get the correct size. Only use an **antiburst** ball.

Selecting the correct size ball.

55cm ball is suitable for under 5ft5in/164cm

65cm ball is for 5ft6in-5ft10in/166-177cm

75cm ball is for 5ft11in/178cm and over.

Pump up your ball so that when sitting on it your hips, knees and ankles are at 90°



Exercises

Shoulder Stability – The Wall Press

Start facing the wall standing an arm length away from the wall. Then perform a press up against the wall, **during this movement the shoulder blades should remain in the neutral position and your body should maintain a plank like position throughout the whole movement**, i.e. the shoulders should not raise up or meet in the middle.



CORRECT



INCORRECT

You can then repeat this exercise until failure i.e. either your arms are unable to continue doing the movement or you lose form at shoulders or the pelvis. To progression the exercise move the feet further away from the wall (only if you are able to control as above)> press ups on a chair>bench>floor.



Transverse Abdominals – The Plank

Start with the modified plank with your knees on the floor and in the plank position, as in the above exercises, make sure that your shoulders and pelvis are in the neutral position as described in the above exercise. The lower back should be flat and you should feel no pressure in the back.



Hold the position as long as you can maintain the correct position.



INCORRECT

The plank can be progressed on to the ball with the following progressions. Start with the ball at mid thigh level.



Keep your body like a plank, your head in line with body and keep looking down at the floor. Make sure that your chest is open, your shoulder blades are in their normal position, and not moving together or towards the spine. Your abdominals should be working hard, however you should not feel any pressure in your lower back, do not let your back arch. **Hold the position as long as you can maintain a good progression.** **Progressions:** Hold the position for longer. The ball may be moved so that in the start position the ball is positioned further down the thigh (do not move the ball past the knees).



The exercise maybe further progressed to rocking backwards and forwards keeping the body as a plank. Do not let the head droop or the back arch.



Another progression is to bring your knees to your chest and then return to the start position. Do not bend your lower back as you bend your knees or let it sag on return to the start position. The exercise can be performed slowly to increase your control, and quickly mimicking the speed of fencing. **Repeat 4 sets of 10.**

Pelvic Stability- Floor & Ball Bridge



To start press your lower back into the floor, squeeze your buttocks together then raise your pelvis off the floor. Only raise your bottom off the floor as long as you are not contracting your back muscles. Start with your arms by your side then progress to crossing your arms across your body. Hold the position as long as you can maintain your form.

Progression: Repeat the above exercise but on the ball



Then start to move the arms up and down quickly using both arms and then alternately, on the floor and then on the ball.



Then progress to single leg balances raising alternate heels then progress to on floor with the lifted leg straight and both thighs parallel. You must only progress to this position if you are able keep the pelvis square once you lift the leg, you should also not feel the back, hamstrings or thigh muscles over working. Progressions in this position are to then start with the arm movements again. Once you are able to maintain this on the floor then you may attempt this on the ball, again only if you can maintain the correct pelvic position, and progress as with the floor bridge.



You can also add weights with the arm movements, but only if you can maintain your form.

Classic Lunge



Stand with your feet apart in step standing. Lift your back heel and lower your body keeping your weight in the middle and your back straight. Keep your hips level and your knee over your front foot so the knee and foot are in line. Using a mirror helps check this. Breathe easily. **Hold the lunge for 10 seconds and repeat 10 times.** Perform with right leg in front and then your left leg. Progressions: once in the lunge position holding a light ball or your weapon, and rotate to each side, then progress to using a medicine ball. Keep your back straight and do not bend sideways. The lunge can be done at speed with no holding period, but with control and then add the previous progressions.

British Fencing – National Academy

Overall Timetable

Time	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
07:00		Breakfast buffet	Breakfast buffet	Breakfast buffet	Breakfast buffet	Breakfast buffet	Breakfast buffet
07:30		Sports hall	Sports hall	Sports hall	Sports hall	Sports hall	Sports hall
08:00							
08:30							
09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30							
10:00	Arrive	Sports hall	Sports hall	Sports hall	Sports hall	Sports hall	Clear rooms
10:30		Martin Stamper	A Boxer	Mark Sheppard	Mark Sheppard		Sports hall
11:00	Intro						
11:30	unpack						
12:00							
12:30	Team build						
13:00							
13:15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:15							
14:30	Sports hall	Sports hall	Sports hall	Sports hall	Sports hall	Sports hall	
15:00	Team build				Superstars		Awards & closing
15:30							
16:00							Fencers leave
16:30							
17:00							
17:30							
18:00							
18:30							
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30							
20:00		100%ME	100%ME	Athlete Role models, John Clare			
20:30							
21:00		Finish	Finish	Finish	Finish	Finish	
21:30							
22:00	All quiet	All quiet	All quiet	All quiet	All quiet	All quiet	
22:30							

Sports Hall, 3 halls, all fencing, S&C & individual sessions
 CELS , Building across road from sports centre, 2 classrooms & lecture theatre
 John Clare, Lecture theatre opposite dining hall

Daily feedback forms

Notes