

**Neil Brown** Project Officer  
07590 046892 | neil.brown@britishfencing.com

**Lynne Melia** Regional Lead Coach  
07802 400116 | coach@teammelia.org.uk

**Alan Rapley** Academy Manager  
07970 313419 | alan.rapley@britishfencing.com

**Sam Stockley** Regional Development Coach  
07977 927637 | sstockley76@googlemail.com

#### **Talent**

The National Academy will provide the foundation for fencers with talent and desire to develop and prepare for senior international success

#### **Workforce**

The National Academy will develop and prepare a skilled and active workforce to support a world leading fencing family

#### **Clubs**

The National Academy will support clubs in their ambition to provide the best experience for fencers

# British Fencing National Academy, Birmingham

*This document contains essential information for all fencers and coaches who would like to take part in the National Academy, Birmingham training programme.*

## Background

Long Term Athlete Development (LTAD) is a holistic training and education framework which seeks to give British fencers the education and skills they need to reach their full potential as successful senior athletes. The National Academy is the catalyst for British Fencing to achieve this.

The formal launch of the British Fencing National Academy took place in 2010 with 2 pilot training days and a residential week at Nottingham Trent University. The programme was repeated in 2011 and now includes regional centres offering monthly training.

Upwards of 1000 fencers will be included within the National Academy activities by 2013 aligned with the aspiration to have all National Squads and National Teams selected from the National Academy fencers.

The National Academy has been established to deliver British Fencing's vision of becoming a "world leading fencing family", and has three areas of focus:

- Talent Development
- Workforce Development
- Club Development

With the development of National Academy Regional centres we are developing a national programme which will start to roll out nationwide over the next few years. It will deliver support to fencers, coaches and parents through a national and regional framework and in time will have support through a "virtual National Academy" with online resources.

The National Academy aspires to bring together world leading experts in a range of fields such as psychology, strength and conditioning, injury prevention, recovery, physiotherapy, nutrition whilst balancing education with sport and planning, to achieve the aim of producing successful senior International fencers.

The LTAD document for British Fencing is available on the British Fencing web site at [www.britishfencing.com/academy/ltad/](http://www.britishfencing.com/academy/ltad/) .

**N.B. There is a standing invitation to the personal coaches of any National Academy fencer to attend any National Academy session (providing these coaches are suitably registered).**

## Coaches

The team of Lynne Melia and Sam Stockley run the British Fencing National Academy, Birmingham. They are assisted by the weapon coaches Peter Cormack, Glen Golding and Peter Rome.

## The University of Birmingham

British Fencing have made an agreement with the University of Birmingham to deliver the National Academy on a regional level.

The Sports Science and Sports Medicine Unit at University of Birmingham Sport hosts an interdisciplinary support service for athletes, in addition to an education programme; this support unit has the key aim of providing specialist support to athletes and coaches. The Hi-Performance Centre provides cutting edge applied sports science and sports medicine support that contribute to enhanced training and performance, diagnoses of injury, treatment, rehabilitation and recovery. This team will support British Fencing's Talent Development Programme.

The Hi-Performance Centre is staffed by a number of full and part time specialists who have a wealth of experience working with NGBs. The centre incorporates a BASES Accredited Sports Performance Laboratory, physiotherapy clinic with rehabilitation area and separate medical consultation room through to Performance Gym with video analysis. The team have over 15 years experience working with high performance athletes and coaches, specialising in the development of talent with transitional athletes (16-23yrs).

The unit is also the TASS HUB for the West Midlands, has been recognised by TASS as the best practise with regard specialist support delivery and is currently supporting over a 100 funded athletes. The team have experience of working with both able bodied and disability fencers.

## Costs

The setup of the programme is part of the England Development Project and as such will use resources and expertise developed for the Academy as well as officer time assigned to this project. However the programme must be set up in such a way that will be sustainable for the long-term goals and processes that are being put in place now. Because of this the sessions will cost of £40 for each fencer.

This payment can be done by posting a cheque to British Fencing or over the phone to the British Fencing office (there will be a £2 surcharge for this).

## Timetable

Each day will start at 9am and will finish at 5pm. Full timetable will be published for each training day.

## Personal Coaches

This information is for all the coaches who have been identified by the fencers selected to take part in British Fencing's national academy programme.

Firstly, thank you for the work you have done to be in this position. We understand the time and effort this takes and know that you are the coaches who are supporting British Fencing's activity on the world stage.

You are invited to attend all sessions with the fencer(s) you coach. Please note that coaches will need to be properly registered with British Fencing to take part in any academy sessions or activities. As you will know this is a minimum standard of:-

- Membership of British Fencing
- A recognised coaching qualification
- A valid British Fencing CRB
- Attendance on a scUK safeguarding and protecting children course within 3 years
- A first aid qualification or England Fencing declaration

The registers are held by each home country so please contact the respective office if you are not sure of your status. The British and England Fencing register is available to view at <http://www.britishfencing.com/academy/academyskilldevelopment/coach/>

## Application Process

Applications are now sought from fencers who would like to join this British Fencing programme. Fencers will need to complete and return the application form in this document. Fencers who are taking part in the regional sessions will become part of the National Academy and are expected to adhere to the standards this programme will set.

Initial selection will be largely based on national rankings and will focus on the cadet age group (born 94-98). There will also be spaces open to some junior fencers (born 91-93).

Fencers who are selected for the National Academy regional programme will be normally be expected to commit to attend all the sessions in the calendar. The dates of these are available on the British Fencing web site at [http://www.britishfencing.com/academy/national\\_academy\\_calendar/](http://www.britishfencing.com/academy/national_academy_calendar/) and below. Not every fencer who trains with the National Academy in each regional will be able to attend the National sessions.

In order to take part in the National Academy regional training fencers will need to do the following:

- Complete and return the fencer information spreadsheet to the British Fencing office, by email to [events@britishfencing.com](mailto:events@britishfencing.com) (this document needs to be sent in for every session). Download [here](#)
- Complete and return the British Fencing annual youth athlete agreement (only needs to be done once and is the same document as for international trips with the British squad). Download [here](#)
- Complete and return the application form at the end of this document (only if this is your first National Academy session)
- Pay, £40 per day. Cheque payable to British Fencing or payment can be made over the phone at a cost of £2.

All forms and payment must be returned by the weekend before the National Academy training day. Fencers should not bring money or registration forms to the activity.

## British Fencing National Academy, Birmingham. Training days 11-12

22 Jan, 22 Apr, 24 Jun, 9 Sept

Application form for fencers new to the National Academy regional sessions

For fencers born 91-98 only

These fencers should complete the online application and return the form below to Katie Dolan at the British Fencing office, [events@britishfencing.com](mailto:events@britishfencing.com). Selections will be done by the national and regional coaches.

Name:                      Weapon:                      DOB:

I would like to be considered to be part of the British Fencing National Academy regional training sessions 2011-12 for the following reasons:-