

# FEBRUARY NEWSLETTER

## NEW YEARS RESOLUTION

"I Must Update My Details!"

Please tell us if you have changed your contact details, emergency contact details and Health & Safety info. It is ESSENTIAL that we have an up to date record of these details. New forms are available at the club or [www.foiledagain.co.uk/downloads.php](http://www.foiledagain.co.uk/downloads.php)

## Club Trip

We welcome your suggestions for locations for the next club trip which has been provisionally booked for the last week of the summer holidays.

We have already had a nomination for the Royal Armoury and previous locations have included Warwick Castle.

Please email your suggestions to Tom Hailstone at [www.foiledagain.co.uk/contact.php](http://www.foiledagain.co.uk/contact.php) or speak to a committee member at the weekly training sessions.

## Insurance

Members must hold their own insurance to fence at Foiled Again. We will become increasingly STRICT in enforcing this rule.

All members are urged to buy insurance ASAP the necessary paperwork is available at the club each week and on [www.foiledagain.co.uk/downloads.php](http://www.foiledagain.co.uk/downloads.php) (British Fencing Membership Form)

It can cost as little as £10 a year (social membership). For this you get cover for fencing at Foiled Again and for competing in one local competition.



We are looking for volunteers to take part in a first aid course. The cost will be covered by the club on the proviso that the volunteer will be a regular attendant and use their new found skills if necessary. Members and parents are invited to email Matt if they'd like to participate and are committed to helping.

## Intensive Training Course

This will be a **very high intensity** day consisting of Strength and Conditioning, Aerobic workout, Footwork, Bladework, Fencing and Individual coaching. Aimed at cadets, juniors and senior in foil and epee.

Where: Towcester Centre for Leisure or Garendon School, Leicester.

When: 9am-5pm Saturday 13<sup>th</sup> March

Cost: £25-30

Email [baldip.sahota@yahoo.co.uk](mailto:baldip.sahota@yahoo.co.uk) to register.

## Clothes Sale

2 second hand breeches for sale: Leon Paul 26 inch waist for right hander & Jiang 28 inch waist for right hander- £20 EACH

Email [harriet42@hotmail.co.uk](mailto:harriet42@hotmail.co.uk) for details.

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## International Performance Course

Experienced international masters Roberto Piranio and Prof. Philip Bruce, shall be running an exciting course for foil, epee and sabre.

Where: Stanley Matthews Sports Centre,  
Staffordshire University, Stoke on Trent

When: 21<sup>st</sup> & 22<sup>nd</sup> May 2011

Cost: £45 per head if you have booked by April 20th,  
£47.50 per head thereafter, £50 within 2 weeks and £55  
on the day (includes light lunch and refreshments).

## Murray Park

It has been suggested that changing the times  
of the Saturday Training sessions to an hour earlier  
would encourage more people to attend.

Proposed new times:

10.15am-11.15am Beginners

11.30am-12.30pm intermediate/advanced

Please email [harriet42@hotmail.co.uk](mailto:harriet42@hotmail.co.uk) with your  
opinions.

## Club Clothing

There is now a range of Foiled Again clothing which  
you can purchase from the club. Items such as:

Tshirts- £6.00 adult, £5.25 child

Polo shirt- £12.00 adult, £10 child

Hoodie- £13 - £20

Fleece- £20 adult, £18 child

Please email Tom Hailstone to place an order or for  
more details ([www.foiledagain.co.uk/contact.php](http://www.foiledagain.co.uk/contact.php)).

## March Committee Meeting

The next committee will be held of the Friday 4<sup>th</sup>  
March. If there is anything you want discussed or have  
an idea to help make the club better then email them  
to Harriett at [www.foiledagain.co.uk/contact.php](http://www.foiledagain.co.uk/contact.php)