



# JULY

# NEWSLETTER

## Stooges needed

On 12<sup>th</sup> July at 6.30pm in the Diocesan Centre you can see something most people don't get the chance to- our coaches being pupils. Our coaches are having a training evening to brush up on their skills and need members to practice on. All help would be greatly appreciated and think of it as another FREE chance to fence midweek.

A big thank you to the people who have come along to these in the past. If you want to come on the 12<sup>th</sup> then all you need to do it let us know and come along ready to fence.

PLUS

Wednesday 27<sup>th</sup> July we will be taking part in the 'One Year to Go...' event to mark the beginning of the countdown to the Olympics. We need helpers to man the stall and talk to people about fencing as a sport to take up and Foiled Again as the club to do it at.

Venue: Market Place, Derby

## Murray Park

The last Saturday session before the Summer break will be 16<sup>th</sup> July due to open again on 10<sup>th</sup> September.

Apologies to member who have been disappointed by the erratic nature of Saturday sessions recently. We are looking into ways to

avoid future disruption and are sorry for the inconvenience caused. Updates shall follow as and when they come in.

## BFA Level 1 Referee Training

This is a training course run by the BFA in all areas of fencing officiating.

Date: 10am 31<sup>st</sup> July 2011

Venue: Munrow Sports Centre, University of Birmingham, Edgbaston, Birmingham, B15 2TT

Cost: £30 with a limited number of £25 places for under 25s on a first come first served basis.

If you volunteer at future BFA events then the cost of this course will be refunded at £10/event.

Download the application form at [www.britishfencing.com/academy/academy-courses/](http://www.britishfencing.com/academy/academy-courses/)

## BFA Performance Weekend

On May 21<sup>st</sup>/22<sup>nd</sup> members from Foiled Again attended the BFAs Performance weekend in Stoke. This was a great opportunity to learn



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techniques from those who have coached world champions. An intensive training course which managed to cram in exercises on footwork, blade work, distance, attacks and defence.

There is another planned for 3<sup>rd</sup>/4<sup>th</sup> September which is also combined with a tactical coaching slant.

Venue: Staffordshire University, Stoke-on-Trent, Leek Road, ST4 2DF

Cost: prices vary but £45 for whole weekend.

For more details please see leaflets at the club or email [harriet42@hotmail.co.uk](mailto:harriet42@hotmail.co.uk) for electronic versions.

## European Championship

This year the European Fencing Championship is being hosted in England and you can go watch foil, epee and sabre fought at an international level. It is FREE to watch the knock out rounds and only £10 to see the finals.

Date: 14<sup>th</sup> to 19<sup>th</sup> July

Venue: English Institute of Sport Sheffield, Coleridge Road, Sheffield, S9 5DA

## Club Clothing

There are new prices for all club clothing. Please ask a committee member at one of the training sessions or else enquire at our website.

## Club Trip

Summer is just around the corner and that means the annual club trip. After the success of last year's we are proposing to hold another, at the end of the summer months. Suggestions of where to go are needed though so please email [harriet42@hotmail.co.uk](mailto:harriet42@hotmail.co.uk). Votes will be counted on the last Thursday of July so get them in soon

### Update Records

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)

Also it is essential that members hold their own insurance after completing their first 10 weeks at the club.



Foiled Again Fencing Club  
[www.foiledagain.co.uk](http://www.foiledagain.co.uk)  
British Fencing No: 31425



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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.