

East Midlands Region

England Fencing

Regional Newsletter

Bringing the regions clubs' closer together. If there is something you would like to see in this newsletter please don't hesitate to get in touch with us on our new e-mail address:

training@emfencing.com

Our new secretary e-mail address is: secretary@emfencing.com

CADET WINTON:

The weekend of the 15th and 16th December 2018 saw the Cadet Winton competition. Big well done to all the fencers who took part we are super proud of you! We took a young team this year and with just 3 in each of the teams except womens sabre, which had just 2, this meant there was a lot of fencing for everyone.

A big thank you also goes to Ian Toplis and Jacqui Lever for all their help over the course of the weekend.

Without it we wouldn't be able to take the team. Thank you to the parents who stayed for the weekend, helping provide support for the teams fencing. It is very much appreciated!

Woman of the weekend has to go to Rachael Lever who not only fenced epee, but fenced sabre too. Most of Rachael's matches were back to back with no break - an impressive feat at that, but she also went on to win 25/27 matches in epee which saw her take the title for top womens epeeist, and she finished 9th overall in sabre, winning 18/27 matches! A staggering 54 matches in total fenced over the two days.

The womens epee team of Rachael Lever, Niamh Noble and Sophie Peat took first place in the womens epee teams, with a nail biting final match between EM and Eastern region. EM came out on top with a 6-3 win!! Well done ladies that really was superb fencing!

Individual results:

MF

Joshua Hemmings - 21/38

Conor Dixon 29/38

Joel Mason 33/38

WF

Ruby Roberts 27/34

Isabella Gardiner 31/34

Olivia Clapp 34/34

ME

Finlay Noble 8/37

Linus Monaghan 33/37

Max Chillingworth 35/37

WE

Rachael Lever 1/35

Sophie Peat 4/35

Niamh Noble 12/35

MS

Tom Lewis 11/38

Rowan Guy 19/38

Jonathan Bellamy 24/38

WS

Varvara Bayramova 7/35

Rachael Lever 9/35

EM finished 9th/10 so we avoided the shaggy dog! An excellent performance with a young team and lots of positive things to focus on during this year to get ready for the 2019 Cadet Winton competition. Once again a huge well done to all those that took part and thank you to all those who helped out over the weekend.



REGIONAL TRAINING DATES:

January 19th 2019

February 16th 2019

March 9th 2019

April 13th 2019

May 11th 2019

June 8th 2019

Mini session (under 13's) 10am - 12 noon £10

Senior session (over 13's) 12 noon - 4pm £20

All regional training days are open to any fencer, any age who has completed a beginners' course. The sessions are run at the Lee Westwood Sport Centre, Nottingham Trent University, Clifton Campus, NG11 8NS.
If you have any questions about the sessions please contact Jenna on training@EMfencing.com

COMPETITION RESULTS:

Congratulations to all East Midlands Fencers who took part in the FCL cadet BRC event and the other various competitions that have taken place. Some fantastic fencing with some fantastic results!! Keep an eye on our Facebook page for up to date competition results. If you have any results you would like including in the newsletter please, please get in touch and let us know.

COACH DEVELOPMENT.

Who is Andrew Basford?

For those who don't know me, I'm a coach at University of Leicester Fencing Club, and I've just completed a master's degree in "Advanced Sport Coaching Practice" at Sheffield Hallam University, which is the "UKCC Master Coach" course for Judo (but I did mine in fencing) plus an extra year to get the MSc. I'm a BF coach developer, where my main focus has been developing UFOs for the University Sabre:Lite programme.

What is this survey all about?

I believe that coaches have a thirst for learning and developing themselves as well as their fencers. If coaches are interested in developing themselves further, either by sharing good practice, with fencing specific courses, or with knowledge and experience from outside the sport, then relevant courses can be arranged centrally i.e. within the East Midlands. Potentially, we could also arrange for people to get experience from outside the sport too. Knowing what you want to achieve, will inform how you can plan your personal development.

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UPCOMING REGIONAL COMPETITIONS:

BRITISH YOUTH CHAMPIONSHIP QUALIFIER.

WHEN:
Sunday 17th February 2019

**WHERE:**

David Ross Sports Village
University of Nottingham
Beeston lane,
Nottingham,
NG7 2RD

Full details to follow soon. Entries
will be open in the next few days.

East Midlands Beginners, Intermediates and Junior competition.

Run by Radcliffe Sword Club.

WHEN:

Saturday 6th April 2019

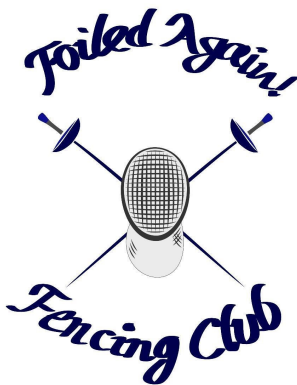
WHERE:

Clifton Leisure Centre, Southchurch
Drive, Clifton, Nottingham, NG11
8AB

Full details to follow soon.



Club Corner:

**Foiled Again:**

Foiled Again Fencing Club is Derby's community fencing club and was established in 2004 to promote the sport of Fencing in Derby and the local area. In 2007, we were the first fencing club in England to be awarded Club Mark status. This was a

fantastic achievement for all involved.

The club is open to anyone over the age of 8 years Beginners' courses concentrate on Foil with Epee' and Sabre being introduced when fencers become more competent. Fencing on electric recording apparatus is also for those fencers wishing to hone their skills under competition conditions. If competitive fencing is what you want we can provide you with all the details of Regional and National competitions.

Foiled Again is fully committed to providing opportunities for juniors and adults to experience the sport of Fencing. As such we operate a very popular Outreach Programme; this has us visiting community groups across the city and the surrounding area.

Foiled Again is affiliated with British Fencing & England Fencing. Foiled Again abide by the rules and policies laid down by these governing bodies, ensuring that our club is well structured and has qualified coaches to provide instruction at all training sessions.

ARMOURERS CORNER:

Point disassembly (foil)

To clean the inside of your point you will have to completely dis-assemble it. First remove the pvc tape on the tip by carefully peeling it off or carefully cutting it away using a craft knife. You should now have exposed the grub screws on either side of the point. If you have access to a vice then it is a good idea to place the foil blade in it so that the point is held firmly at a height which is comfortable to work at. You can start to unscrew the tip starting by completely removing one screw, when you come to the second screw you should keep one finger on the top of the point to ensure it does not spring out as you remove the screw. The screws should come out relatively easily and you should be careful to ensure that you don't damage the head

Point re-assembly and adjustment

Before you reassemble the point, clean out the inside of the barrel using electrical contact cleaner and a cotton bud. Do not use an oil based lubricant such as WD40 or similar, as this may trap minute particles of metal and dirt causing excessive wear, resistance and low connectivity.

Rub both ends of the foil point with an [abrasive block](#) before replacing. If the weapon has failed the weight test the spring should be lightly stretched or discarded and replaced. The official tests require that the spring will raise a 500g weight and that the travel is less than 1.0mm also that the blade is insulated with tape for the top 15cm.

Clean off the tip and gently abrade both ends using sandpaper or an abrasive block to improve connectivity. Ensure that the plastic sleeve is in good condition and fits the barrel. Plastic sleeves are made to different sizes by different manufacturers so check for fit before assembly.

Worn [grub screws](#) can cause many problems and again are not the same for different manufacturers points. Do not re-use them if they show signs of excessive wear at either end. Ensure that your point screwdriver is in good condition and of the correct size. Magnetise your screwdriver to allow you to pick up the screws more easily and ensure that you do not cross thread the grub screws when inserting them.

Thank you for reading. If there is anything you would like to see in the newsletter please get in touch:

EMcadets@gmail.com

Our mailing address is:

EMcadets@gmail.com, training@emfencing.com

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