



**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](mailto:training@emfencing.com)**

Our new secretary e-mail address is: [secretary@emfencing.com](mailto:secretary@emfencing.com)

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## UPCOMING COURSES:

### Referee course:

Running alongside the Leicester Open for foil and sabre. Theory part on Friday practical part on Saturday. You can book in via their face book page or contact Daithi Harkin on [dharkin755@hotmail.co.uk](mailto:dharkin755@hotmail.co.uk)

### Safeguarding and Protecting Children and Time To Listen Course:

Running alongside the regional training days at the Lee Westwood Sports Centre, Nottingham Trent Uni. Please let us know which date you can make -

May 11th

June 8th

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## **REGIONAL TRAINING DATES:**

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](mailto:training@EMfencing.com)**

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## **LEADERSHIP IN FENCING COURSE:**

Saturday the 26th January saw Radcliffe Sword Club host the Leadership in Fencing course. We had 16 youngsters sign up for the course aged between 13 and 16 from across the region. The course was led by some of British Fencings coach development team, Steve, Josef, Rob and Helen. Over the day the young leaders were given various tasks from some theory based work - what makes a good leader, to leading group warm ups/fencing related games. They were split into two groups, some working with Rob and some working with Helen, they had to deliver, in pairs, a warm up game to the others in their group. It was fascinating watching their confidence and ability grow over the day. They also had to do self reflection, evaluate themselves about what went well, how they could make it even better and what advice would they give someone else running that game. It was great to hear their thoughts about what they had done. They did an excellent job with the self reflection.

We had some coaches/officials from other clubs in the region in attendance who were there to support their young leaders. We got to reflect with them about the warm up games they had delivered and it was all fantastically

positive! They realised when things weren't working quite right and adjusted the game accordingly. It was fast paced so no one was waiting around getting bored. The games were all engaging and full of energy, there was lots of chatting and laughing and putting their own twist on games Helen and Rob had showed them. I know the coaches will be on the steal for their ideas, as well as some of the coach developers, they were that good!

We have some exciting things to come from this group of Young Leaders. Huge well done to all of you. A massive thank you goes to all at British Fencing esp. Steve, Josef, Rob and Helen for allowing Radcliffe Sword Club to pilot this exciting course in a club setting. A massive thank you also has to go to the club coaches who were in attendance supporting their Young Leaders throughout the day. We have some exciting times ahead of us with these young leaders, we can't wait to see more from them.



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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

Entries open on Sport80

**Leicester Open**

Being run by Leicester University

**WHEN:**

23rd and 24th March 2019

**WHERE:**

Danielle Brown Sports Centre,  
University of Leicester

**DETAILS:****Saturday 23rd March**

Mens Foil

Mens Sabre

Womens Sabre

**Sunday 24th March**

Womens Foil

Mens Epee

Womens Epee

Entries being taken by Sport80

## 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

### DETAILS:

Beginners foil, epee and sabre

Intermediate foil, epee and sabre

Junior foil and sabre

Full details to follow soon.



## Club Corner:



Wingerworth fencing club is a single weapon club. Epee is the name of the game on a Wednesday and Friday evenings.

We have fencers who cover most areas of epee competition from beginner to commonwealth and international. Results are usually well published.



Wednesday evenings are from 8-10pm and are from 14 to 80+ year olds and some stiff competition can always be found!!

Fridays is for kids from 6-7:30pm and again it's a healthy mix of fun, fencing and competition. Full details of times and venue can be found on our website.

We also work closely with Derbyshire epee academy and run the North East Derbyshire Junior Epee Series. This will be it's 4th year and brings local junior fencers together to gain competitive experience and find out if they like it or not without having to travel too far.

One of the last years highlights was Sports Relief day. Two Wingerworth coaches gave around 380 Junior school children a Go/Fence experience during a "normal" school day!

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## ARMOURERS CORNER:

### **Epee Maintenance.**

Point adjustment and cleaning.

Most problems with epees can be found in the point.

Plug the epee into your test box using the bodywire. No light should show.

When the tip is depressed, the red light should light.

Place a 750 gram test weight gently on the tip of the epee; the light should remain off. The tip has to have more than a 750 gram weight resistance to be legal.

Next, place your finger gently on the test weight and increase the pressure applied. This should make the testers red light turn on.

To test the travel of an epee use the 0.50mm feeler gauge. "Travel" is how far the tip has to move before a hit is registered. When the 0.50mm front gauge is placed between the barrel and the tip depressed until there is no space between the tip gauge and barrel, no light should show on the tester.

Part two next issue of the EM region newsletter. Stay tuned.

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Thank you for reading. If there is anything you would like to see in the newsletter please get in touch:  
[EMcadets@gmail.com](mailto:EMcadets@gmail.com)

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**Our mailing address is:**  
[EMcadets@gmail.com](mailto:EMcadets@gmail.com), [training@emfencing.com](mailto:training@emfencing.com)

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