**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

UPCOMING COURSES:

Referee course:

Running alongside the Leicester Open for foil and sabre will be a referee L1 and L2 course. Theory part on Friday 10am to 5pm and the practical part on Saturday at the competition. You can book in [here](#) or contact Daithi Harkin on 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

REGIONAL TRAINING DATES:

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

Senior sparring 4pm - 6pm £FREE

Payment is cash on the day.

To sign up for the March training day please use the following link [click here](#)

The 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

!!!CALLING ALL COACHES!!!

Dear EM coaches please could you take a few minutes to fill in the following survey. As a Region we are trying to develop coaches either by supporting them to do further levels, venturing into new areas, for example, Strength and Conditioning, Sports Psychology etc. Or starting fencers on their coaching journey. To be able to do this and run local courses we need to know what fencers and coaches would like. It would help us a great deal if you could fill in the survey. If you have filled it in once already, thank you, there is no need to do it again. For the survey [click here](#)

UPCOMING REGIONAL COMPETITIONS:



Van Cleef Memorial Competition

Date:

Sunday 24th March 2019

Venue:

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

Details:

This is a team sabre competition in memory of former club member Adam Van Cleef, who recently passed away from cancer. He was a massive part of the club and it seems only right to honour him by holding a competition in his weapon.

All entry fees will go to Cancer Research UK.

Teams can have 3 or 4 people and the entry charge is £15 per person. The men's competition will be in the morning and the women's in the afternoon.

You will need BFA membership to take part.

Entry via Facebook. [click here](#)

Leicester Open

Run by Leicester University

**Date:**

23rd and 24th March 2019

Venue:

Danielle Brown Sports Centre, University of Leicester

Details:**Saturday 23rd March**

09:30 - Mens Foil

11:30 - Mens Sabre

13:00 - Womens Sabre

Sunday 24th March

09:30 - Womens Foil

11:30 - Mens Epee

13:00 - Womens Epee

Entries being taken by

Sport80: <https://bf.sport80.com/events>

East Midlands Beginners, Intermediates and Junior competition.

Run by Radcliffe Sword Club.

Date:

Saturday 6th April 2019

Venue:

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

Details:

09:00 - Beginners Foil,

10:00 - Intermediate Epee and
Intermediate Sabre



10:00 - Junior (U13) Foil

13:00 - Intermediate Foil

13:30 - Beginners Epee and Beginners

Sabre

13:30 - Junior (U13) sabre

The East Midlands Beginners and Intermediate Competitions are competitions for newer fencers (beginners: 2 years experience; intermediate: 4 years experience) and are an excellent introduction to competitive fencing. The day is structured so that fencers who are eligible may take part in both the Beginner and Intermediate competitions for their weapon, or foil and one other weapon at the same grade. Please do not enter two competitions in the same part of the day.

Entries being taken on

Sport80: <https://bf.sport80.com/events>

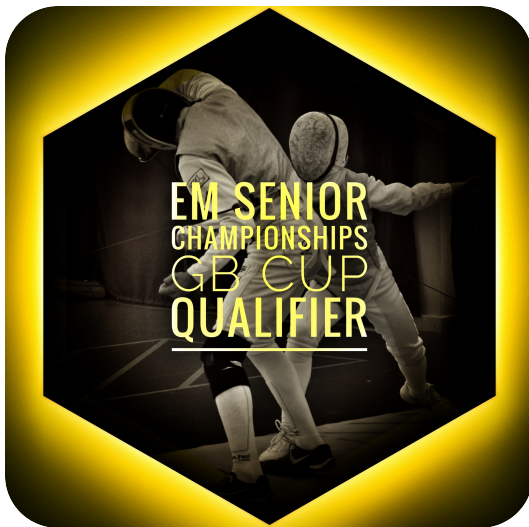
Cost:

£25.00 for one weapon and £30 for two events. **If you are entering two events please get in touch with Jenna on EMcadets@gmail.com for a discount code.**

East Midlands Senior Championships and GB Cup Qualifier Competition.

Date:

27th April 2019

**Venue:**

Portland Leisure Centre, Muskham Street, Nottingham NG2 2HB. If using a Sat Nav please use NG2 2HE.

All Weapons to be fenced on one day. Please come and lend a hand setting the venue up. We can get in from 8am.

Senior Championships are open to all those aged 13 and over on January 2019.

The GB Cup is for adult fencers in the lower rankings, those not on the ranking lists, fencers who have recently started the sport and those fencers that have fenced for a number of years but do not currently enter national competitions but want to start and continue competing locally. The eligibility criteria are as follows;

1. Be aged 16 or over on 1 January 2019.
2. Be ranked outside of the top 50 of National Senior rankings in their weapon for Women's Foil, Epee, Sabre and Men's Sabre and top 80 for Men's Foil and Epee as at 1 January 2019.
3. Have never been selected by BF, home nation or other national equivalents to represent their Nation at any level (including GB, home nations or other national equivalents).

4. Have never won a Senior Open event
5. Fencers may only enter the Regional event in the Region they have specified on their British Fencing Membership.
6. Fencers may only fence in one qualifying event per season.
7. Fencers may only enter the GB Cup in one weapon.
8. Fencers must be UK residents

Entries are being taken via

Sport80: <https://bf.sport80.com/events>

Club Corner:



An enjoyable year of fencing in the BUCS circuit has been experienced by our men's first, introducing our new scholarships to the challenge of the Premier league. Women's team have put up a fight this year against a horde of new players entered their league and are set to demolish our rivals at varsity. Our men's 2nds team has had fun with new freshers learning the ropes and having an enjoyable time as part of a team.

Looking beyond university fencing, the club has continued to host Open competitions. The Alice Ruggles Memorial in December was another success, seeing another 100ish entrants raise approximately £2000 for the Alice Ruggles Trust across both days of fencing and the Charity Gala.

Entries are still coming in for the Leicester Open at the end of the month (24th and 25th) however we look to be on course to be one of the largest 6 weapon events in the Midlands, and if past competitions are anything to go by it'll surely be one of the most well organised.

This year we're growing the Leicester Open to include a refereeing course and Alumni meal, if either of these apply to you feel free to get in touch!

Individual successes have been plentiful. Scholar athletes Alex Lloyd, James Brosnan, Idiris Ali and Timothy Devenport have brought home plenty of Gold/Silverware including two bronze medals at BUCS individuals (the first in many years), 1st and 2nd at the Alice Ruggles and Gold in the Irish Open. (For more about the Scholarship programme at Leicester see <https://www2.le.ac.uk/offices/sports/scholarships>)

All this success doesn't come without hard work. We train 3 times a week, with a dedicated women's only session on Sundays, and coaching from Head Coach Handy Andy Basford and Aimee Parsons. We hope this gives you an insight into fencing at the University of Leicester, and we hope to see you at our events and perhaps study here.

ARMOURERS CORNER:

Epee Maintenance.

Point adjustment and cleaning.

If any of the tests in the previous issue of the newsletter don't work, follow these

instructions:

Clamp the epee in a vice so the top stays still and, using a magnetized point screwdriver, remove the two small tip/grub screws.

The tip has a small contact spring which is what closes the circuit and makes a hit register. When this contact spring is too long, the epee will fail the 0.50mm feeler gauge test. When the spring is too short the weapon will either not register hits or will register intermittently. If the spring is too short it can either be stretched or replaced. To stretch the spring you should insert your fingernail or a small screwdriver near where the spring enters the point and then pull the spring gently to stretch it. In order to stretch the spring evenly you may find it best to rotate the point at which your nail or screwdriver is inserted into the spring.

If the large spring, which controls the pressure needed to score a hit, fails the 750 gram weight test i.e. The spring no longer lifts a 750 gram weight then this spring is too weak and should be replaced.

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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