

# American FENCING

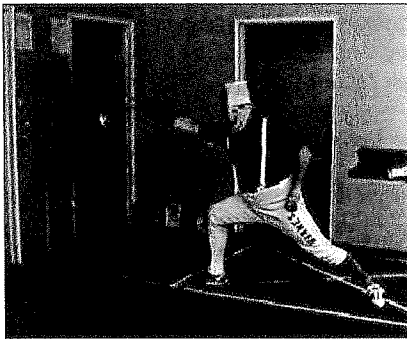
summer 2003



# GOLD!

# American FENCING

Summer 2003 · Volume 53, Number 2



14



16



26

## FEATURES

- 14 **Tips for the Recreational Fencer**  
by Brian Barnes
- 16 **THE 2003 JUNIOR/CADET WORLD CHAMPIONSHIPS**  
by Jeffrey Bukantz
- 23 **FEAR OF FAILURE**  
**How to harness anxiety**  
by Dr. Aladar Kögler
- 
- ## DEPARTMENTS
- 2 **President's Letter**
- 5 **Letter from the Editor**
- 5 **Your Letters**
- 6 **News** Just in from the NYC World Cup and more
- 8 **Postcards from the Strip** Albert Axelrod knows blisters
- 10 **Sports Med Q&A** The Real Achilles: Tendon Pain
- 11 **The Grayblade** Sending Owls to Athens
- 13 **Rules/Referees** "Sucker Actions"
- 26 **Tournament Highlights** including recent NACs and Sectionals
- 
- 36 **Spotlight** Kamara James and Sam Boutris

### On the cover:

Sada Jacobson and Emily Cross captured in glory moments at the 2003 Junior/Cadet World Championships. Photos courtesy of Jochen Faerber and Bill Murphy.

# STACEY JOHNSON

President, United States Fencing Association



## The Road to Athens Begins

It is the end of May and it feels like a year has passed instead of just a few months since my last column in which I praised the highly successful Titan Games held in San Jose, Calif. Many activities are pending for U.S. fencing, including the mid-June New York World Cup (a grand prix event in men's and women's sabre and women's foil held in New York City, the U.S. Olympic bid city for the 2012 Games); the U.S. National Championships this July in Austin, Texas; and the Pan-American Games in Santo Domingo during August. This is a jam-packed time for fencers and the USFA. In addition, fencers, coaches and the USFA staff are feeling the mounting pressure of having recently entered the Olympic qualification cycle.

Personally, to add to this excitement and activity, in February I was elected to fill a position on the U.S. Olympic Executive Committee. This challenge arose unexpectedly when a National Governing Bodies Council representative resigned—one of only five slots from all the Olympic sports (Summer, Winter and Pan-Am) suddenly was vacated.

Currently, the USOC is engaged in governance restructuring that will profoundly change how the organization will operate in years to come. As these changes come, however, I will be in a position to help our organization best navigate the new terrain ahead.

In this time of opportunity and challenge, I keep asking myself two questions: "Who do I serve and for what purpose?" I am committed to serving the athletes and their goals, and those of the greater Olympic movement, both with the USOC and the USFA. With this directive in mind, I measure our actions and policy decisions.

We can, in these incredibly busy times, lose sight of our primary focus. As a volunteer in the USFA, I try to always remember some key ideas from our mission statement: "Direct, administer and promote fencing ... enable athletes ... to reach their maximum potential."

No matter what our circumstances are, if we can remember for whom we serve and to what end, we will have the yardstick to measure our efforts and our decisions.

Our athletes are clear about their goals. Whether recreational fencers who participate for good health and the development of great friendships, or Olympians who quest after gold, they are clear about what they want to achieve through fencing. The rest of us need to stay similarly focused in our own roles as volunteers, especially as the pressure mounts in

this final year's drive to Athens. With the workload intensifying, I ask you also to understand the tremendous burdens now on coaches, referees, USFA staff, and volunteers who are striving to do their best in serving athletes.

I reflect back to the first article I wrote as president in which I encouraged us to adopt a new communications model that moves us "from a competitive to cooperative model of engagement" in all of our dealings. Today that cooperative model is being tested—can we persevere as our organization works at capacity to fulfill its mission? More than ever, working together to solve problems and serve athletes is paramount to achieving our goals. Our athletes need our support financially, organizationally, and emotionally.

Consider some of their recent results:

Keeth Smart, Jason Rogers, and our world junior/cadet team have demonstrated tremendous focus and leadership. Keeth, our first fencer to go number one in the world, now currently holds a third-place world ranking in men's sabre. He has won two gold World Cup medals to date. Jason Rogers, also a sabrist, had a terrific result in Madrid recently, upsetting the hometown hero, Jorge Pina, ranked 10th in the world, and France's Nourdin Marouf to reach the final eight. These are brilliant results brought about by fighting passion at the highest levels.

At the World Junior/Cadet Championships in Trapani, Italy, Emily Cross (foil) and Sada Jacobson (sabre) brought home gold. Emily dominated the semis and finals with no one scoring more than eight touches against her. Sada, whose speed is a pure joy to watch, beat Italian Alessandra Lucchino to take the gold. Other great results included Kamara James' bronze in women's epee, a silver medal for the men's sabre team (Adam Crompton, Patrick Ghattas, Mike Momtselidze and Jason Rogers), and a bronze for the women's foil team (Emily Cross, Jacqueline Leahy, Hanna Thompson, and Metta Thompson).

If our athletes are to achieve these kinds of results on a continuing basis, funding is required. As we move closer to Athens and the 2004 Olympics, our athletes and coaches need our support more than ever. If you ever considered making a contribution, now is the time. If you want to step up as a direct contributor, please call me or USFA Executive Director Michael Massik. Be a part of our fencers' dreams—they need you now.

*A POSTSCRIPT: Results from the NY World Cup are in: Sada Jacobson took the gold in women's sabre and captured the number one slot in the FIE world rankings—a first for a U.S. woman fencer (see the "News" section for details). The U.S. Women's Sabre Team took the gold, as well, in an international competition that hosted 450 athletes from 40 countries. The NY Fencers Club, the USFA and NYC 2012 worked like a "well-oiled" machine to deliver one of the most exciting fencing events in the history of the United States. It was truly incredible! My next column will provide a greater overview of this historic event.*

## The United States Fencing Association Member Services Directory

The United States Fencing Association is the national governing body for the sport of fencing in the United States. The USFA is affiliated with the Federation Internationale d'Escrime, the international federation for fencing. The mission of the United States Fencing Association is to develop fencers to achieve international success and to administer and promote the sport in the United States.

### The United States Fencing Association

Phone: (719) 866-4511  
Fax: (719) 632-5737  
E-mail: [info@usfencing.org](mailto:info@usfencing.org)  
Web: <http://www.usfencing.org>

President	Stacey Johnson
Vice President	Barbara Lynch
Vice President	Sherry Posthumus
Vice President	Ralph Zimmerman
Secretary	Donald Anthony
Treasurer	Michael Sullivan

### American Fencing

#### Dedicated to the Memory of:

Jose R. DeCapriles 1912-1969  
Miguel A. DeCapriles 1906-1981

**EDITOR/Layout and Design** Meg Galipault  
[magoo@columbus.rr.com](mailto:magoo@columbus.rr.com)

#### Associate Editors:

Bob Block Veterans  
Chris Cuddy Advertising Sales  
John Heil Sports Psychology  
John Moss Rules and Referees  
Andy Shaw Official Historian

**Editors Emeritus** Mary Huddleston, Emily Johnson,  
Albert Axelrod, Candi McConaugha

Please send all correspondence and articles for submission to Editor, *American Fencing*, One Olympic Plaza, Colorado Springs, CO 80909-5774. *American Fencing* is published quarterly in January, April, July and October. Please contact the editor regarding submission deadlines. Please contact Chris Cuddy at (719) 578-4511 regarding advertising.

*American Fencing* (ISSN 0002-8436) is published quarterly by the United States Fencing Association, Inc., One Olympic Plaza, Colorado Springs, CO 80909-5774. Periodicals postage paid at Colorado Springs, CO 80909-5774, and additional offices. Subscriptions to *American Fencing* are included with membership in the association. Individuals can subscribe for \$16 in the United States and \$28 elsewhere. Postmaster: Send address changes to USFA, One Olympic Plaza, Colorado Springs, CO 80909-5774.

©2003 United States Fencing Association. All rights reserved. Reproduction in whole or in part without written permission prohibited.

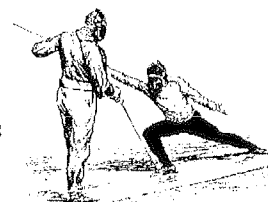


## THE SWORDMASTER

*The Journal for Fencing Coaches*

Read articles by U.S. and international fencing coaches and find information about:

- \*Pedagogy
- \*Business Management
- \*Masters Theses
- \*Conferences
- \*Coaches Clinics & Seminars
- \*Job Listings
- \*And More!



To subscribe to *The Swordmaster* quarterly journal, join the U.S. Fencing Coaches Association...

P.O. Box 1966  
Hoboken, NJ 07030

[www.usfca.org](http://www.usfca.org)



**MEG GALIPAULT**  
**Editor**

## Dear Readers:

Gelett Burgess wrote in *The Romance of the Common-place* (1916):

"It is in the blood of genius to love play for its own sake, and whether one uses one's skill on thrones or women, swords or pens, gold or fame, the game's the thing."

When I first started fencing, I hadn't anticipated that I would discover a love for competition. I thought I would love the disciplined aggression or the camaraderie among those who share a fondness for obscure and quirky things. Both of which I did love right away, along with feeling a strange pride about the bruises on my legs and arms and the happy realization that I was capable of getting off the couch.

When I competed in my first meet, I discovered a love for copper strips, the pop of the bayonet cord into the socket, the snappy salute. It was all ritual. I became adept at grabbing my mask at the bib and pulling it over my head, and developed my own particular nervous tic—clutching the bell of my foil with my bare left hand just before the *en garde*.

But only in the last couple of years, and only on those days when, for whatever reason, I am confident or careless enough not to worry, have I discovered how to "love play for its own sake." It is this different kind of competition, the one against myself, that teaches me most. And what I learn is simple: Just by being here, by moving my legs, I've already won.

There is nothing I can do about the opinions to which people are entitled. I can only keep fencing sabre because it brings me great joy. I can hope that each time I remove my sabre mask after a bout, fencers of every age and both genders will notice the radiant smile on my aging, female face and know that there is absolutely nothing unnatural about it.

Betty Brown  
 Columbus, OH

I received my Spring issue of *American Fencing* yesterday, and started reading it right away. And I have to say that as I read Mr. Gradkowski's letter, he had me going, right up to his last paragraph. His arguments against including women's sabre in the Olympics seemed reasonable, until his own words betrayed his misogynistic ulterior motives. I take great exception to his labeling of women's sabre as "unnatural." It's precisely that sort of attitude that has kept women sabre fencers from being taken seriously until very recently. I hope that his opinion is in the minority, else I fear that the future looks dim not only for women's sabre but for all of fencing.

To exclude half of the world's population from anything merely because of their gender is abhorrent; but to exclude them in any way from a sport that already does not get the attention and support it deserves is idiotic. On one hand, I'd love to hear Mr. Gradkowski's reasons for calling women's sabre "unnatural;" they might be amusing in a sad way. On the other hand, to ask for any justification of his opinion might falsely encourage him to believe that I care what he thinks. I'm afraid that Mr. Gradkowski has failed to join the modern world, where women are willing and able to do anything a man does. Thankfully, none of the men I fence with subscribe to any old-fashioned notions about women fencers. They're as ready to face me on the piste—with any weapon—as I am to face them. When we're on the strip, we're fencers first.

If Mr. Gradkowski really wants to "make fencing more attractive than golf," I think he ought to start holding women fencers in higher regard rather than looking for politically correct arguments for excluding them.

Lisa Lawitzke  
 Bellevue, MI

## your letters

### Women's Sabre: Absolutely Nothing "Unnatural" About It

Regarding Richard Gradkowski's letter to the editor published in the Spring 2003 issue of *American Fencing*, I am puzzled by the description of women's sabre as "unnatural" and "johnny-come-lately."

I belong to a generation of women who were *not allowed* to fence sabre, just as they were not encouraged to play other sports, be educated, be given equal pay for equal work, or become physicians, Supreme Court justices, astronauts, and presidents of anything other than the PTA.

The world changes very slowly, but it does change—one human-sized piece at a time. There is nothing I can do about the IOC's concerns and priorities.

In the Spring 2003 issue of *American Fencing*, Richard Gradkowski writes of women's sabre, "It seems foolish to jeopardize the future of all fencing in the Olympics by insisting on the inclusion of this unnatural and johnny-come-lately event."

Mr. Gradkowski's conservative assessment is out of bounds when he suggests there is anything "unnatural" about women's sabre. And while he is correct in asserting that making fencing more interesting to television is crucial to the future of the sport, that alone is wholly insufficient. The key is for fencing to be relevant to the prosperous American audience. And unfortunately, that will only happen when an American fencer wins an Olympic medal.

Archery ought to be a logical candidate for elimination from the Olympics, but American interest and sponsorship keep it going strong, thanks to Olympic gold for Americans in individual and team events in the 2000 Games. Now the USOC gives more money for archery than for fencing, and here in New York, the Empire State Games kept archery but dropped fencing in response to budget cuts. It is a crime that companies like Adidas and Dell Computer do not prominently sponsor USFA events, given the demonstrable affluence of the U.S. fencing community. That sponsorship and audience interest will only come with international success, and Olympic medals are the only accepted measure of that success.

American competitiveness at the Olympic level then is absolutely critical to the future of fencing, period. American medallists will be the single most important guarantors of the survival of fencing in the Olympics. And no program is stronger for American fencing than women's sabre. Fighting for women's sabre, then, is fighting for the future of the entire sport, and inaction is quite plausibly collusive of the sport's demise.

James Linkin  
New York, NY

In response to the letter Richard J. Gradkowski wrote in the Spring 2003 *American Fencing* magazine I could not believe he could make the statement "It seems foolish to jeop-

ardize the future of all fencing in the Olympics by insisting on the inclusion of this unnatural and johnny-come-lately event." Richard would probably like to see fencing go back to the dark ages and only allow women to fence foil.

In addition he wrote, "If our leaders cannot figure out how to make fencing more attractive than golf, I think we should just pack it in." Richard, as a former officer in the USFCA, you were never able to make fencing more interesting. Your views were outdated when you were a leader as they are today. Today, Stacey Johnson, USFA president, is helping bring fencing out of the dark ages.

Congratulations to all coaches, fencers and our current USFA leaders who believe women should be entitled to everything a man is.

Michael Tarascio  
Coach, Columbia Fencers' Club  
Columbia, SC

*American Fencing welcomes letters from readers. Please send your letter to: Attn: American Fencing Editor; United States Fencing Association; One Olympic Plaza; Colorado Springs CO 80909 or email to [magoo@columbus.rr.com](mailto:magoo@columbus.rr.com). We reserve the right to edit for clarity and/or space. Letters must be signed (except those emailed, of course) and include a phone number and address.*

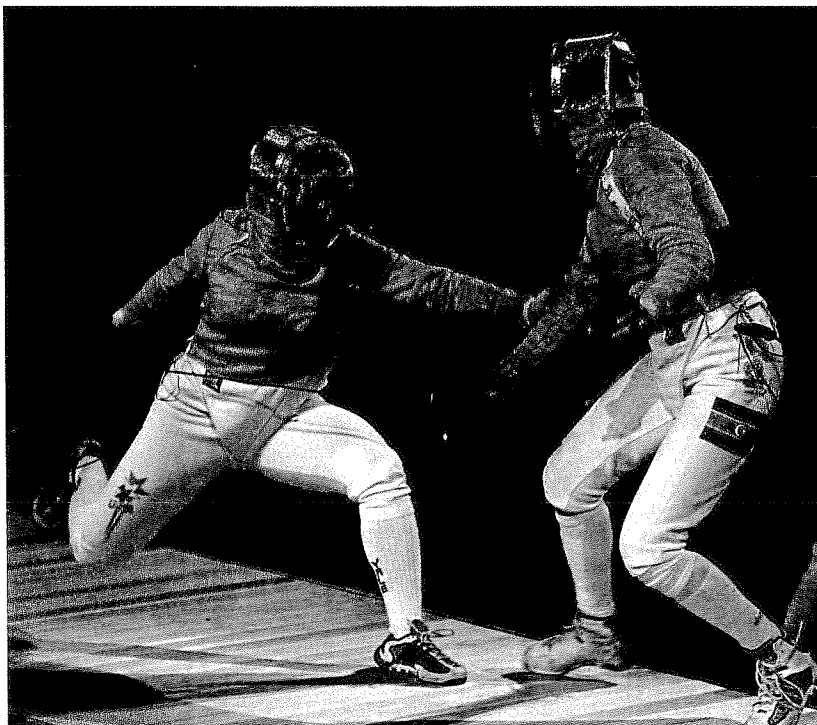
## NEWS

### **WORLD CUP NEWS U.S. WOMEN'S SABRE ROCKS NYC**

Final sabre results from the New York City Grand Prix World Cup are in—U.S. fencer Sada Jacobson and the U.S. Women's Sabre Team stole the show in Grand Central Terminal's Vanderbilt Hall and took home gold. The competition was held June 12-15.

This is Jacobson's (20, Dunwoody, Ga.) first world cup gold. The win paid out an extra bonus, making her the first U.S. woman fencer to reach the coveted top spot in FIE world rankings.

Jacobson defeated two-time overall World Cup champion Elena Jemayeva (32, Moscow, Russia) 15-11 to win the gold. Jacobson's sister, Emily Jacobson (17, Dunwoody, Ga.), was the second-highest U.S. finisher at sixth. Emily was defeated by Azerbaijan's Jemayeva in the quarterfinals 10-15.



SADA JACOBSON, LEFT, IN ACTION AT THE NYC WORLD CUP. PHOTO: CINDY BENT.



JACOBSON, LEFT, ACCEPTS THE GOLD. PHOTO: CINDY BENT.

The U.S. women's sabre team of Amelia Gaillard (19, Fayetteville, Ga./Nellya Fencers), Emily Jacobson (17, Dunwoody, Ga.), Sada Jacobson (20, Dunwoody, Ga.), and Mariel Zagunis (18, Beaverton, Ore.) met France in the semi-finals, winning 45-40. The team then defeated Hungary 45-33 to win the



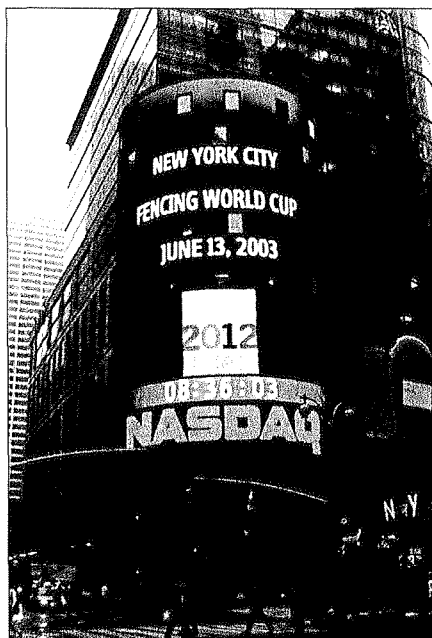
NASDAQ CELEBRATED THE NYC WORLD CUP EVENT BY INVITING ATHLETES AND OFFICIALS TO ITS MARKET OPEN.

gold. This is the team's second first-place finish in a row, having won in Orleans, France, in March.

On the men's side, Italian sabrists won gold and silver. Aldo Montano (24, Napoli, Italy) defeated teammate Luigi Tarantino (30, Napoli, Italy) 15-8 for the gold. Keeth Smart (24, Brooklyn, N.Y.) finished seventh, defeated in the quarterfinals by Domonko Jerjancsik of Hungary 10-15.

In women's foil competition, Polish sensation Sylwia Gruchala first defeated defending World Cup champion Valentina Vezzali of Italy and then French fencer Adeline Wulleme to win her second World Cup gold in a row. The final score of the gold medal match was 15-11.

The event, which featured men's and women's sabre, and women's foil, took place at Columbia University and Grand



Central Station. On Friday, June 13, members of the U.S. team and USFA officials were invited by NASDAQ to open the day's market. The event was covered by CNN, CNBC, and Bloomberg News.

## HANSEN MOVES UP AFTER ARGENTINA

Eric Hansen made the final eight at the Jockey Club Argentino Men's Épée World Cup, May 24-25, in Argentina. Hansen rose to 25th in the World Cup standings as a result of his high finish.

### Results:

- Jockey Club Argentino  
Senior "A" Men's Épée, Buenos Aires, Argentina, May 24-25, 2003  
55 competitors
1. VAN LAECKE Yoeri BEL
  2. FISCHER Marcel SUI SE Basel
  3. MOERCH Claus NOR
  3. SEPULVEDA Eduardo ESP
  5. MARIK Christoph AUT
  6. KARDOLUS Arwin NED
  7. ROBATSCH Marcus AUT
  8. HANSEN Eric (28, San Bruno, Calif./Golden Gate Fencing Center)

## SMART WINS SECOND WORLD CUP GOLD

Keeth Smart (24, Brooklyn, N.Y.) won his second World Cup gold of the season in Madrid, Spain, May 10-11, and is now ranked third in the world.

Smart won the gold by defeating Italy's Luigi Tarantino soundly, 15-8.

On the way to the gold medal bout, he defeated Julien Pillet of France 15-10 and then top-seed Mihai Covaliu of Romania, 15-14. Covaliu had held the #1 world rank in the week prior to this competition.

Jason Rogers (20, Los Angeles, Calif.), seeded 45th after the round robin pool, fought through a difficult bracket; to reach the final sixteen, he upset hometown hero Jorge Pina of Spain, ranked tenth in the world, by a score of 15-13. He then defeated Nourdin Marouf of France 15-13 to reach the final eight, where he was defeated by current World Cup leader Stanislav Pozdniakov of Russia 15-12.

### Results:

- Akt. Sã Madrid  
Senior "A" Men's  
Sabre, Madrid, Spain, May 10-11, 2003  
149 competitors
- 1 SMART Keeth T (24, Brooklyn, N.Y./Westbrook Foundation)
  - 2 TARANTINO Luigi ITA
  - 3 POZDNIAKOV Stanislav RUS
  - 3 COVALIU Mihai ROM
  - 5 PILLET Julien FRA
  - 6 MONTANO Aldo ITA
  - 7 LENGYEL Balazs HUN
  - 8 ROGERS Jason N (20, Los Angeles, Calif./Salle Gascon/Ohio State Univ. '05)

(Source: Cindy Bent, USFA media contact.)

**GETTING TO THE SOLE OF THE MATTER**

by Albert Axelrod

Over the years (and there have been many of them) studies have been made and articles written on the effects of "strip hardness" and the potential effects of impact on the feet and legs of active and aggressive fencers. Having suffered a cramp in my right adductor magnus during a lunge (which led to major surgery on my right thigh), and later a knee injury (which required total replacement), I am sure that I would have benefited tremendously if the results of these studies were known and applied universally.

During the Melbourne Olympics in 1956, fencing schedules were extremely long and protracted. It seemed that the fencing went on for days without rest. After the second day, my foot was completely blistered, the skin torn off, and my sweatsocks were bloody, as were the fencing shoe interiors. Were it not for Tibor Nylas, who bandaged my feet with a paraffin dressing, I could not have completed my fencing there!

When I came home, I told my mother about the experience, how I had suffered, about the blisters and what happened. "Blisters?" she asked. "Why should you get blisters? All you have to do is put Vaseline on your feet!"

"Mom," I protested, "what do you know about blisters?"

"What do I know? Plenty! In Russia we used to dance all night in plain slippers—and we put Vaseline on our feet and nobody got blisters."

And this was when I began to study the "why" of blisters to determine what caused them and how to prevent them.

The problem was that most long stockings (which were mandated by the then-new rules) had inner weaves against the sole of the foot that were relatively coarse. The pattern would imbed itself into the sole and tend to hold the skin in a static position while you were trying to chase after (or retreat from) your opponent. I found that all-wool socks, available mostly from soccer supply stores, were perfect for solving the problem.

The all-wool socks had long fibers that effectively masked the weave patterns; and this, along with the application of Vaseline on the foot, created a smooth patina. From then on, not only no blisters or torn skin, but calluses began to disappear!

All wool stockings are becoming harder to find. I recently went to several malls and stores and found that they were just not available.

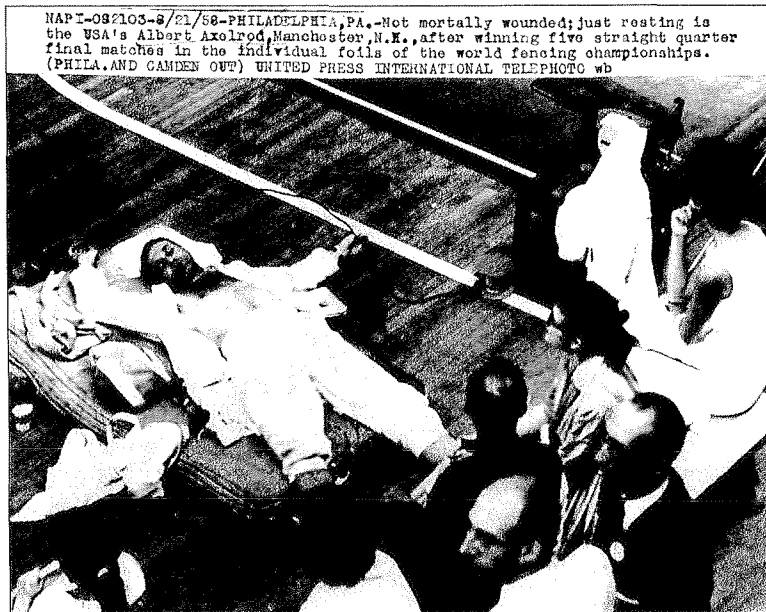
However, I did find that at least one excellent solution to this problem is out there. There is a long stocking that has a fine weave on its bottom and features a fluffy inside surface adjacent to the sole of the foot. Needless to say, I am not at liberty to name a specific source. However, I am sure

that with patience and careful searching, fencers can find at least one supplier on their own.

The accompanying press photo, taken during the 1958 World Championships, indeed emphasizes an important point—"Tired, but no blisters!"

I hope this will be of help to those having similar problems.

*Albert Axelrod is editor emeritus of American Fencing. He won bronze in men's foil at the 1960 Olympics and is a four-time national champion, winning men's foil titles in 1955, 1958, 1960 and 1970.*



NAP1-092103-8/21/58-PHILADELPHIA, PA.-Not mortally wounded; just resting is the USA's Albert Axelrod, Manchester, N.H., after winning five straight quarter final matches in the individual foils of the world fencing championships. (PHILA. AND CAMDEN OUT) UNITED PRESS INTERNATIONAL TELEPHOTO '58



# Proprintwear

## OFFICIAL MERCHANDISER OF THE USFA

Art Prints, Baby Doll Shirts, Bibs, Bumper Stickers, Cups, Golf Shirts, Hats, Henley Tees, Infantwear, Jewelry, Lanyards, Sleeveless Shirts, Stickers, Post Cards, Night Shirts, Pins, Shorts, Stuffed Animals, Sweatshirts, T-Shirts, Temporary Tattoos, Towels

(866) 776-9327

[www.proprintwear.com](http://www.proprintwear.com)



**GOOD NEWS**  
*for You*



### *The Philosopher's Choice*

Triplette Competition Arms is happy to offer you our Super Duty lame for Foil or Sabre in six new exciting colors. Choose from Blue, Sky Blue, Green, Gold, Red, or Rose, or the traditional Silver. Same great price, same great fit! Call us for yours today.



Triplette Competition Arms  
101 East Main Street, Elkin, NC 28621  
336-835-7774 [www.triplette.com](http://www.triplette.com)

# THE REAL ACHILLES: TENDON PAIN

## what you need to know by Peter Harmer, Ph.D., ATC

**Q. I have heard that fencing can cause Achilles tendon problems. What do I need to watch out for?**

A. There are a number of problems related to the Achilles tendon that can occur from fencing, ranging from mildly annoying to completely debilitating. Most tend to be in the rear leg as that is the one that is functionally most at risk. To understand how these injuries develop it is necessary to have an idea about the anatomy of the *triceps surae* (calf muscles) and the lower leg because the Achilles tendon is the structure by which these muscles attach to the heel. The Achilles tendon attaches to the rear of the heel, behind the axis of the ankle; consequently when the triceps surae contract, the foot moves into *plantar flexion* (points down). This is the mechanism by which you stand on your toes or complete a lunge. It is also one of the kinesiological actions that prevents you from falling over when retreating because it provides a stable base to step back onto.

The other important feature of the anatomy of the triceps surae is that it is actually composed of two muscles, the *gastrocnemius* and the *soleus*. The gastrocnemius is the more superficial of the two (that is, it's closer to the surface of the body) and it attaches above the knee at the bottom of the thigh bone. The soleus attaches below the knee. This distinction is important because to effectively stretch the Achilles tendon as part of an injury prevention program, you need to do so with the knee both bent and straight. A tight Achilles tendon is one of the major contributing factors to Achilles tendon injury.

Other risk factors for Achilles tendon problems include age, foot mechanics (athletes who pronate or have high arches are at increased risk), poorly fitting shoes, sudden eccentric loading of the tendon, and tight hamstrings.

There are three common Achilles-related problems: *retrocalcaneal bursitis*, *Achilles tendinitis* and *Achilles tendon rupture*. The first two tend to be the

result of chronic stress, while rupture is an acute traumatic event.

Retrocalcaneal bursitis is an inflammation of the retrocalcaneal bursa, which is located between the Achilles tendon and the heel bone. Bursae are small, lubricated sacs that provide a friction-free interface between a tendon and a bone. However, bursae have a finite capacity and if they are "overworked" they respond by producing more fluid and become inflamed and tender. This is common in fencers who have shoes with very tight heel cups and/or heel cups that are low across the back of the heel. A tight Achilles tendon, pronation and overuse are other causes. Immediate treatment includes ice and anti-inflammatory medication, and the use of a donut-shaped padded heel counter and a small heel lift to take some stress off the bursa. If the size or shape of the shoe seems to be contributing, it needs to be modified or replaced. Finally, an ongoing stretching program for the Achilles tendon and the hamstrings is recommended. Retrocalcaneal bursitis tends to develop gradually so it is important to address the problem as soon as it becomes noticeable. It can become debilitating and chronic if treatment is delayed.

Achilles tendinitis is the most frequently treated of the Achilles tendon problems. It is an inflammation of the sheath that surrounds the Achilles tendon caused by repetitive, high-intensity overextension of the tendon, often following a sudden increase in training load. It generally has a gradual onset, with pain increasing during and after training. The tendon will be painful to the touch, and swelling and eventually *crepitus* (a sort of gritty feeling when one runs a finger along the tendon) may be present. If the tendinitis proceeds to this stage, it will usually be too painful to do any activity, even normal walking. As with retrocalcaneal bursitis, it is important that you deal with it in its early stages. Ice and anti-inflammatory medication, modified activity or rest, heel lifts and supportive taping are all advised until the

inflammation subsides. A well-regulated, gradual return to activity is necessary to prevent the tendinitis from recurring. If conservative measures do not help, you should see a physician for further treatment. Achilles tendinitis is a condition much easier to avoid than to treat.

Rupture of the Achilles tendon is a serious injury that tends to happen more frequently in recreational athletes, especially those over the age of 30, although it can occur in athletes of any age or skill level. The athlete often feels as though he/she has been kicked in the back of the leg. The usual mechanism for an Achilles tendon rupture is considered to be a sudden forceful contraction of the triceps surae related to lunging or changing direction (especially retreating to advancing). In my experience, it occurs more often when a fencer is retreating quickly and his/her rear foot slips after stepping off the side of the piste or from taking too long a step back. The resulting tear may be partial or complete. If a complete rupture occurs the athlete is usually unable to stand. For either a partial or complete rupture, immediate treatment includes ice and protective taping to hold the foot in a pointed position. This can be done by applying elastic adhesive tape to the bottom of the foot and running it backwards across the bottom of the heel and up the back of the leg where it can be anchored above the bulge of the triceps surae. The athlete needs to be referred to a physician for treatment. In the case of a complete rupture, surgical reattachment of the ruptured tendon or casting to have the ruptured tendon re-connect are the two choices. Whichever of the treatment approaches is taken, a well-constructed rehabilitation is crucial to a return to functional activity. A partial rupture will also require an extended rehabilitation program.

*Professor Peter Harmer is a member of the FIE Medical Commission and associate chair of the USFA Sports Medicine & Science Committee. Email questions and comments to: pharmer@willamette.edu.*

# SENDING OWLS TO ATHENS: An Essay on the American Renaissance by Bob Block

My daytime job, the one that allows me to pay the bills and afford the indulgences of a fencing life, sometimes involves meetings with *caciques*. The *caciques* are religious leaders from Indian pueblos in the American Southwest. They are usually older males who, as leaders of clans and societies, possess important knowledge about age-old rituals and traditional practices, some of it highly secretive, which they gradually pass on to younger *caciques*-in-training. Religious aspects aside, it seems to me there are some very strong correlations between the role of a *cacique* and that of a fencing coach. I bring this up because I'm both a fencing coach and an older male who is expected to pass on information at a forum later this summer.

During the long, dog days of August I will attend an international conference in Greece that draws people from all over the world with similar interests in sports competition, coaching, teaching, and writing. Each of us also has the common bond of once having been selected by our national Olympic committee to attend a session of the International Olympic Academy at Olympia in the heart of the Peloponnese. At the conference, I'm supposed to make a 20-minute presentation on a topic of my choice. Since I'm a hopeless swordhead, this is a no-brainer. I'm going to talk about American fencing; that is to say, a small sport in a big country.

I'd like to think that my presentation will be given from a *cacique*-like perspective—I'm certainly old enough and have invested sufficient years in my sport as a competitor and coach to have knowledge of its rituals and traditions, most of which I hope are not guarded secrets anymore. But I'll have to be careful because the speaking experience will be a little like car-

rying coals to Newcastle, or as Plato said about Greece, like sending owls to Athens. I've attended these conferences before and know that although I could be the only fencing person in the room, there is a good chance some of the members will have encountered the sport through their educational and club systems and perhaps even had some long-term personal involvement. I'll still be carrying those coals when describing American fencing to Italians, Germans, Spaniards and the English, among others.

What message will I deliver from my veteran fencer, *cacique*-like perspective? First of all, I'll undoubtedly tell them that fencing in the United States has never been healthier. We have something like 15,000

members in the USFA and perhaps another 100,000 people fencing who are not card-carrying members of the association. Americans are "engaging" in the sport at more than 1,200 fencing clubs as well as at countless schools and recreation centers. Who knows how many dedicated volunteers we have who help run the infrastructure of our sport? Our juniors bring home a larger yield of championship and placement medals from international tournaments nearly every year. Our senior women have achieved great success in sabre and foil, and a senior sabreman was recently ranked number one in the world—an American first. As most of the readers of this magazine realize, the future indeed looks bright for American fencing.

There is only so much one can cover in 20 minutes, but what should I tell an international audience about the apparent renaissance of American fencing? That a new influx of foreign coaches and training methods is a key ingredient in this success? That the development of homegrown American coaches is improving significantly and some of it attributable to programs such as the USFA Coaches College and the Pan-American Fencing Academy? That modern techniques in sports science and sports psychology are being used to a degree unheard of heretofore in our fencing? That our overall organization and leadership is a great improvement over what we

Veteran team competitions ... have been held successfully on a grassroots level at the Veterans Challenge in New England and could soon become a fixture at our national tournaments.

had years ago? That we have more sources of funding available through Olympic Committee grants and foundation trust monies than ever before? That there is now more long-term commitment to developing athlete training, refereeing and coaching programs? That fencing centers have been established all over the country and high-quality competition can now be found almost everywhere and is no longer confined to the few largest metropolitan areas? From my perspective on the sport, which goes back to 1960 when I first started fencing, these are the highlights of the current renaissance.

One other aspect of the American renaissance is the development of a strong, world-class veteran fencers program. We are among the world

leaders, along with Germany and Great Britain, in veteran fencing. This is evident by the number of participants in our veteran fencing events, the improved quality of tournaments, and our results in international veteran competitions. And some exciting changes may be poised on the horizon, ready to happen. Veteran team competitions, which are common on the European circuit, have been held successfully on a grassroots level at the Veterans Challenge in New England and could soon become a fixture at our national tournaments. There is also a strong feeling among many veterans that we need to hold all-veteran NACs in order to have a fairer and purer age-group qualifying path for the veteran national team. And of course it is time to catch up with the rest of the 21st century and include women's sabre as an official event in the Veteran World Championships. These are

some of the hot topics being discussed seriously by American veterans these days.

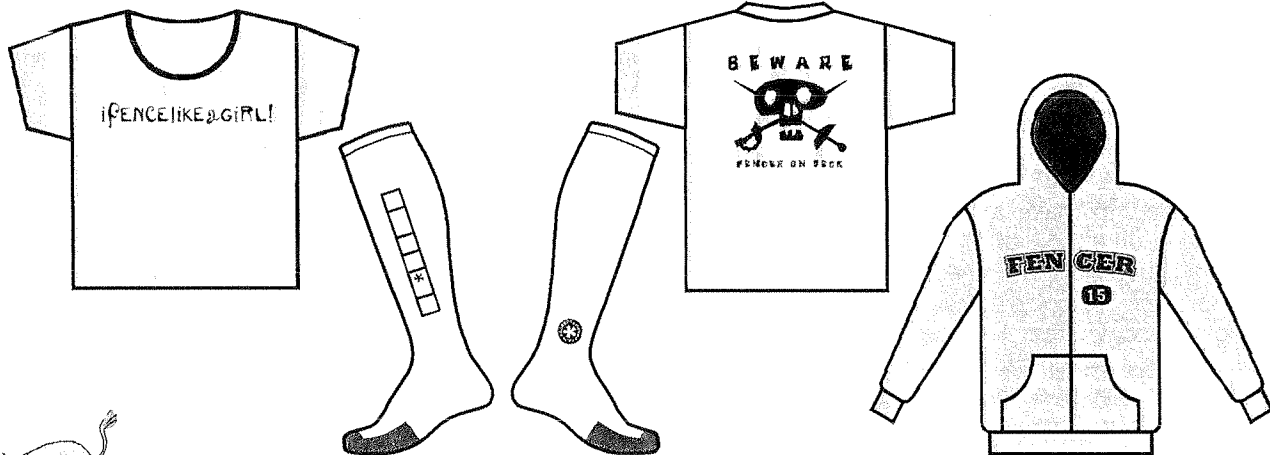
But we shouldn't look at ourselves exclusively through rose-colored glasses. Naturally, we have our own in-house family disagreements about such things as budget priorities, officiating, qualifying paths, national team assignments, and relations with our international body. But these are things that we have in common with all sports associations. The larger problem we face is being a small Olympic sport in a country more familiar with the big boys who take the Olympic stage once every four years (i.e. swimming, track and field, gymnastics, etc.) to say nothing of the big-time college and professional sports that dominate the American consciousness on a year-round basis. We are talking about the difficulty in attracting top athletes, sponsorship

money, media coverage and public attention to fencing. Perhaps our recent international successes will draw a brighter spotlight to our sport, but the jury is still out on this question.

I'd better have my owls in order if I plan to discuss juniors, seniors, veterans, coaching, leadership, volunteerism, sponsorship, media coverage, etc., all in 20 minutes. We may be a small sport in a big country, yet we certainly seem to have a full plate with a lot more coals to carry to Newcastle than the old-guard European fencing establishment ever anticipated.

*Bob Block, aka The Grayblade, fences, coaches fencing, and writes about fencing out of his home near Denver, Colo.*

*Chivalric tradition, agile execution, strategic timing, total focus and* **cool stuff.**



**Now on deck!** A brazen collection of original casual apparel\* for fencers and friends of fencers (FOFs). Designed to answer the question: When the plastron comes off, what to wear?

**ORIGINAL CASUAL APPAREL FOR FENCERS**

Styles for men, women, boys and girls

@ [www.big4ourbritches.com](http://www.big4ourbritches.com)

©2003, Big For Our Britches



\*Our t-shirts are certifiably not official, sanctioned or approved, but they are widely admired.



# THE TWO MOST COMMON “SUCKER ACTIONS” by Jeff Bukantz

This column covers two of the most common actions where referees get suckered. One has been around forever, and the other is not really new but currently in vogue.

**Sucker Action #1.** Over the years, one of the most common mistakes made by referees has been in the awarding of the ultra-quick, albeit out-of-time remise. I call this the *sucker remise*. More often than not, the referee has been fooled by the remise light going on ahead of the riposte light, even though the riposte was executed properly (directly and without hesitation).

According to the rules, once an attack has been parried or avoided, the defender now has the right to riposte. Let's avoid the semantics of what the new action is called. (A referee must know the verbiage, what the action is, and the correlating hand signals; but at the end of the day, the referee's job is to get the call right!) It is either a new attack or a riposte. Whatever it is, if executed directly and without delay, it has the right-of-way.

If you've played poker, you know how good a pair of kings and a pair of queens look in your hand. Three deuces, in comparison, look so feeble and uninspiring. Yet, three deuces always beat those two gigantic picture pair. Yes, looks are often deceiving. The same generally goes for the riposte. The correctly executed riposte always beats the remise.

More often than not, the point of the attacker who was just parried is closer to the defender's body than the defender's point is to the attacker. In most cases, the riposte usually has a farther distance to travel, so it is very commonplace for the remise to hit before the riposte hits. Yes, sometimes the remise hits *well in advance* of the riposte's arrival.

There is a window—and that finite

window will always be in the eye of the beholder, the referee. However, in order for the remise to legitimately count, it must hit before the riposte has started.

Referees should err on the side of the riposte. Don't fall for the sucker remise!

**Sucker Action #2.** The controversial action *du jour* is basically a variation on the theme of the riposte-remise scenario. It is seen most often in sabre (possibly due to the elimination of the fleche), but also in foil. As with the riposte and the remise, this action also involves the end of one attack, an immediate subsequent action by the original attacker, and a new attack or action by the one-time defender.

Fencing footwork is faster than ever. Very often we see an attack fall short, which is usually caused by the defender retreating out of distance temporarily. From a footwork perspective, the attack is deemed as over at the conclusion of a simple fencing tempo, which allows the attacker up to one advance-lunge (or fleche in foil). Once the attack falls short, the defender now has the right-of-way to properly execute a new attack.

Naturally, the original attacker often continues at lightening speed with what appears to be a reprise, redoublement, remise, or a simple continuation of the initial attack that almost always hits before the defender's new attack hits. It suckers many referees, as they are swayed by the combination of the forward body motion of the original attacker and the fact that the light went on ahead of the counteraction, which had the right-of-way.

The reality is that it is far easier for the original attacker to continue forward than it is for the defender to stop on a dime and change directions. Poppycock, you say?

In fact, Newton's First Law of Motion states that "An object at rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and in the same direction unless acted upon by an unbalanced force." Objects tend to keep on doing what they're doing. In fact, it is the natural tendency of objects to resist changes in their state of motion. It's called inertia.

While I again stress that there is a finite—yet subjective—window for the defender to properly execute the new action, it is important to favor this new action, as opposed to fall prey to the out-of-time second action of the original attacker, which has technically become a counterattack and nothing more.

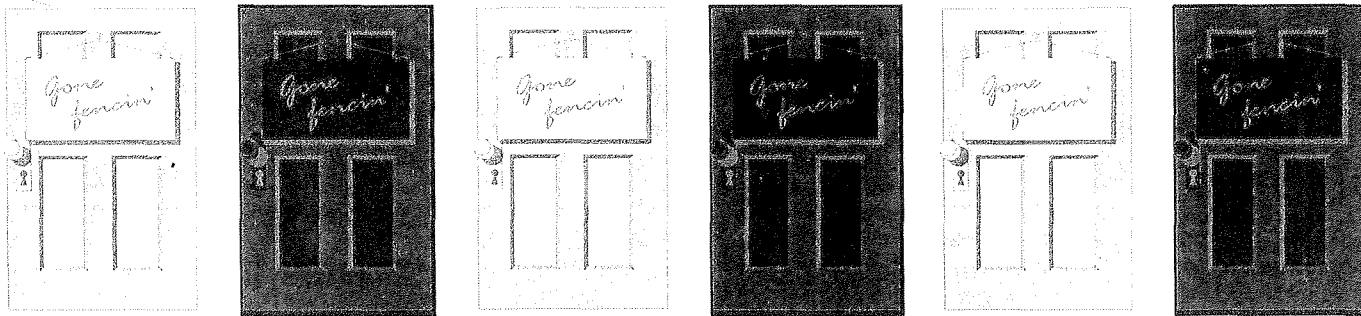
Have you noticed the similarity between the two sucker actions? In both instances, the lights of the wrong fencer usually go on first. In both actions, there is a logical reason for this occurring: The point of the remise has less distance to travel; the attacker in motion continues forward faster than the defender can change directions.

Whether you fence, coach or officiate, it is important to understand why these actions are so controversial, and how to logically interpret them. Keep in mind that no two referees call everything the same way, and that no two actions are identical.

But, also keep in mind Bukantz's First Law of Sucker Actions, which states that "A properly executed riposte always beats the fast remise."

*Jeff Bukantz is the chair of the FOC and its rules subcommittee, and is a member of the FIE Rules Commission. Email your comments to Jeff at [bukieboy@aol.com](mailto:bukieboy@aol.com).*





# Tips for the Recreational Fencer

...Or How to Survive Losing a Bout to a 12 Year Old  
(and Other Humiliations) by Brian Barnes

“I’m going to practice,” I yell up the stairs. My wife walks to the top of the steps, holding our infant son, and glowers at me. I’ve never liked her glowering, although both of us know it’s an effective way to get my attention.

“So, you’ve been at work for ten hours, and now you’re going to practice?” Her question, I know, is rhetorical. Implied is the point that I was just at the salle two days ago, and there is more to life ... should be more. Should there be more?

If your response to her question would be an automatic “Yep, that’s right. See you in a few hours,” as you blow a kiss up the stairs and stride jauntily out the door, you may as well stop reading now. This article is not for you. This article is for those who actually find themselves torn over the idea of going to practice versus spending time with their families. Or getting that project finished. Or sleeping between shifts.

If you wonder why you were beat by a teenager in the first round of the only NAC you were able to attend this year, it’s because fencing is what that particular teenager does. Not that other elements don’t encroach upon teenaged consciousness, but being an athlete just isn’t the same thing when you have to try to make ends meet between practices. If this rings true for you, no matter how good you may be, I would like to label you as a recreational fencer.

Let’s be honest. Most of the people reading this article right now will never be a national champion, get traveling money from the USFA, or even make points. In fact, if many of us wanted to be sectional champions, some 30 other people would first have to miraculously earn black cards. This article is not intended to sing the lamentations of those of us condemned to the desert of local-level fencing, though. First, if you are stuck there, you know it. Second, if you’re not, you don’t care about those of us who are. As

one friend of mine put it, “We have to make sacrifices to fence at a high level. If you aren’t willing to make those sacrifices, I have no sympathy for your results.” Well put.

Two caveats: First, if you’re not yet of college age, I’m not speaking to or about you. You may have tough circumstances now, but if you go to a college with a strong club or an NCAA fencing program, things could easily change for you. Let’s not even dwell upon the fact that your body will continue to grow and strengthen, and your understanding of strategy will improve. If you’re getting destroyed by local recreational fencers now, be patient. They know the clock is ticking for them, and you have a long way to go. You can’t complain about your fencing lot until you’re no longer college-aged, and you have to make rent and buy gear on what you take home.

Second, I’m not talking to the fencing bums, either. If you don’t know what a fencing bum is, you certainly know what a surfing bum is. Swap adjectives and there you have it. You folks live to fence, all your friends are fencers, you work just enough to fund your fencing activities, and you aspire mainly to become better fencers. If you’re not happy with your results, pack up your belongings and find a place to train. Since I’ve been a fencing bum, I know it’s really that easy, whether we want to admit it or not. Fencing bums have no one but themselves to blame for their results.

So back to the sacrifices. I have found several strategies to become a better and more comfortable fencer with limited time and resources. Some of these suggestions are going to sound like major lifestyle shifts, and some of them are going to be impossible for your situation. Some may seem touchy-feely. But any one of them will make a ton of difference in your fencing, given a chance.

**Be Honest with Yourself** If you can’t train like a champion, you won’t be a champion very often. Don’t expect to make it out of the pools at a top competition if you only train

twice a week. If you manage to get lucky, that's great, but be realistic about your goals and be happy with your results. Set attainable goals for yourself, such as raising your rating by one letter this season, finishing a tournament higher than your initial seeding, or employing one useful technique in open competition. If pursued seriously, such goals will help you focus your time in the salle.



**Maximize Your Training Time** Train whenever and wherever you are able. Practice advances and retreats in your office. Take the stairs instead of the elevator. Don't sit around and talk at the salle—you're there to fence. If you're fencing

someone weaker than yourself, work on your form, not on grinding your opponent into the piste. If there's no one to fence, then drill. It's your time.

**Be Honest with Those Close to You** If you're single and you live alone, chances are you can train whenever you want to, but if you've got a family be prepared to negotiate your fencing time. You should make an honest effort to explain to them what you feel you need from fencing. If you want to train several times a week en route to some goal, explain to your partner why this is important to you. Try to include them in your activities. They may not want to fence, but we've all been to competitions with bad bout committees and scorekeepers. You get the idea.

### Travel to Better Fencers and Coaches

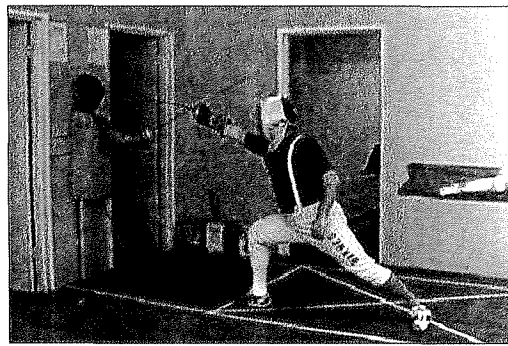
Even if you've been a good competitor in the past, very few can continue on the path to fencing success without a good coach. If you care about becoming a better fencer, it's worth several hours in the car every week and some extra money to take lessons and fence with others who are able to destroy you. Only a good coach can diagnose your problems, fix them, and help you get what you want from the sport. By the same token, if you always practice with less-experienced fencers, you will not develop the proper timing, distance, and form necessary to win against those better than you. Weaker fencers can be good training partners, but to get better you need to throw yourself to the wolves and try to figure out how to kill them before they kill you.

If you can't find a coach within a reasonable driving distance, at least buy a good book. Dr. Volkmann's *Magnum Libre de Escrime* is an excellent choice for all elements of the game. There are a ton of other good resources (and plenty of bad ones) available online. Just spend your money wisely.

**Dollars Count** It's not a cheap sport. Equipment prices might be better than they once were, but I still see dollar signs when I break a blade. Take care of your equipment. Learn proper maintenance of tips, wires and lames. Invest in things like wire brushes, a sewing kit, machine oil, sandpaper, and the ubiquitous duct tape. In addition, budget money at least a month ahead for tournaments. Become a rated referee and work one weapon at a tournament in exchange for fencing another. Carpool and share hotels. Pack your lunch. None of this is brain surgery.

**Focus** I have one student who I insist touch the frame above the door to the salle when she walks in. She's supposed to leave all of her problems outside the building.

You don't get to be here every day, right? Leave the mortgage and car repairs, the arguments and bad grades on the sidewalk. Let your mind be focused on this one thing for as long as you're here.



If you can't fence, then drill. Drilling with a dummy like the one seen here can help you improve your form.

our gear, we shouldn't stomp and cry, we'd best not worry too much about results, and let's not bore those who are successful now with our stories of what might have been. Just be content, comrades, to help the sport grow, and enjoy yourselves. It's a game, remember? Have fun and train hard. And finally, at all times, remember that you're not alone.

**It's** an incomplete list, and other things might be more important. What is certain, though, is that those of us who comprise the great, unwashed masses of recreational fencing must remember that we are out there to have fun. Sure, we want to do our best and grow as fencers and individuals. Certainly, we want to be fierce and competitive on the strip. But we mustn't throw

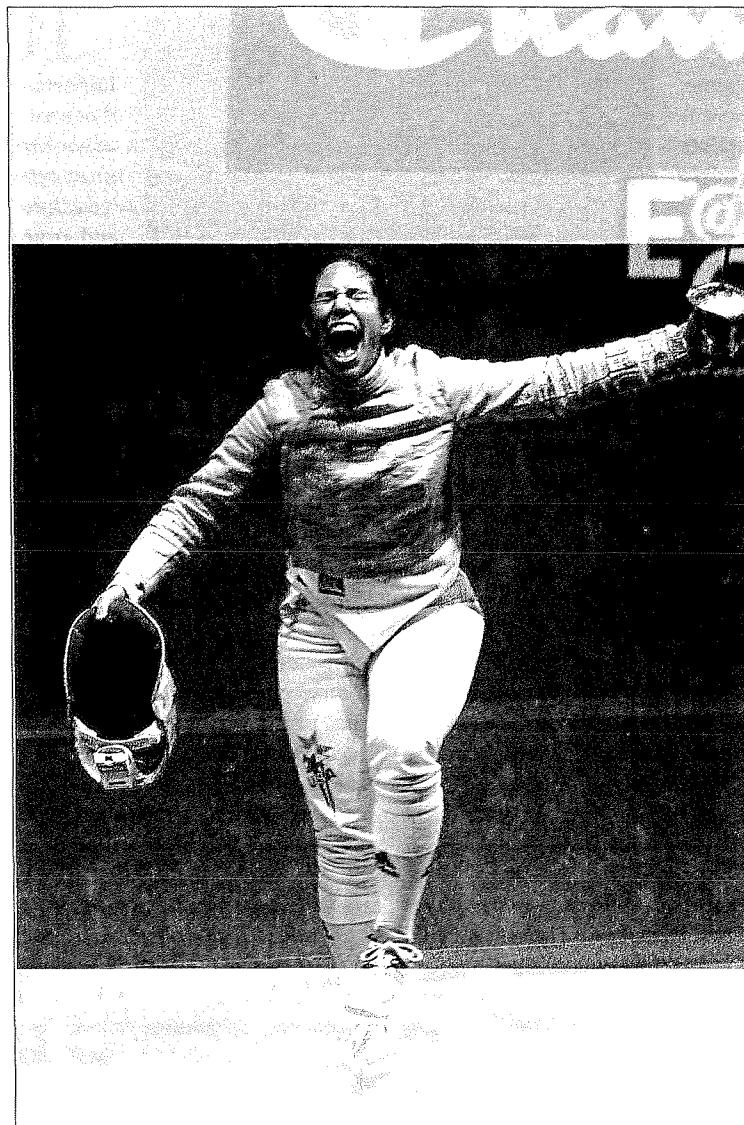


Group sessions improve esprit de corps and encourage students of all levels to help each other.

*Brian Barnes began fencing in 1984 at the University of Louisville Fencing Club. He later worked under Maestro Leszcek Stawicki at the Louisville Fencing Club where he learned the USFCA coaching style and also trained as a wheelchair fencing coach, helping to train junior champions and para-Olympians. After a five-year hiatus, Barnes returned to fencing, and joined the coaching staff at the Augusta Fencers Club in Augusta, Ga. In 2001, he was a member of the U.S. Armed Forces sabre team.*

# The 2003 Junior/Cadet World Championships

A report from  
Chief of Mission/Captain  
Jeffrey Bukantz



Sada Jacobson emerges victorious. Photo: Giovanni Minozzi.

**T**he 2003 United States Cadet/Junior World Championship Team traveled to Trapani, Sicily, with the goal of upholding the country's recent outstanding success. This lofty goal was attained—the team returned with two world champions, five medals, six additional individual finalists, and finished a respectable fourth in the Nations Cup.

## THE WORLD CHAMPIONS

**EMILY CROSS** Cadet World Champion, Women's Foil  
Coach: Mikhail Petin

We first struck gold on day three when Emily Cross dominated the field to decisively win the cadet women's foil competition. Cross was 5-0 in the pool, with a +18 indicator that placed her as the third seed in the tableau. She had a bye in the round of 64, and then defeated Poles Anna Lidzbarska (15-4) and Agata Kantorska (15-8) to reach the final of eight.

Cross destroyed Arianna Errigo (Italy) 15-3 to reach the medal round. She then scored back-to-back resounding 15-5 victories over Russians Aida Chanaeva and Julia Rachydova to garner the gold. She was met by a throng of teammates who ceremoniously tossed the ecstatic world cadet champion into the air.

**SADA JACOBSON** Junior World Champion, Women's Sabre  
Coach: Arkady Burdan

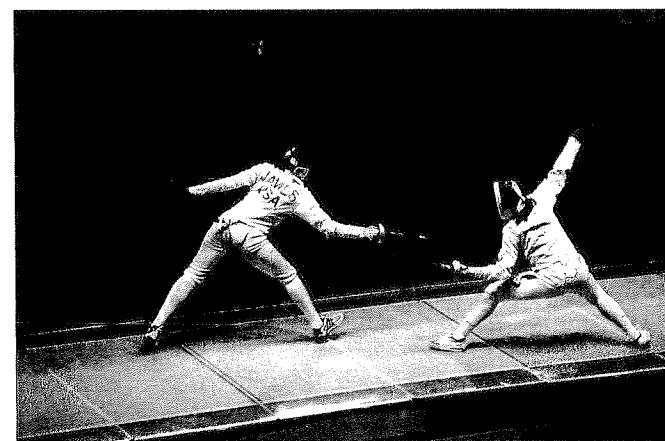
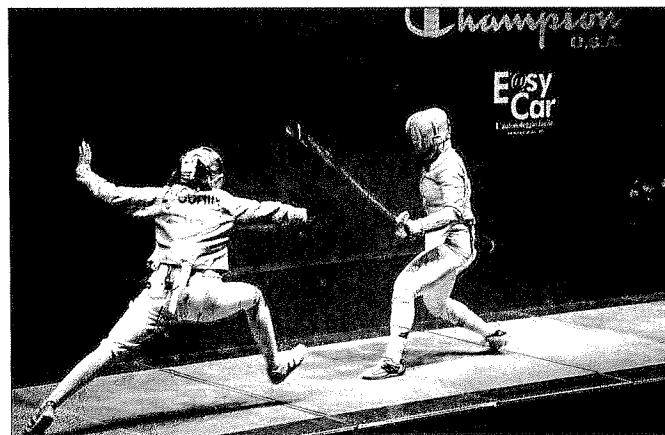
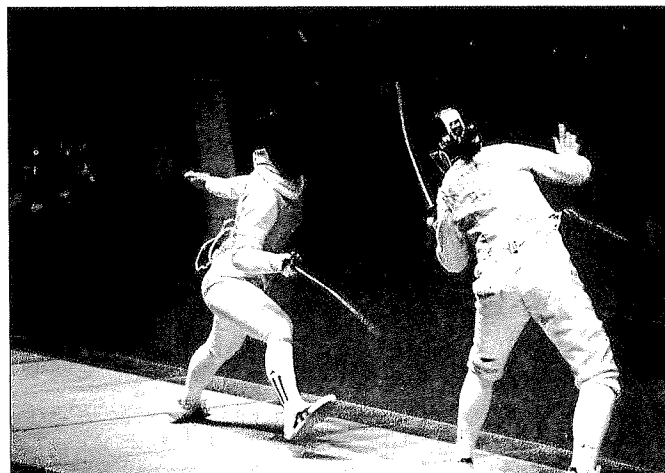
After the one-day break between the cadet and junior events, we came right back with another gold medal when Sada Jacobson was victorious in the junior women's sabre event. Jacobson was 4-1 (+12) in the pool, and seeded seventh into the tableau, where she drew a bye in the 64. She trounced Japan's Seira Nakayama 15-3, and then prevailed in a hard-fought bout with Ireland's Siobhan Byrne 15-12 to make the final.

Jacobson reached the medal round by beating Georgina Kerecsenyi (Hungary) 15-7. She then handily defeated Russia's Ekaterina Fedorkina 15-9, thereby gaining revenge for sister Emily's loss to Fedorkina in the quarter final. Next, Jacobson bested Italy's Alessandra Lucchino 15-12 to become the champion. Once again, the team bounded past security onto the finals strip and gave Jacobson the championship business, throwing her into the rarified air.

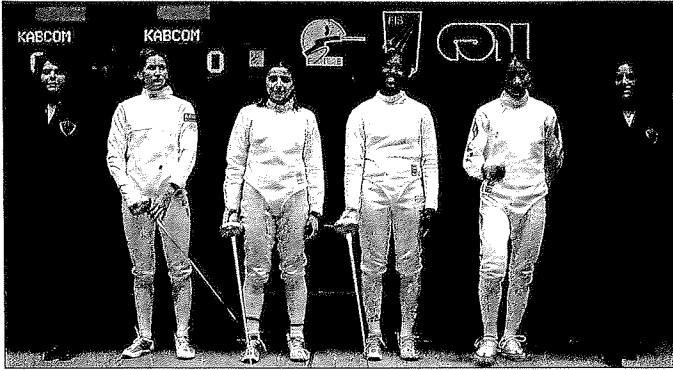
## THE MEDALLISTS

**KAMARA JAMES** Bronze Medal, Junior Women's Epee  
Coach: Kornel Udvarhelyi

On the next day, we earned our third consecutive medal when Kamara James won the bronze in the junior women's epee. James went 5-1 (+9) in the pool, and beat Sweden's Denise Nikolaisen in the 64. She then handled Amandine Cadou (France) 15-8 in the 32 before running into the number-one seed, the Russian Ekaterina Shurupina, in the round of 16. James was up to the task, and



Images from the 2003 Junior/Cadet World Championships, from top: Emily Cross, left, defeats Rachydova (Russia) by a score of 15-5 to win the gold medal; Sada Jacobson, right, defeats Lucchino (Italy) to win the gold; Kamara James, left, earns an epee bronze. All photos courtesy Bill Murphy.



scored a tremendous 15-12 victory over the top seed to make the final. She then beat Switzerland's Daphne Cramer 15-7 to make the medal round. In the round of four, James lost to the eventual champion, Xiaojuan Luo (China), 15-11, and settled for a well-deserved bronze medal.

#### WOMEN'S FOIL TEAM Bronze Medal

Coach: Mikhail Petin

After a two-day hiatus, we returned to the medal stand on the final day of competition. After three individual medals, it was time for the teams to shine. The U.S. Women's Foil Team was seeded fifth into the 16, and beat a potentially difficult team from Holland by 45-21. Cross led the way at +12, Jacqueline Leahy was +8, and Hannah Thompson was +6.

There were reasons for concern in the eight—we drew China, which featured the junior silver-medallist Jialing Huang, who defeated both Cross and Leahy in the individual event. However, the U.S. team never trailed, and won by a commanding 45-33. Cross again led the way at +8, Leahy was +6, and Thompson was -2.

Next up in the round of four was the top-seeded Italian team. After seven bouts, the match was tied at 33-33. Thompson then outscored Benedatta Durando 6-4 to give us a 39-37 lead. The last bout of the relay was between the recently crowned individual champions, Cross (cadet) and Claudia Pigliapoco (junior).

When Cross scored the first touch in one of her patented attacks, things were looking good for an upset. The hometown fans were stunned, and were being outcheered by the outnumbered but enthusiastic American contingent. However, the momentum changed quickly, as Pigliapoco was able to score a number of unanswered touches with a similar attack to Cross's shoulder.

Finally, the score was 43-44 when Pigliapoco prepared by searching for the blade with a circle four. Cross attacked into the preparation, Pigliapoco continued, and both valid lights flashed. As we jumped for joy at the prospect of tying the score, the celebration was unceremoniously ended by the referee, who called it Pigliapoco's attack. It was one mistake by a referee who officiated in five finals during the championships, but it came at the worst possible time. The team was devastated. Still, this match goes down in the record books as a hard-fought victory.

The bottom line: if the team didn't recover quickly from the match with Italy, there very well could be no medal at all. In a relatively short period of time, they had to fence Poland, which boasted junior bronze medallist Karolina Chlewinska and 2003 Junior World Cup points winner Katarzyna Kryczalo.

There were three turning points in this match. The first came in the fifth bout, when the U.S. women were behind by 15-20. Cross destroyed the third Polish fencer, Joanna Borkowska, 10-4, to give us the lead. In the very next bout, the second turning point took place when Kryczalo hammered Thompson 6-0, and immediately regained the five-touch lead for the Poles.

Thompson redeemed herself at the third turning point. In the eighth bout, she outscored Chlewinska 4-1 to tie the score at 36-36. This set the table for Cross, who beat Kryczalo 9-7 to give the United States a well-earned bronze medal.



From top: Introduction of the final four junior women's epeeists, with James fourth from the left; Kamara with coach Kornel Udvarhelyi and the bronze medal; the bronze-winning women's foil team. All photos courtesy of Charles Washburn.





# FENCINGWEAR

Apparel | Gifts | Custom Design | Since 2001

We've got you covered  
from head...



...to car!

## FENCINGWEAR.COM

Not just for any "body" - Over 800 unique items

# OLYMPIC ASPIRATIONS?

If you are a young fencer with dreams of making the Olympics in fencing, Culver Academies wants you. With 16 electric strips and a former member of the Yugoslavian and Croatian Olympic Teams as head coach, no other high school in America is better equipped to make your dream come true.

**Culver** Academies—consisting of Culver Military Academy and the Culver Girls Academy—is one of the most exclusive and prestigious college preparatory schools in America. Set on 1,800 acres on the north shore of Lake Maxinkuckee in Northern Indiana, the campus is absolutely gorgeous. Culver Academies offers horsemanship, crew, lacrosse, and hockey, in addition to all other traditional sports. The famous Culver Black Horse Troop has ridden in eight presidential inaugural parades.

Culver Academies is committed to the development of an Olympic training program that will feed the nation's top youth, cadet, and junior fencers into our top fencing universities, like Notre Dame and Ohio State. It is time for America to lead the world in fencing, and Culver Academies is assembling the nation's most talented young fencers in one location.

For details, please call Head Coach Igor Stefanic at 574-842-7054 or 574-842-3275. His email address is stefani@culver.org

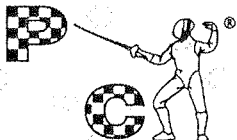
## DELUXE FOIL - EPEE - PRACTICE SABRE MASK

12kg insulated mesh can be used in any domestic competition

Rubber band around mask for practice sabre fencing

Legal, sewn-in bib

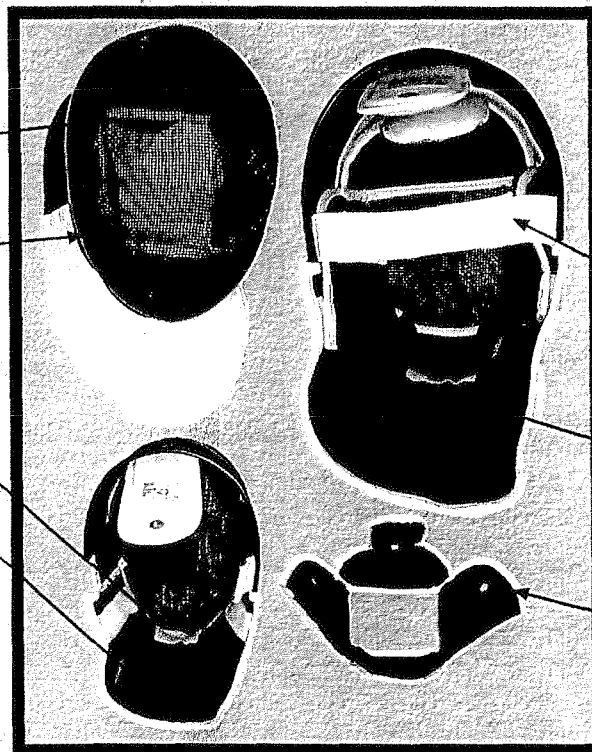
Bib is "generous" the largest allowed



PHYSICAL CHESS

1-800-FENCING

www.PhysicalChess.com



**ONLY!**  
**\$95**

Rear band is Velcro, replacements are available separately

Bib has felt & foam padding for extra protection and comfort

Removable & Replaceable inner padding, attaches by velcro patches & can be purchased separately or easily cleaned

Cross led the team with a +6, Leahy was -1, and Thompson was -3. For the day, Cross was 72-43 (+29); Leahy was 55-50 (+5); Hannah Thompson was 46-42 (+4); and Metta Thompson was 5-7 (-2).

#### **MEN'S SABRE TEAM** Silver Medal

Coach: Ed Korfanty

The U.S. Men's Sabre Team was seeded eighth out of 19, and had a bye in the 32. The road to the medal was incredibly tough, and started with the ninth-ranked Germans in the round of 16. The match was nip and tuck throughout—there were many controversial calls that had the German braintrust in a tizzy (no, not every call goes against us!), and we were actually trailing 12-20 going into the fifth bout. It was here that Adam Crompton first proved to be the team leader, as he single-handedly changed the momentum with an 11-5 destruction of Flegler.

After Patrick Ghattas and Mike Momtselidze followed up with 7-4 and 5-2 wins, Crompton was able to close it out 45-39 for a very impressive, and atypically tough, round of 16 victory.

Crompton was 19-13 (+6); Momtselidze was 14-14 (0); and Ghattas was 12-12 (0).

Things didn't get easier in the eight, as the United States drew top-seeded Russia, which featured the junior world champion, Alexey Yakimenko. Jason Rogers was subbed in and started with a bang as he opened with a 5-1 win over Yakimenko. Wow! In the third and fourth bouts, Ghattas and Rogers scored 5-2 and 5-0 wins, respectively, to give us a whopping 20-10 lead. Before we could pop open the champagne, however, the Russians came storming back with 8-5 and 10-5 wins over Ghattas and Crompton, and the 10-touch lead shrunk to two, at 30-28. The lead was basically gone, and it appeared that the team's confidence was deflated.

Fortunately, Ghattas and Rogers held it together, and went 5-6 and 5-5 in their bouts. This left it to Crompton, who was facing Yakimenko with a razor-thin 40-39 lead. In what seemed like two seconds, however, Yakimenko scored four lightening-fast touches to take the lead 43-40. For all intents and purposes, Crompton was cooked. Yet, in what was possibly the most exhilarating and unexpected comeback of the entire Junior/Cadet World Championships, Crompton outscored the world champion 5-1 to upset the Russians 45-44.

Rogers led the way at 15-6 (+9); Ghattas was 15-16 (-1); and Crompton was 15-22 (-7).

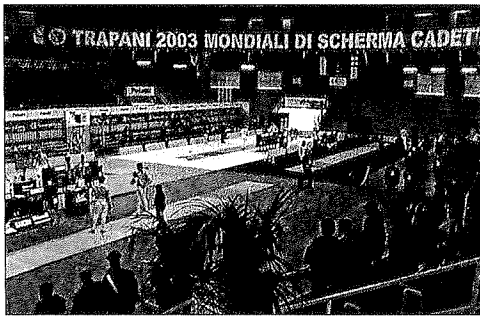
No rest for the weary, as next were the fourth-ranked Poles, who boasted two finalists in Marcin Koniusz and Adam Skrodski. After Crompton won the second bout 7-4, the team took a 10-9 lead that they never relinquished, finally winning by 45-41 and reaching the gold medal match.

Crompton was 17-12 (+5); Momtselidze was 15-11 (+4); and Rogers was 13-18 (-5).

After beating Germany, Russia and Poland, we now had to face the second-ranked South Koreans and their silver medallist Eun Oh. The team built up a lead of 25-21, highlighted by the second bout in which Ghattas out-hit Oh by 7-4. The match turned in the sixth bout when Rogers, who fenced brilliantly against Russia, just



The men's sabre team enjoy a moment on the medals stand. Photo courtesy of Charles Washburn.



From top: Men's foil team and staff (photographer unknown); a view of the venue (photo: Ned Thanouser); junior men's epee team (photo courtesy of Larry French).

had one of those bad-dream bouts against Oh, losing 9-2 and giving the Koreans a 30-27 lead that they would not relinquish. Rogers came back strong in the eighth bout, going 10-5 and turning the 27-35 deficit into a close 37-40 match. But Oh handled Crompton in the last bout, and the Koreans won the gold medal 45-38.

Overall, a great day for the men's sabre team! They fought hard all day, had four brutally tough matches, and just fell short.

For the match, Ghattas was 12-9 (+3), Rogers was 17-17 (0), Crompton was 9-14 (-5), and Momtselidze was 0-5 (-5).

For the day, the team was very balanced, as Rogers was 45-41 (+4), Ghattas was 39-37 (+2), Crompton was 60-61 (-1), and Momtselidze was 29-30 (-1).

## THE FINALISTS

### BRENDAN MEYERS

In the cadet men's foil, Brendan Meyers was seeded first at the outset, and second after going 6-0 (+22) in the pools. After a bye in the 64, Meyers beat Yong Jun Lee (Korea) 15-12 and Michel Majewski (Poland) 15-11 to make the final. His medal hopes were dashed by Maxim Zassorin (Russia) who won 12-15, and Meyers finished 5th.

While he was a medal hopeful, having placed third at last year's championship, this result cannot be interpreted as a failure. Meyers made the finals, fenced very well, and simply lost one bout to a tough opponent. Battlin' Brendan is a true competitor; expect great things from him in the future.

### SARAH PARKER

In the cadet women's sabre, Sarah Parker came out of the pools seeded sixth, having gone 5-1 (+12). She beat Araceli Navarro (Spain) 15-11 in the 32, and scored an impressive victory over Hungary's Petra Palfy 15-13 to reach the final.

In the eight, Parker lost a heartbreaker to Elora Pattaro (Brazil) 15-14, and just missed a medal by one touch. She fenced with tremendous heart, and has outstanding potential. All in all, a very respectable sixth place result!

### ADAM CROMPTON

Adam Crompton came out of the junior men's sabre pools seeded 22nd, having gone 4-2 (+12). He beat Nicolas Mayer (Canada) 15-10 in the 64 and Suk Hwan Son (Korea) 15-13 in the 32. Then, in the 16, Crompton soundly defeated sixth-seeded Serguei Vilkov (Russia) 15-8 to reach the final.

In the eight, he lost to Hungarian Balazs Lontay by 10-15, and finished seventh. Crompton emerged this year, having broken through at the junior, senior and collegiate levels. He has great mobility in both directions, and with more experience, will continue to improve.

### HANNAH THOMPSON

In the junior women's foil, Hannah Thompson came out of the pools seeded 29th, having gone 3-2 (+6). She easily handled Yulitza Suarez (Venezuela) 15-4 in the 64, and won a tough bout against the fourth-seeded Russian, Julia Birukova, 15-10 in the 32.

Thompson then reached the final eight by beating Ha Nah Oh of Korea 15-10. She was beaten by the stylish Eugenia Lamonova (Russia) 15-9, and finished 8th.

Thompson fenced with determination and grit throughout the individual and team events, and her tenacity should bring improved results in the future.

#### BENJAMIN BRATTON

Ben Bratton came out of the junior men's epee pools seeded 29th, having gone 4-2 (+9). After a bye in the 128, he trounced Norbert Csohay (Hungary) 15-5 in the 64, and then beat Peter Hauswirth (Austria) 15-11 in the 32.

Bratton had a tough one in the 16, and eked out a hard-fought win over the Dutchman Bas Verwijlen 15-14 to reach the final.

In the eight, he faced Mathieu Canu of France. Once Canu got the lead, he was able to double at will, and Bratton hung tough but could not get over the hump. Canu won 14-15, giving Bratton a fifth-place finish. Bratton has an all-around game, and clearly will be a force to be reckoned with in the future.

#### EMILY JACOBSON

In junior women's sabre, Emily Jacobson was seeded sixth, having gone 4-1 (+14) in the pools. After a bye in the 64, she scored successive 15-10 wins over Korea's Myung Ok Lee and Hungary's Veronika Gergacz to reach the final.

In the eight, Jacobson lost a close one, 15-13, to Fedorkina (Russia), and finished sixth. She fenced aggressively and with great heart. Clearly, Jacobson is in the upper echelon, and we expect great results from her going forward.

In conclusion, most members of the team fenced up to or above their expectations. The main disappointments were the early exits of the U.S. Women's Sabre Team, which lost to the Chinese in the round of eight by 45-39, and Mariel Zagunis. Zagunis, who is the overall 2003 Junior World Cup champion, lost to eventual bronze-medallist Velkaia of Russia 15-13 in the round of 16.

The United States has proven to be a force at the cadet and junior level, and based on the critical mass we have in this country, we expect to accomplish even more. One can hope that our great young fencers will eventually make the successful jump into the senior ranks.

*Thanks to the outstanding cadre, whose tireless efforts helped make this an outstanding experience for the athletes.*

*Jeff Bukantz is the chair of the FOC and its rules subcommittee, and is a member of the FIE Rules Commission. He served as captain and chief of mission for the 2003 U.S. Junior/Cadet Team.*



A beaming Mariel Zagunis accepts congratulations from Nancy Anderson for earning the Junior World Cup trophy for women's sabre. Zagunis had the most points of all junior world cup sabre participants for the season. Photo courtesy of Charles Washburn.



Sada Jacobson with coach Arkady Burden. Photo courtesy of Charles Washburn.

# fear of FAILURE

what to do when good thoughts turn bad

---

by Dr. Aladar Kogler

Fear of failure—or an attachment to the outcome—is the main obstacle of fencing success. It is connected with competitive anxiety, which leads to worry, self-doubt, and a lack of confidence (a large amount of scientific study has demonstrated that self-confidence is the most important factor in competition).

Competitive anxiety is a multidimensional phenomenon. It has a cognitive (psychological) and a somatic (physiological) component. The two components are independent because they influence behavior differently and each has different consequences on fencing performance.

Our experiences with fencing have shown that the cognitive component is the main problem. Cognitive anxiety and its intensity change during the entire competition (before, during, after and in between bouts). Sometimes even a single received (or given) touch can change the degree of cognitive anxiety.

Cognitive anxiety (worry, negative self-talk) changes the visual search strategy so important to fencing, narrowing our attention field. It heightens negative thoughts and blurs memory. Coaches sometimes are surprised as to why their fencer does not carry out a given suggestion—the answer is simple, *They forgot!* Cognitive anxiety leads to a breakdown in self-confidence and concentration and ultimately leads to choking.

Most fencers have experienced the snowball effect of anxiety: the more you focus your attention inward (on your worry), the more anxious you feel. To avoid spiraling out of control, you need to develop coping strategies.

Two coping strategies have proven to be very effective for

Columbia University's fencers. Both have one main thing in common: they alter cognitive perception and attitude.

## Cognitive Perception

First, the fencers learned during a mental training session what happens to them when they are under stress: their physiological response to stress (increased pulse rate, butterflies in the stomach, muscle tension, etc.); their behavioral response to stress (some fencers talk, talk, talk); and their cognitive responses to stress (negative self-talk). These fencers learned that any response to stress is OK, as long as it produces good fencing.

They also became increasingly aware that “being nervous,” experiencing symptoms of somatic anxiety, is normal. Being nervous is a sign that the body is ready to act (“fight or flight”). Increased pulse rate, change of blood flow, and injected adrenaline all prepare the body to perform the best it can. Instead of worrying about being nervous and experiencing symptoms of somatic anxiety, they began to see these symptoms as a sign of readiness.

The fencers were then taught to alter their cognitive perception by using their anxiety symptoms as a signal, a cue to change their focus. Instead of focusing attention inward, such as dwelling on mistakes, the fencers learned to acknowledge their anxiety. By acknowledging your fears, you actually control them—you use them as signals, cues, for immediate refocusing on the task at hand.



In fencing, cognitive anxiety symptoms typically occur after receiving a touch, after the referee's command to halt. The "one touch at a time" strategy outlined in the accompanying sidebar is useful in harnessing cognitive anxiety.

## Attitude

The second strategy against cognitive anxiety is the most effective because it goes to the core of the problem. This strategy requires detachment, seeing fencing in a larger picture, having a more holistic approach.

Discover the joy and pleasure of fencing itself. Do it lovingly, enjoy the process, the day to day, moment to moment activity, the

self-perfection. Enjoy the challenge, the improvement and you will find enjoyment, fulfillment and success as well.

If you practice just for getting gold medals (that is, for rewards entirely external to the process of practice itself), if fencing as an activity is not valuable for its own sake, then you will rarely compete with real enjoyment. Such moments do come but they soon pass, leaving only the memory of happiness. Ultimately, you will experience constant fear (anxiety) of losing, a fear of failure.

As advised down the years from ancient times, the most effective and reliable strategy against fear is applying the law of detachment, which says: "In order to acquire anything in the physical universe, you have to relinquish your attachment to it."

Pursue your goals but heed the advice of some wise teachers down through time. Chuang Tzu, the Taoist philosopher, warns:

# Ready, Set, Stop!

## one touch at a time, effortlessly and with detachment

A fencing bout can be divided into cycles. Each given or received touch that results in the referee's command "Halt" terminates one performance cycle. After the termination of a cycle, make a quick analysis of your thoughts: Are they negative? Do you experience symptoms of cognitive anxiety, worry?

Use the "signal light" analogy to assess your anxiety: green light means *go*, yellow means *watch out*, and red says *stop and refocus*. If the light is green, everything is OK, continue as you have been. You are fencing effortlessly, whether or not you get the touch. You do not have negative thoughts, you are not worried. If the light is yellow, you must be alert to your thoughts. The red light (you're experiencing worry, cognitive anxiety symptoms), as you might guess, is a sign, a cue for you to refocus.

Your refocusing process begins with putting the breaks on negative thoughts by saying to yourself "Stop." Identify a word, color, or symbol, such as a railroad crossing sign, that will make you stop, then visualize this when you are on the strip.

Next, center yourself by taking a deep diaphragmatic breath, inhaling deeply and exhaling slowly.

As you exhale imagine that you are releasing, flushing out all the negative self-talk, worry and tension. Then replace your negative self-talk with your prepared positive self-talk (plan ahead of time what will help you to feel positive about yourself, such as past fencing successes).

Take a deep breath standing, and walk with your trunk and head straight, confident, radiating mental and physical strength, self-confidence and determination. You may use an anchor (like pressing your thumb and index finger against the grip of your weapon) to associate your positive feelings with a

physical cue. On the referee's command "Fence" you will be mentally and physically ready to act, to start a new cycle, refocusing on the task at hand.

For all this refocusing, from the command "Halt" to the command "Fence," you have 10-15 seconds. You must be aware of your cognitive perception and attitude. Perceiving anxiety symptoms—however intense they are—as a cue, a sign to refocus, will help you.

About 25 years ago in Budapest, during a championship among socialist countries (former Eastern Bloc), one of my students said, "Maestro, I am so nervous and afraid as never before." After a short pause he continued, "I will win it!" At first I thought it was a joke. But both statements were true.

There is a Hungarian saying, "There is no rose without thorn." If you focus on the rose you see and feel beauty, if you focus on the thorn you see and feel pain. If you see the symptoms of cognitive anxiety as a cue for refocusing, you facilitate successful fencing. If you focus inward on your worry, you debilitate successful fencing.

Yet acknowledging this strategy is not enough. If you decide that you will use it in your next competition you will be disappointed—it will not work! Just as one session of weight-training will not make you strong, one mental training session will not make you worry-free. You have to practice these coping strategies regularly.

Use the most important mental skill for fencers: visualization. Imagine vividly fencing a bout and mentally rehearse how you will put your coping strategies to use. Practice under pressure conditions—in each practice decide that the last bout is for the gold medal. Imagine the pressure, the anxiety, and channel it to your advantage.

“The archer who shoots for a prize of gold goes blind. Whoever thinks more of winning than shooting is drained of power.” The Bhagavad Gita teaches: “To act but not be attached to the fruits of action.” And as the Buddhists say: “Do everything as if the future of the universe depends on it, but laugh at everything as it has no effect whatsoever.”

“Be detached from within,” Buddha says. “For that which clings to another thing there is a fall, but to that which clings not, no fall comes. Where no fall comes, there is rest.”

Detachment gives you freedom to create, to fence and compete freely without pressure and tension, and with enjoyment. Detachment does not mean that you become apathetic; instead, you simply focus on the process, absorbed in the moment, enjoying fencing.

Many fencers view competition as a chance to beat the opponent. But the true competition comes from inside; it is a contest within ourselves to become the best we can. The best fencers compete against their own potential. They are trying to improve their fencing. They are concerned with what they need to do and how to do it, as opposed to being concerned about who wins.

Review your life goal, your life philosophy. Accept the life goal of self-perfection, to be as perfect as you can in all aspects of life. Be as good as you can as a son or daughter, student, athlete, human being.

While fencing, enjoy the challenge, the ongoing encounter with the sport, the experience itself. The joy of participation, the self-improvement. Fencing can be a means to learn about yourself and also a means to learn life skills, such as effective decision-making. Skills learned in sport, particularly those that enable you to reach your potential, can be transferred to other settings.

I cannot provide scientific data about the effect of the Law of Detachment. But one of my students, an épée fencer who I coached and observed for many years, showed me that a love of fencing, combined with a detachment from results, is the best and only reliable way to compete in the flow state.

Jim loved fencing, the game, the challenge. Because of a chronic injury, however, he could never make a lunge. He compensated for his lack of footwork with excellent hand technique and became a top épée fencer. He practiced regularly and enjoyed competitions. He usually did at least as well in competition as in training—usually better, in fact, because of his love for the game and his detachment from the result. But his chances to make the Olympic team were slim.

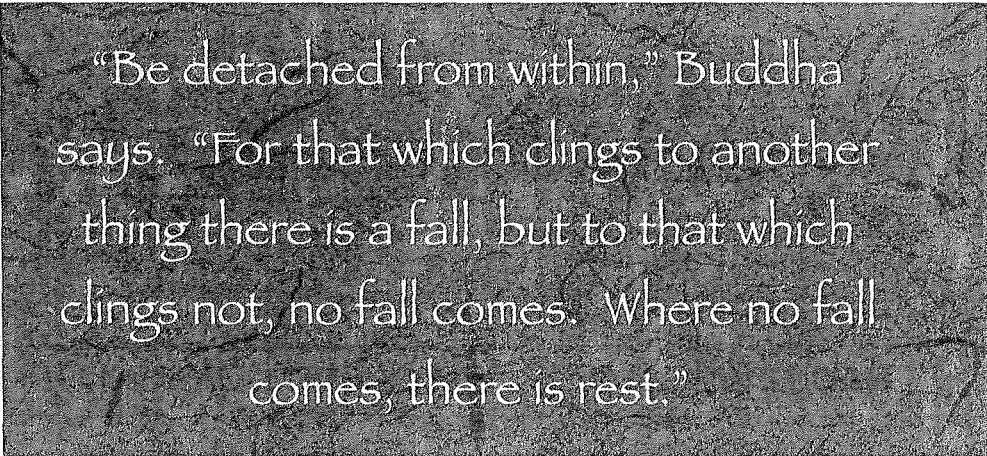
Before the Olympic Games in Atlanta, Jim came to me: “Aladar, do not waste your time with me, give more lessons to the Olympic squad members.”

But he loved fencing, so he continued to practice and travel to world cups (spending his own money), even though he was not on

the Olympic team. Fencing free, as he always had, detached from the result, comfortable and having fun, he “happened” to make the World Cup Finals and found himself on the U.S. Olympic Team after all.

In Atlanta we beat the Korean team. Against the world champions, Italy, we lost 45-44, and for fifth place we lost again 45-44—an excellent result for that squad at that time. And Jim was the heart and soul of the team.

I was happy to have a student from whom I learned so much about detachment, the flow state, and the true love of fencing. Jim retired from competitive fencing after the Olympic Games. He moved to Texas and plays golf now, doing it very well, enjoying it as much as fencing. In his free time he teaches fencing to young kids.



“Be detached from within,” Buddha says. “For that which clings to another thing there is a fall, but to that which clings not, no fall comes. Where no fall comes, there is rest.”

*Aladar Kogler, Ph.D., is a six-time Olympic fencing coach and director of the Columbia University Sports Psychology Research Laboratory. He currently serves as co-head coach of Columbia. Kogler has published 10 books and more than 25 scientific papers.*

*Over a 15-year period Kogler coached four Olympic teams and produced national and world championship gold and silver medalists. After his 1981 arrival in the United States, Kogler was a U.S. National coach, seven-time World Championship team coach, two-time Olympic team coach and three-time Pan-American fencing team coach. He has produced Pan-American Games gold medalists, World Cup finalists and five NCAA overall championship teams.*



Sabrist Nicholas Goellner steps en garde at the Overland Park, Kan., NAC in April. Nicholas is the son of Kansas city LOC member Vicki Goellner. Photo: Serge Timacheff, Tiger Mountain Photo.

## **NAC DIVISION II, III, VETERANS |** Arlington, Texas, March 14 - 17

### **DIVISION II MEN'S ÉPÉE**

(97 Competitors)

Group B3 competition

1. Yakimenko, Andrei (PHILADELPH)
2. Garner, Will M (KENTUCKY)
- 3.T Eldridge, Darrell H (COLORADO)
- 3.T Orick, Daniel A (NEW MEXICO)
5. Denier, Frank (NORTH CA)
6. Pienta, Chris J (MICHIGAN)
7. Fernandez, Alex B (NORTH TEX)
8. Kassimir, Spencer V (LONG ISLAND)

### **DIVISION II WOMEN'S ÉPÉE**

(77 Competitors)

Group B3 competition

1. Williams, NaRaye P (NORTH TEX)
2. Forsythe, Sara M (NEW JERSEY)
- 3.T Midgley, (Elizabeth (NEW JERSEY)
- 3.T Totemeier, Ann M (UTAH/S.IDA)
5. Cully, Siobhan M (METRO NYC)
6. McMenamin, Dianna S (CONNECTICUT)
7. Sargent, Stephanie (NEW JERSEY)
8. Ruiz-Healy, Kristina (SO. TEXAS)

### **DIVISION III MEN'S ÉPÉE**

(80 Competitors)

Group C3 competition

1. Rabieh, Ra'ad Z (ARIZONA)
2. Solbeck, Steven V (CENTRAL CA)

### **DIVISION II MEN'S FOIL**

(99 Competitors)

Group B3 competition

1. Parkins, Benjamin B (GULFCST TX)
2. Jan, Stephen (METRO NYC)
- 3.T Harder, Sean C (ORANGE CST)
- 3.T Streb Jr, Joseph T (COLUMBUSOH)
5. Gurrieri, John M (S. JERSEY)
6. Hamilton, Ian A (KANSAS)
7. Wright, Bagley (METRO NYC)
8. Abeyawardene, Niluka P (NEW JERSEY)

### **DIVISION II WOMEN'S FOIL**

(77 Competitors)

Group B3 competition

1. Parker, Melissa (SO. TEXAS)
2. Larchanka, Katsiryna (METRO NYC)
- 3.T Ruiz-Healy, Kristina (SO. TEXAS)
- 3.T Vines, Kristin A (TENNESSEE)
5. Loh, Sarah M (METRO NYC)
6. Pensler, Arielle R (ILLINOIS)
7. Gonzalez, Larissa L (METRO NYC)
8. Maddox, Lacey E (GEORGIA)

### **DIVISION III MEN'S FOIL**

(93 Competitors)

Group C3 competition

1. Abeyawardene, Niluka P (NEW JERSEY)
2. Wright, Sam S (METRO NYC)

### **DIVISION II MEN'S SABRE**

(65 Competitors)

Group B3 competition

1. DeWees, Alexander (MINNESOTA)
2. Kloepper, Jonathan C (KANSAS)
- 3.T Dyke, Lancelot A (SO. CALIF.)
- 3.T Truskowski, Peter (ILLINOIS)
5. Kolasa, Matthew C (S. JERSEY)
6. Spear, Jeff (HUDS-BERKS)
7. Parkins, Zachary R (GULFCST TX)
8. Twite, Christophe (SO. TEXAS)

### **DIVISION II WOMEN'S SABRE**

(43 Competitors)

Group B3 competition

1. McNeil, Molly C (COLORADO)
2. McPhee, Chiara E (NEWENGLAND)
- 3.T Gordet, Danielle C (NEWENGLAND)
- 3.T Pestotnik, Sharol A (COLORADO)
5. Enochs, Liz (NORTH CA)
6. Wilson, Jessica S (NEWENGLAND)
7. Barroso, Audrey A (GEORGIA)
8. Nelson, Jennifer A (WISCONSIN)

### **DIVISION III MEN'S SABRE**

(52 Competitors)

Group C3 competition

1. Ertur, Adam T (OREGON)
2. Dyke, Lancelot A (SO. CALIF.)

- 3.T Denier, Frank (NORTH CA)
- 3.T Mattison, Peter M (WESTERN NY)
- 5. Piraino, Robert C (LONG ISLAND)
- 6. Luke, Daniel J (MICHIGAN)
- 7. Awsumb, Lance G (MINNESOTA)
- 8. Turbyfill, Joshua R (NORTH TEX)

**DIVISION III WOMEN'S ÉPÉE**

(77 Competitors)

Group C3 competition

- 1. Abraham, Sarah A (SO. TEXAS)
- 2. Hohensee, Erin K (NORTHEAST)
- 3.T Clay, Chandler E (PHILADELPH)
- 3.T Whitehurst, Mercedes A (WESTERN WA)
- 5. Miranda, Angelica F (LONG ISLAND)
- 6. Balestra, Jacqueline (SO. CALIF.)
- 7. Hickey, Kathryn A (WESTERN NY)
- 8. White, Kaitlyn R (NORTHEAST)

**VETERAN MEN'S ÉPÉE**

(76 Competitors - top 64 earn points)

Group A2/B3 competition

- 1. Delgado Jr., Eli M (NEVADA)
- 2. Moreau, John A (SO. TEXAS)
- 3.T Elliott, Joseph A (ORANGE CST)
- 3.T Varney, John (WESTERN WA)
- 5. Richards, Dick (MARYLAND)
- 6. Shalaurov, Alexander (N.CAROLINA)
- 7. Vodjansky, Eugene P (COLORADO)
- 8. Van Dyke, Frank A (NEVADA)

**VETERAN WOMEN'S ÉPÉE**

(38 Competitors - all earn points)

Group B2 competition

- 1. Asher, Valerie (CAPITOL)
- 2. Dobloug, Lisa (CAPITOL)
- 3.T Frye, Mary P (PHILADELPH)
- 3.T Nowell, Linda C (NORTH CA)
- 5. Kallus, Diane H (SO. TEXAS)
- 6. Hurley, Tracy A (SO. TEXAS)
- 7. Balestra, Jacqueline (SO. CALIF.)
- 8. Runyon, Cindy (SAN BERNAR)

- 3.T Rosenberg, Neil F (METRO NYC)
- 3.T Willard, Daniel F (S. JERSEY)
- 5. Wright, Bagley (METRO NYC)
- 6. Hickey, Sean P (WESTERN NY)
- 7. Berryrieser, David A (UTAH/S.IDA)
- 8. Botwinick, Nathaniel (METRO NYC)

**DIVISION III WOMEN'S FOIL**

(68 Competitors)

Group C3 competition

- 1. Snyder, Aliyah R (GATEWAY FL)
- 2. Knauer, Lindsay A (S. JERSEY)
- 3.T Larchanka, Katsiryna (METRO NYC)
- 3.T Wentreck, Kristen A (METRO NYC)
- 5. Browne, Jeanne L (NEW JERSEY)
- 6. Forsythe, Maryanne E (NEW JERSEY)
- 7. Ellefson, Sarah E (NORTH TEX)
- 8. Laser, Christa J (ARIZONA)

**VETERAN MEN'S FOIL**

(63 Competitors - all earn points)

Group A2 competition

- 1. Loper, James (Chr (GEORGIA)
- 2. Elliott, Joseph A (ORANGE CST)
- 3.T Douraghy, Jamie M (SO. CALIF.)
- 3.T Lutton, Thomas W (NEWENGLAND)
- 5. Patterson, Jan M (WESTERN WA)
- 6. Piatkowski-Nazarro, Marek W (SO. CALIF.)
- 7. Milligan, Bruce C (MARYLAND)
- 8. MacCorkindale, John B (OREGON)

**VETERAN WOMEN'S FOIL**

(38 Competitors - all earn points)

Group C2 competition

- 1. Kenessey, Katalin Ga (NORTH TEX)
- 2. Balot, Agota (NEW JERSEY)
- 3.T Gresham-Fiegel, Carolyn (OKLAHOMA)
- 3.T Walton, Yvonne R (NORTHEAST)
- 5. Vines, Kristin A (TENNESSEE)
- 6. Verhave, Michelle A (WEST-ROCK)
- 7. Johnson, Karen (SO. TEXAS)
- 8. Berardi, Gladys B (NEW JERSEY)

- 3.T Kim, Bryan R (MT. VALLEY)
- 3.T Parkins, Zachary R (GULFCST TX)
- 5. FENCER EXCLUDED
- 6. Ford, Tyler J (HUDS-BERKS)
- 7. Yeh, Donald J (GATEWAY FL)
- 8. Cho, Joseph (LONG ISLAND)

**DIVISION III WOMEN'S SABRE**

(32 Competitors)

Group C3 competition

- 1. Siebert, Lillian (COLUMBUSOH)
- 2. Knauer, Elizabeth (S. JERSEY)
- 3.T Klein-Braddock, Kimberly K (OREG.)
- 3.T Parker, Samantha J (LONG ISLAND)
- 5. Nelson, Jennifer A (WISCONSIN)
- 6. Enochs, Liz (NORTH CA)
- 7. Leahy, Jane M (COLUMBUSOH)
- 8. Curry, Martha A (MT. VALLEY)

**VETERAN MEN'S SABRE**

(47 Competitors - all earn points)

Group B2 competition

- 1. Yung, Wang Y (WESTERN WA)
- 2. Toth, Istvan (SO. CALIF.)
- 3.T Kovacs, Alexander (PHILADELPH)
- 3.T Loper, James (Chr (GEORGIA)
- 5. Jacobson, David H (GEORGIA)
- 6. Harper, Brian S (GATEWAY FL)
- 7. Sexton III, Ray L (SO. TEXAS)
- 8. Reilly, Philip (OREGON)

**VETERAN WOMEN'S SABRE**

(21 Competitors - all earn points)

Group B1 competition

- 1. Mazorol, Lydia F (NEW MEXICO)
- 2. Turner, Delia M (PHILADELPH)
- 3.T Comes, Rita (CENTRAL CA)
- 3.T Eyre, Jane E (S. JERSEY)
- 5. Michael, Sarah B (NORTH CA)
- 6. Pestotnik, Sharol A (COLORADO)
- 7. Nicolau, Doty (ALABAMA)
- 8. Berardi, Gladys B (NEW JERSEY)

**NCAA TEAM & INDIVIDUAL STANDINGS | Colorado Springs, Colo., March 20 - 23**

**MEN'S SABRE - FINAL STANDINGS**

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Adam Crompton	Ohio State	19	0.826	109	50	59
2	Ivan Lee	St. John's	23	1	115	51	64
3	Jason Rogers	Ohio State	20	0.87	109	50	59
4	Alex Weber	Penn State	19	0.826	100	66	34
5	Serhiy Isayenko	St. John's	17	0.739	106	63	43
6	Matthew Fabricant	Notre Dame	15	0.652	96	64	32
7	Timothy Hagamen	Harvard	15	0.652	97	68	29
8	Marten Zagunis	Penn State	15	0.652	93	73	20
9	David Jakus	Harvard	15	0.652	97	84	13
10	Robert Owens	Stanford	14	0.609	90	82	8

**MEN'S FOIL - FINAL STANDINGS**

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Non Panchan	Penn State	19	0.826	102	61	41
2	Nitai Kfir	St. John's	19	0.826	105	57	48
3	Cory Werk	Yale	18	0.783	104	55	49
4	Ozren Debic	Notre Dame	18	0.783	104	62	42
5	Derek Snyder	Notre Dame	17	0.739	104	74	30
6	Yale Cohen	Pennsylvania	16	0.696	98	67	31

# TOURNAMENT highlights

7	Gabriel Sinkin	N.Y.U.	15	0.652	98	72	26
8	Nico Jaspers	Columbia	15	0.652	95	71	24
9	Steve Gerberman	Stanford	15	0.652	92	70	22
10	Jeremy Sinkin	Columbia	15	0.652	95	75	20

## MEN'S EPÉE - FINAL STANDINGS

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Weston Kelsey	Air Force	19	0.826	101	56	45
2	Michal Sobieraj	Notre Dame	20	0.87	103	60	43
3	Adam Wiercioch	Penn State	18	0.783	94	57	37
4	Anton Gurevich	St. John's	20	0.87	102	63	39
5	Benjamin Solomon	Princeton	16	0.696	103	74	29
6	Arpad Horvath	St. John's	15	0.652	97	81	16
7	Julian Rose	Harvard	14	0.609	93	80	13
8	Timothy French	Air Force	13	0.565	94	83	11
9	Matthew McConaughy	Cal State	13	0.565	88	87	1
10	Jan Viviani	Notre Dame	12	0.522	81	68	13

## WOMEN'S SABRE - FINAL STANDINGS

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Alexis Jemal	Rutgers	18	0.783	107	61	46
2	Julia Gelman	St. John's	19	0.826	107	54	53
3	Heather Brosnan	Penn State	20	0.87	106	58	48
4	Louise Bond-Williams	Ohio State	22	0.957	113	35	78
5	Emma Baratta	Columbia/Barnard	16	0.696	98	60	38
6	Destanie Milo	Notre Dame	16	0.696	99	72	27
7	Sakinah Shaahid	Temple	14	0.609	92	67	25
8	Christina Crane	St. John's	14	0.609	94	75	19
9	Austin O'Neill	Penn State	14	0.609	94	77	17
10	Tracy Marien	Brandeis	12	0.522	82	77	5

## WOMEN'S FOIL - FINAL STANDINGS

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Alicja Kryczalo	Notre Dame	19	0.826	105	54	51
2	Iris Zimmermann	Stanford	19	0.826	105	45	60
3	Andrea Ament	Notre Dame	19	0.826	105	48	57
4	Irina Khouade	St. John's	20	0.87	102	41	61
5	Metta Thompson	Ohio State	18	0.783	101	57	44
6	Anna Donath	Penn State	18	0.783	100	73	27
7	Jacqueline Leahy	Princeton	17	0.739	104	50	54
8	Hannah Thompson	Ohio State	16	0.696	99	57	42
9	Mindy Rostal	Princeton	15	0.652	95	68	27
10	Julia Földi	Northwestern	15	0.652	95	70	25

## WOMEN'S EPÉE - FINAL STANDINGS

PLACE	NAME	SCHOOL	V	PCT.	TS	TR	IND.
1	Katarzyna Trzopek	Penn State	19	0.826	104	55	49
2	Jessica Burke	Penn State	16	0.696	100	73	27
3	Alexandra Shklar	Ohio State	16	0.696	94	74	20
4	Arlene Stevens	St. John's	17	0.739	91	54	37
5	Kerry Walton	Notre Dame	15	0.652	95	69	26
6	Meghan Phair	Cornell	15	0.652	94	85	9
7	Eleanor Leighton	Princeton	14	0.609	99	82	17
8	Anna Vinnikov	Wayne State	13	0.565	90	78	12
9	Jean Goto	Pennsylvania	13	0.565	96	91	5
10	Meagan Call	Notre Dame	13	0.565	93	92	1

## TEAM STANDINGS

PLACE	SCHOOL	TOTAL	MS	MF	ME	WS	WF	WE
1	Notre Dame	182	27	35	32	22	38	28
2	Pennsylvania State University	179	34	30	18	34	28	35
3	St. John's University	171	40	19	35	33	27	17
4	Ohio State University	167	39	13	22	31	34	28



PLACE	SCHOOL	TOTAL	MS	MF	ME	WS	WF	WE
5	Columbia/Barnard	113	21	30	15	24	5	18
6	Princeton University	107		12	28	10	32	25
7	Stanford University	85	19	29	6		31	
8	Harvard University	68	30		14		24	

## CRESCENT CITY OPEN | New Orleans, LA, March 29 - 30

### MIXED EPEE

1	Carpenter	James	AK-LA-MISS
2	Katz	Joel	GULFCST TX
3	Parker	Brian	ALABAMA
3	Quinones	Jose	GOLDCST FL
5	Zhurkin	Alexander	TENNESSEE
6	Bruno	Carlos	GEORGIA
7	Eldridge	Darrell	COLORADO
8	Kinney	James	N.CAROLINA

### MIXED FOIL

1	Galligan	Michael	GULFCST TX
2	Suarez	Rafael	GOLDCST FL
3	Diaz	Julio	GEORGIA
3	Spicer	Richard	GULFCST TX
5	Lo	James	SO. TEXAS
5	Ortego	Jose	N.CAROLINA
7	Janca	Rob	SO. TEXAS
7	Sachs	Jason	NEWENGLAND

### MIXED SABRE

1	D'Asaro	Michael	SO. CALIF.
2	Wysocki	Joseph	GULFCST TX
3	Mazorol	Lydia	AK-LA-MISS
3	Becker	Bill	GOLDCST FL
5	Gorman	Daniel	GULFCST TX
6	Devine	Dwight	LOUISIANA
7	Struck	Bryce	NEW JERSEY
8	Cohen	Braedon	LOUISIANA

### WOMEN'S EPEE

1	Frye	Mary	PHILADELPH
2	Carpenter	Kathryn	NORTH TEX
3	Fleury	Corinne	GATEWAY FL
3	Bosco	Marianne	ALABAMA
5	Scarborough	Evelyn	AK-LA-MISS
6	Ehrle	Anjea	SO. TEXAS
7	Askin	Leith	SO. TEXAS
8	Gorman	Elizabeth	GULFCST TX

### WOMEN'S FOIL

1	Sachs	Elif	NEWENGLAND
2	Masters	Lara	PHILADELPH
3	Snyder	Aliyah	GATEWAY FL
3	Haars	Keri	CAPITOL
5	Herriott	Diane	AK-LA-MISS
6	Garner	Jennifer	PHILADELPH
7	Exnicios	Nancy	LOUISIANA
8	Baulch	Christina	TENNESSEE

### WOMEN'S SABRE

1	Mazorol	Lydia	AK-LA-MISS
2	Kuhn	Sandra	ORANGE CST
3	Torres	Angela	LOUISIANA
3	Stromberg	Greta	OKLAHOMA
5	Hurst	Susan	SAN DIEGO
6	Ehrle	Anjea	SO. TEXAS
7	Valentine	Marla	ALABAMA
8	Mumee	Vijitra	SO. TEXAS

## PACIFIC COAST SECTION TOURNAMENTS | Junior event, Fresno, CA, April 6 - 7; Senior event, Las Vegas, NV, May 10 - 11

### JUNIOR MEN'S EPEE

(33 Competitors)

1	Vail, Bruce	N. CALIF.
2	Pearce, Michael	N. CALIF.
3T	Sulat, Nathaniel	N. CALIF.
3T	Gonzales, Brian	CENTRAL CALIF.
5	Spondello, Douglas	S. CALIF.
6	Sumner, Eric	CENTRAL CALIF.
7	Roos, Dylan	N. CALIF.
8	Smith, Cameron	S. CALIF.

### JUNIOR MEN'S FOIL

(46 Competitors)

1	Lepold, Joshua	CENTRAL CALIF.
2	Chen, Tommy	CENTRAL CALIF.
3T	Meinhardt, Gereck	N. CALIF.
3T	Perkins, Samuel	N. CALIF.
5	Sugimoto, Scott	S. CALIF.
6	Tucker, Dan	CENTRAL CALIF.
7	Cresante, Jon	S. CALIF.
8	Dahlin, Dustin	S. CALIF.

### JUNIOR MEN'S SABRE

(23 Competitors)

1	Yeates, Zachary	MTN. VALLEY
2	Dyke, Lancelot	S. CALIF.
3T	Burriesci, M.	CENTRAL CALIF.
3T	Levitt, Teddy	S. CALIF.
5	Jackson, Bryan	MTN. VALLEY
6	Martin, Bret	SAN DIEGO
7	Runyan, Jason	SAN DIEGO
8	Perelman, Michael	S. CALIF.

### JUNIOR WOMEN'S EPEE

(15 Competitors)

1	Gerriets, Kimberly	MTN. VALLEY
2	Schindler, Rae	N. CALIF.
3T	Hausmann, Jennifer	N. CALIF.
3T	Stephenson, Heather	CENTRAL CALIF.
5	Montoya, Kimberlee	NEVADA
6	Chan, Valerie	CENTRAL CALIF.
7	Rashkovsky, Julia	CENTRAL CALIF.
8	Isaacson, Oriana	S. CALIF.

### JUNIOR WOMEN'S FOIL

(27 Competitors)

1	Alicea, Pilar	N. CALIF.
2	Rubin, Alexie	S. CALIF.
3T	Hancock, Katie	N. CALIF.
3T	Wacker, Jessica	CENTRAL CALIF.
5	Ostatnigrosh, Olga	MTN. VALLEY
6	Henvick, Allison	N. CALIF.
7	Rimbach, Kendra	CENTRAL CALIF.
8	Lee, Florence	CENTRAL CALIF.

### JUNIOR WOMEN'S SABRE

(12 Competitors)

1	Grench, Eileen	MTN. VALLEY
2	Baran, Alexis	MTN. VALLEY
3T	Diamond, Rami	SAN DIEGO
3T	Curry, Martha	MTN. VALLEY
5	Shon, Adrienne	SAN DIEGO
6	Bessell, Mary	S. CALIF.
7	Lee, Stephanie	CENTRAL CALIF.
8	McKenna, Clare	MTN. VALLEY

### SENIOR MEN'S EPEE

(69 Competitors)

1	Cox, Charles (Kip)	A. N. CALIF.
2	Segal, Mark N	SAN BERNARDINO
3T	Olds, Eric S	S. CALIF.
3T	Ordody, Gyorgy	N. CALIF.
5	Denier, Frank	N. CALIF.
6	Loeffler, Carl	S. CALIF.
7	Hohmeister, Eric	MTN. VALLEY
8	Arenberg, Jeffrey A	S. CALIF.

### SENIOR MEN'S FOIL

(40 Competitors)

1	Dew, Eric	N. CALIF.
2	Sugimoto, Scott T	S. CALIF.
3T	Bellanca, Wesley J	S. CALIF.
3T	Douraghy, Jamie M	S. CALIF.
5	de Raad, Jerry M	N. CALIF.
6	Decker, Alexander P	CENTRAL CALIF.
7	Cresante, Jon D	S. CALIF.
8	Kaczorowski, David E	N. CALIF.

### SENIOR MEN'S SABRE

(31 Competitors)

1	Runyan, Joshua B	SAN DIEGO
2	Martin, Bret I	SAN DIEGO
3T	Dogillo, Jesse G	CENTRAL CALIF.
3T	Jackson, Bryan C	MTN. VALLEY
5	Haass, Michael W	SAN DIEGO
6	Runyan, Jeremiah R	SAN DIEGO
7	Harder, Patrick K	ORANGE COAST
8	Nichols, Costa	SAN BERNARDINO



## SENIOR WOMEN'S EPEE

(34 Competitors)

- 1 Wertz, Janet L SAN DIEGO
- 2 Griffin, Maureen E N. CALIF.
- 3T Fortune, Amy M S. CALIF.
- 3T Obenchain, Janel N. CALIF.
- 5 Isaacson, Oriana M S. CALIF.
- 6 Erickson, Cyntia L S. CALIF.
- 7 Chimienti, Michele S. CALIF.
- 8 Bowen, Victoria M N. CALIF.

## SENIOR WOMEN'S FOIL

(24 Competitors)

- 1 Willette, Doris E N. CALIF.
- 2 Lee, Tammy A N. CALIF.
- 3T Fagan, Margaret N. CALIF.
- 3T Rubin, Alexie A S. CALIF.
- 5 Wang, Natalie MTN. VALLEY
- 6 Stewart, Christy L ORANGE COAST
- 7 Schifferle, Kathy NORTH COAST
- 8 Schifferle, Abby NORTH COAST

## SENIOR WOMEN'S SABRE

(22 Competitors)

- 1 Grench, Eileen M MTN. VALLEY
- 2 Walsh, Sarah N. CALIF.
- 3T Earls, Elizabeth A N. CALIF.
- 3T Enochs, Liz N. CALIF.
- 5 Johnson, Laura S S. CALIF.
- 6 Hurst, Susan E SAN DIEGO
- 7 Ambalong, Jody P MTN. VALLEY
- 8 Hirayama, Yukari S. CALIF.

## NAC DIVISION I/YOUTH I Overland Park, KS, April 25 - 28



Camille Provencal-Dayle of Iowa, fencing in the Youth-14 women's foil competition at Overland Park. Photo: Serge Timacheff, Tiger Mountain Photo.

## DIVISION I MEN'S ÉPÉE

(109 Competitors - top 32 earn points)  
Group A4 competition

1. Kelsey, Weston S (COLORADO)
2. Burke, Nathaniel (COLORADO)
- 3.T Lichten, Keith H (NORTH CA)
- 3.T Viviani, Jansson J (METRO NYC)
5. Mattern, Cody M (OREGON)
6. Feldschuh, Michael (METRO NYC)
7. French, Timothy L. (COLORADO)
8. Rosenberg, David G (METRO NYC)

## DIVISION I WOMEN'S ÉPÉE

(71 Competitors - top 32 earn points)  
Group A4 competition

1. Eim, Stephanie (METRO NYC)
2. James, Kamara L (METRO NYC)
- 3.T Burke, Jessica B (CENTRAL PA)
- 3.T Orlando, Amy E (OREGON)
5. Spilman, Elisabeth (SO. CALIF.)
6. Leszko, Julia A (OREGON)
7. Suchorski, Kristin Fo (CAPITOL)
8. Shklar \*, Alexandra (ISRAEL)

## DIVISION I MEN'S FOIL

(112 Competitors - top 32 earn points)  
Group A4 competition

1. Sinkin, Gabriel M (WESTERN NY)
2. Anen, Cedric R (LUXEMBOURG)
- 3.T Carter, Alphonzo E (SO. CALIF.)
- 3.T Chang, Gregory (NEWENGLAND)
5. McClain, Sean (CENTRAL CA)
6. Meyers, Brendan J (METRO NYC)
7. Chang, Timothy (CENTRAL CA)
8. KirkGordon, Dimitri (CENTRAL CA)

## DIVISION I WOMEN'S FOIL

(67 Competitors - top 32 earn points)  
Group A4 competition

1. Thompson, Hanna M (WESTERN NY)
2. Angelova \*, Anna I (BULGARIA)
- 3.T Arment, Andrea E (NORTH OHIO)
- 3.T Smart, Erinn L (METRO NYC)
5. Leahy, Jacqueline (METRO NYC)
6. Jennings, Susan K (METRO NYC)
7. Cavan, Kathryn M (METRO NYC)
8. Zimmermann, Iris T (METRO NYC)

## DIVISION I MEN'S SABRE

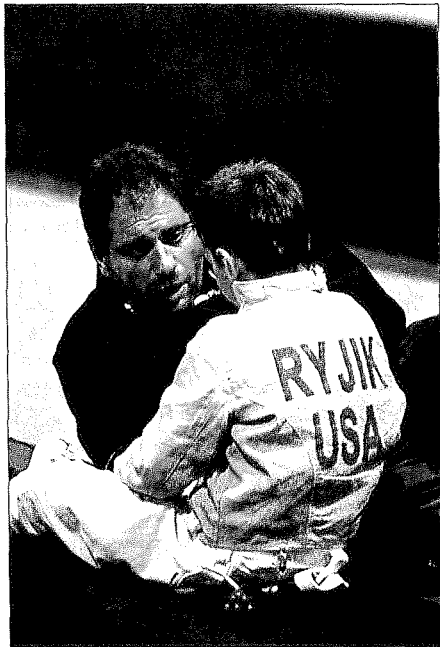
(71 Competitors - top 32 earn points)  
Group A4 competition

1. Lasker, Terrence L (COLUMBUSOH)
2. Spencer-Ei, Akhnaten A (METRO NYC)
- 3.T Hagamen, Timothy H (METRO NYC)
- 3.T Rogers, Jason N (SO. CALIF.)
5. Krul, Alexander (SO. CALIF.)
6. Raynaud, Herby (METRO NYC)
7. Crompton, Adam C (NEW JERSEY)
8. Reyfman, Paul A (METRO NYC)

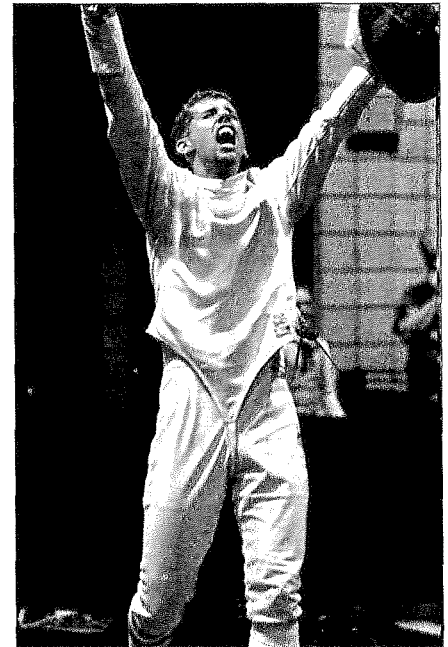
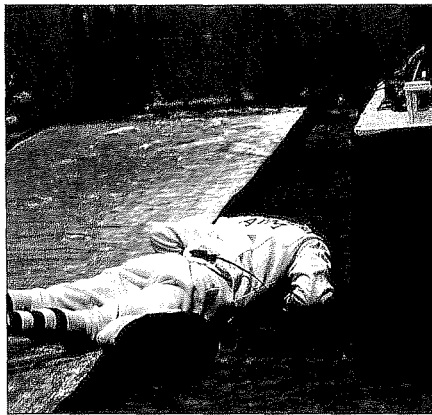
## DIVISION I WOMEN'S SABRE

(57 Competitors - top 32 earn points)  
Group A4 competition

1. Jacobson, Sada M (GEORGIA)
2. Zagunis, Mariel L (OREGON)
- 3.T Becker, Christine (OREGON)
- 3.T Jemal, Alexis D (METRO NYC)
5. Gaillard, Amelia F (GEORGIA)
6. Ward, Rebecca C (OREGON)
7. Eiremo, Annika M (MT. VALLEY)
8. Sherry, Katelyn P (NEW JERSEY)



Scenes from Overland Park. Above, Alexander Ryjik (Virginia) and father/coach Alex Ryjik. Above right, Gago Demirchian (So. Calif.), Div. I epee, collapses on the strip in pain with a severe leg cramp.



Left: Becca Ward, gold medalist in both Youth-12 and Youth-14 women's sabre. Above: Men's Div. I epeeist Ian MacEachern of Prise de Fer in New England. All photos courtesy of Amy Timacheff, Serge Timacheff, and Kevin Mar of Tiger Mountain Photo.

#### YOUTH-14 MEN'S ÉPÉE

(71 Competitors - top 32 earn points)  
Group C2 competition

1. Chinman, Nicholas S (COLORADO)
2. Smith, Dillon S (GULFCST TX)
- 3.T French, Peter R.N. (SO. TEXAS)
- 3.T Trapani, Daniel K (GULFCST TX)
5. Seroff, Andrew R (CENTRAL CA)
6. Wicas, Graham E (PHILADELPH)
7. Harder, Sean C (ORANGE CST)
8. Parker, Jonathan M (SO. TEXAS)

#### YOUTH-14 WOMEN'S ÉPÉE

(30 Competitors - top 16 earn points)  
Group A2 competition

1. Hurley, Kelley A (SO. TEXAS)
2. Bassa, Francesca (GULFCST TX)
- 3.T French, Kayley A (NORTH TEX)
- 3.T Moss, Rebecca L (ARIZONA)
- 5.T Finkel, Tess O (METRO NYC)
- 5.T French, Christa M (NORTH TEX)
7. Hurley, Courtney L (SO. TEXAS)
8. Bratton, Jillian T (METRO NYC)

#### YOUTH-12 MEN'S ÉPÉE

(45 Competitors - top 32 earn points)  
Group C2 competition

1. Meinhardt, Gerek L (NORTH CA)
2. DeLeeuw, Peter M (NORTH TEX)
- 3.T Parker, Jonathan M (SO. TEXAS)
- 3.T Sumner, Eric T (CENTRAL CA)
5. Boutris, Samuel (NORTH TEX)
6. Kelley, Edward F (SO. TEXAS)
7. Valdes, Oliver J (NORTH TEX)
8. Kaul, James T (CAPITOL)

#### YOUTH-14 MEN'S FOIL

(134 Competitors - top 32 earn points)  
Group B3 competition

1. Chinman, Nicholas S (COLORADO)
2. Wicas, Graham E (PHILADELPH)
- 3.T Bisignano, Jesse J (NEWENGLAND)
- 3.T Meinhardt, Gerek L (NORTH CA)
5. Flanders, Clayton J (NEWENGLAND)
6. Parkins, Benjamin B (GULFCST TX)
7. Streb Jr, Joseph T (COLUMBUSOH)
8. DeSmet, Ariel A (OREGON)

#### YOUTH-14 WOMEN'S FOIL

(64 Competitors - top 32 earn points)  
Group B2 competition

1. Goldfeder, Artemisia (WESTERN NY)
2. Parker, Melissa (SO. TEXAS)
- 3.T Hirschfeld, Rebecca C (METRO NYC)
- 3.T Lee, Florence J (CENTRAL CA)
5. Bratton, Meredith A (METRO NYC)
6. Yuh, Hyun-Kyung (WEST-ROCK)
7. Liroff, Elena R (NORTH CA)
8. Knauer, Lindsay A (S. JERSEY)

#### YOUTH-12 MEN'S FOIL

(110 Competitors - top 32 earn points)  
Group C3 competition

1. Glick, Brandon (NORTH CA)
2. Mills, Colin (NEWENGLAND)
- 3.T DeSmet, Ariel A (OREGON)
- 3.T Holbrook, Jonathan L (KANSAS)
5. Simmons, Alex C (NORTH CA)
6. Willette, David G (NORTH CA)
7. Castellani, Enzo R (NORTH TEX)
8. Dollar, Chris (SO. CALIF.)

#### YOUTH-14 MEN'S SABRE

(68 Competitors - top 32 earn points)  
Group C3 competition

1. Zagunis, Merrick H (OREGON)
2. Berliner, Dan (HUDS-BERKS)
- 3.T Ochocki, Aleksander (NEW JERSEY)
- 3.T Spear, Jeff (HUDS-BERKS)
5. Tasker, Nakul S (NEWENGLAND)
6. Kelly, Sean M (KENTUCKY)
7. Mahaffey, Harrison H (GULFCST TX)
8. Bak, Adrian (NEW JERSEY)

#### YOUTH-14 WOMEN'S SABRE

(30 Competitors - top 16 earn points)  
Group A2 competition

1. Ward, Rebecca C (OREGON)
2. Kraujalis, Marina L (HUDS-BERKS)
- 3.T Rodriguez, Anastacia (MT. VALLEY)
- 3.T Wozniak, Dagmara (NEW JERSEY)
5. Vioka, Caroline N (NEW JERSEY)
6. Siebert, Lillian (COLUMBUSOH)
- 7.T Borrmann, Sarah V (OREGON)
- 7.T Keltner, Mera H (OREGON)

#### YOUTH-12 MEN'S SABRE

(46 Competitors - top 32 earn points)  
Group C2 competition

1. Ochocki, Aleksander (NEW JERSEY)
2. Reid, Leonon J (MT. VALLEY)
- 3.T Kolasa, Thomas M (S. JERSEY)
- 3.T Shirmohammadi, Bardya H (VA.)
5. Berliner, Dan (HUDS-BERKS)
6. Thompson, Bobby B (OREGON)
7. Alexander, Ethan K (KANSAS)
8. Anchor, Austin R (MT. VALLEY)

# TOURNAMENT highlights

## YOUTH-12 WOMEN'S ÉPÉE

(25 Competitors - top 16 earn points)  
Group D1 competition

1. Hurley, Courtney L (SO. TEXAS)
2. Bassa, Francesca (GULFCST TX)
- 3.T Brandfield-Harvey, Neely (GULFCST TX)
- 3.T Vongries, Alyssa L (MINNESOTA)
5. Condie, Sarah A (COLORADO)
6. Hartman, Grace T (MINNESOTA)
7. Henvick, Allison M (NORTH CA)
8. Scanlan, Susannah S (MINNESOTA)

## YOUTH-10 MEN'S ÉPÉE

(15 Competitors - top 8 earn points)  
Group D1 competition

1. Picou, Antonin R. (CAPITOL)
2. Miller, Jeffrey E (COLORADO)
- 3.T Jae, Kyler A (SO. CALIF.)
- 3.T Witte, Zion K (GULFCST TX)
5. Politi, Luke L (NEWENGLAND)
6. Peterson, Philip C (CENTRAL FL)
7. Tice-Lewis, Maxwell L (N.CAROLINA)
8. Silverman, Gordon H F (ARIZONA)

## YOUTH-10 WOMEN'S ÉPÉE

(10 Competitors - top 4 earn points)  
Group E1 competition

1. Wheeler, Diamond (SO. TEXAS)
2. Stephenson, Anne D (CAPITOL)
- 3.T Ameli, Nik Nik (N (NEVADA)

## YOUTH-12 WOMEN'S FOIL

(57 Competitors - top 32 earn points)  
Group C2 competition

1. Hurley, Courtney L (SO. TEXAS)
2. McDermott, Catherine (GULFCST TX)
- 3.T Baumgardner, Zoe K (METRO NYC)
- 3.T Kilpatrick, Teagan S (MT. VALLEY)
5. Yuh, Hyun-Kyung (WEST-ROCK)
6. Santamaria, Sheena E (ORANGE CST)
7. Etholm, Alexandra (NEWENGLAND)
8. Henvick, Allison M (NORTH CA)

## YOUTH-10 MEN'S FOIL

(40 Competitors - top 16 earn points)  
Group C2 competition

1. Caldwell, Turner B (NORTH CA)
2. Pensler, Alexander (ILLINOIS)
- 3.T Castellani, Caetano R (NORTH TEX)
- 3.T Khoshnevisan, Christophe (NORTH CA)
5. Martin, Jeffrey P (CENTRAL CA)
6. Charles, Bolivar X (WEST-ROCK)
7. Meyer, Bill L (KANSAS)
8. O'Barr, Kieran C (CENTRAL CA)

## YOUTH-10 WOMEN'S FOIL

(30 Competitors - top 16 earn points)  
Group D1 competition

1. Yuh, Hyun-Kyung (WEST-ROCK)
2. McPhee, Hanna (NEWENGLAND)
- 3.T Baden, Lucy M (CENTRAL CA)

## YOUTH-12 WOMEN'S SABRE

(30 Competitors - top 16 earn points)  
Group C2 competition

1. Ward, Rebecca C (OREGON)
2. Vloka, Caroline N (NEW JERSEY)
- 3.T Daukszewicz, Nicole (NEW JERSEY)
- 3.T Miller, Alison A (ILLINOIS)
5. Stone, Anne-Eliza (ILLINOIS)
6. Aksamit, Monica (NEW JERSEY)
7. Franciszkowicz, Dominika (ILLINOIS)
8. Atamian, Narine (METRO NYC)

## YOUTH-10 MEN'S SABRE

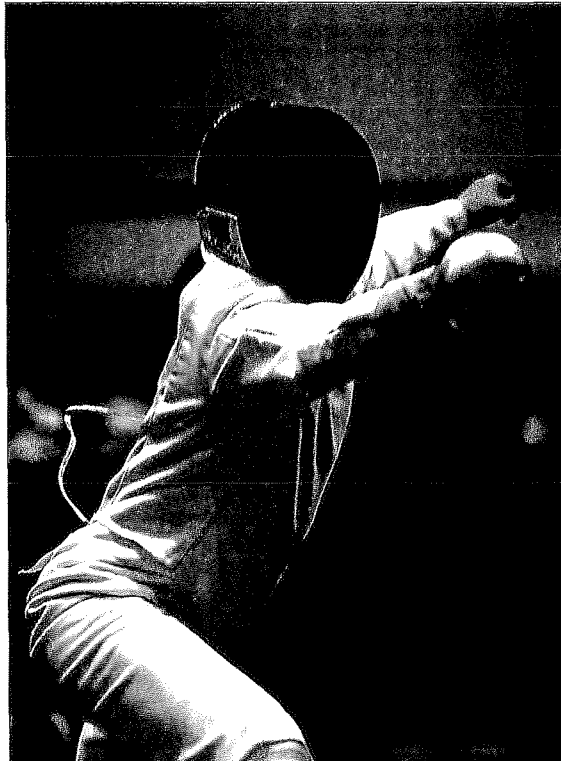
(20 Competitors - top 8 earn points)  
Group D1 competition

1. Stone, Robert L (ILLINOIS)
2. Ryjik, Alexander (VIRGINIA)
- 3.T Cucinelli, Brian P (HUDS-BERKS)
- 3.T Guo, Alexander (S. JERSEY)
5. Volk, Benedict L (ILLINOIS)
6. Spear, Will (HUDS-BERKS)
7. Puchalski, Pawel K (ILLINOIS)
8. Shoulta, Anthony M (KANSAS)

## YOUTH-10 WOMEN'S SABRE

(11 Competitors - top 4 earn points)  
Group E1 competition

1. Daukszewicz, Nicole (NEW JERSEY)
2. Swanson, Anna K (KANSAS)
- 3.T Pernice, Erica J (NEWENGLAND)



Max Czapanaskiy (Virginia) in Div. I men's epee. Photo: Serge Timacheff, Tiger Mountain Photo.

- 3.T Donnenberg, Elizabeth (GULFCST TX)
- 5. Cox, Jaunel M (CENTRAL FL)
- 6. Bauer, Alexandra (CAPITOL)
- 7. Gomez, Marissa F (NORTH TEX)
- 8. Gladnick, Kane (PHILADELPH)

- 3.T Georges, Epiphany (METRO NYC)
- 5. Prescod, Nzihgha E (METRO NYC)
- 6. McGill, Kylei A (METRO NYC)
- 7. Levin, Eve A (METRO NYC)
- 8. Johnson, Morgan E (GEORGIA)

- 3.T Stone, Gracie (ILLINOIS)
- 5. Ford, Tasia (HUDS-BERKS)
- 6. Major, Desirae R (KANSAS)
- 7. McPhee, Hanna (NEWENGLAND)
- 8. Golden, Krystyna G (S. JERSEY)

## PACIFIC NORTHWEST SECTIONALS | Beaverton, OR, May 3 - 4

### MEN'S OPEN EPEE

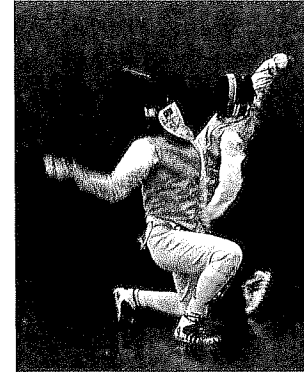
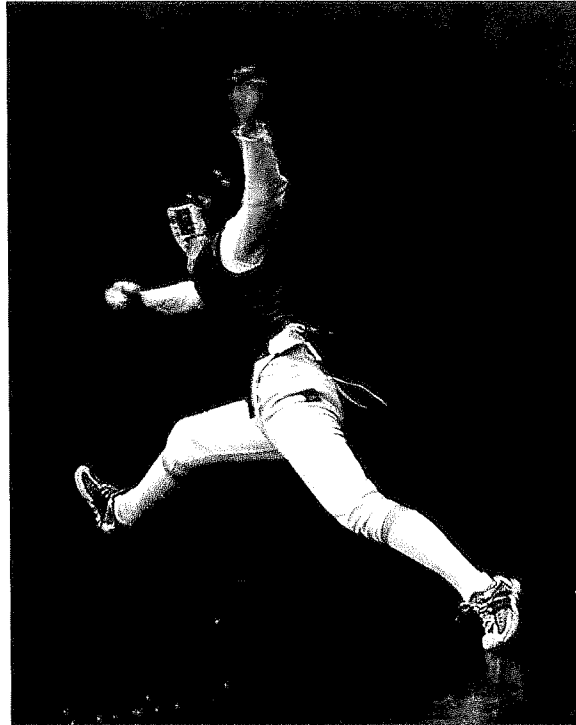
- 1. Sanford Dana
- 2. Varney, John
- 3T. Lake, Adam
- 3T. Topp, Roger
- 5. Stewart, Robert
- 6. Strauss, Nathaniel
- 7. Sasaki, Peet
- 8. Sherburne, Brady

### MEN'S OPEN FOIL

- 1. Hendricks, Benjamin
- 2. Mason, Zach
- 3T. Sheffer, Charlie
- 3T. Sasaki, Peet
- 5. Patterson, Jan
- 6. Clayton, Brian
- 7. Lam, Frankie
- 8. Valentine, Iain

### OPEN MEN'S SABRE

- 1. Sands, Ned
- 2. Ward, William
- 3T. Roe, Ted
- 3T. Griswold, Ian
- 5. Strahorn-Brown, Calvin
- 6. Sayers, Craig
- 7. Zagunis, Merrick
- 8. Clark, Eric



Far left: Pacific Northwest Sectionals women's foil competition. Left: Men's foil. Below: Happy directors. Photos: Serge Timacheff, Tiger Mountain Photo.



### WOMEN'S OPEN EPEE

- 1. McKimmy, Caitlin
- 2. Burt, Lacey
- 3T. Whitehurst, Mercedes
- 3.T Haase, Julie
- 5. Kantor, Rachael
- 6. Telles, Anna
- 7. Trout, Angela
- 8. Duthie, Maria

### U19 MEN'S EPEE

- 1. Levine, Sergey
- 2. Bilmes, Daniel
- 3T. Sherburne, Brady
- 3T. Bilmes, Alex
- 5. Goosens, Neils
- 6. Moore, Taylor
- 7. Kaiser, Harrison
- 8. Carter, Kyle

### U19 WOMEN'S EPEE

- 1. Enyart, Eliza
- 2. Burt, Lacey
- 3. Jones, Jennifer

### WOMEN'S OPEN FOIL

- 1. Myles, Samatha
- 2. Whitehurst, Mercedes
- 3T. Morrison, Monica
- 3T. Bell, Lisa
- 5. Nebert, Carrie
- 6. Stafli, Natalie
- 7. Tycer, Marilyn
- 8. Moore, Ana

### U19 MEN'S FOIL

- 1. Richard, Fulton
- 2. Salsman, Alex
- 3T. Morris, Michael
- 3T. Lam, Frankie
- 5. Teel, Robert
- 6. Desmet, Ariel
- 7. Sherburne, Brady
- 8. Maser, Max

### U19 WOMEN'S FOIL

- 1. Myles, Samantha
- 2. Tycer, Marilyn
- 3T. Stafli, Natalie
- 3T. Morris, Dylan
- 5. Patterson, Devynn
- 6. Mise, Miranda

### OPEN WOMEN'S SABRE

- 1. Keltner, Mera
- 2. Borrmann, Sarah
- 3T. Schuepp, Tiga
- 3T. Howard, Juliette
- 5. Smith, Natalie
- 6. Vincent, Angela
- 7. Green, Sherry

### U19 MEN'S SABRE

- 1. Milliron, Joseph
- 2. Ward, William
- 3T. Strahorn-Brown, Calvin
- 3T. Griswold, Ian
- 5. Hendricks, Benjamin
- 6. McDaniel, Greg

### U19 WOMEN'S SABRE

- 1. Ward, Rebecca

**GREAT LAKES SECTION QUALIFIER/DR. TODD CURN MEMORIAL TOURNAMENT** | Dublin, OH, May 4 - 5

**SENIOR MEN'S FOIL**

1	Wunderlich	Samuel	KENTUCKY
2	Hayenga	Gary	MICHIGAN
3	Jeter	William	SW OHIO
4	Mautone	Steven	INDIANA
5	Castellan	Matt	INDIANA
6	Tulleners	Andy	NORTH OHIO
7	Weir	Nathan	COLUMBUSOH
8	Galanter	Craig	COLUMBUSOH

**SENIOR MEN'S EPEE**

1	Hedien	Mark	COLUMBUSOH
2	Howard	Greg	INDIANA
3	Morell	Zach.	NORTH OHIO
4	Nation	Jeremy	INDIANA
5	Caust-Ellenbogen	Joshua	COLUMBUSOH
6	Willock	William	KENTUCKY
7	Wilson	Jeffrey	COLUMBUSOH
8	Luke	Daniel	MICHIGAN

**SENIOR MEN'S SABRE**

1	Kizik	Val	INDIANA
2	Leighton	James	INDIANA
3	Neverovich	Alexi	MICHIGAN
4	Streb	Joseph S	COLUMBUSOH
5	Sollman	Doug	MICHIGAN
6	Lillard	Samuel	COLUMBUSOH
7	Smith	Jared	INDIANA
8	Prilutsky	Stanley	COLUMBUSOH

**SENIOR WOMEN'S FOIL**

1	Nemecek	Samantha	MICHIGAN
2	Leighton	Eleanor	INDIANA
3	Kass	Sara	NORTH OHIO
4	Howell	Chelsey	SW OHIO
5	Hedien	Heather	COLUMBUSOH
6	O'Sullivan	Caitlin	COLUMBUSOH
7	Wefald	Megan	INDIANA
8	Vaerewyck	Catherine	INDIANA

**SENIOR WOMEN'S EPEE**

1	Leighton	Eleanor	INDIANA
2	Willock	Lauren	KENTUCKY
3	Leader	Brittany	INDIANA
4	Nation	Sarah	INDIANA
5	Kass	Sara	NORTH OHIO
6	Niklinska	Barbara	INDIANA
7	Leighton	Louise	INDIANA
8	Chimahusky	R.	INDIANA

**SENIOR WOMEN'S SABRE**

1	Stoner	Stanna	MICHIGAN
2	Dosmann	Anne	MICHIGAN
3	O'Sullivan	Caitlin	COLUMBUSOH
4	Sims	Roberta	MICHIGAN
5	Jones	Pamela	MICHIGAN
6	Brown	Betty	COLUMBUSOH
7	Shade	Ashley	INDIANA

**U19 MEN'S FOIL**

1	Wunderlich	Samuel	KENTUCKY
2	Budzynski	Craig	MICHIGAN
3	Bryson	Anthony	SW OHIO
4	Williams	Zachary	MICHIGAN
5	Streb	Joseph T	COLUMBUSOH
6	Williams	Joseph	MICHIGAN
7	Marshall	John	NORTH OHIO
8	Arnold	John	INDIANA

**U19 MEN'S EPEE**

1	Myers	Seth	NORTH OHIO
2	Pryor	Jason	NORTH OHIO
3	Clar	Evan	NORTH OHIO
4	Bethoux	Nicolas	NORTH OHIO
5	Sebans	Jacob	NORTH OHIO
6	Kelley	Joseph	COLUMBUSOH
7	Mainardi	Avery	NORTH OHIO
8	Mainardi	Cesare	NORTH OHIO

**U19 MEN'S SABRE**

1	Nungester	Aaron	COLUMBUSOH
2	Liddle	Adam	COLUMBUSOH
3	Sollman	Doug	MICHIGAN
4	Grossfeld	Nico	MICHIGAN
5	Astroff	Mischa	INDIANA
6	Schlehuber	Anthony	INDIANA
7	Radding	Benjamin	INDIANA
8	Nungester	Adam	COLUMBUSOH

**U19 WOMEN'S FOIL**

1	Nemecek	Samantha	MICHIGAN
2	Howell	Chelsey	SW OHIO
3	O'Sullivan	Caitlin	COLUMBUSOH
4	Price	Tiffany	COLUMBUSOH
5	Bonello	Isabella	COLUMBUSOH
6	Vaerewyck	Catherine	INDIANA
7	Wefald	Megan	INDIANA
8	Blankenship	Katalin	NORTH OHIO

**U19 WOMEN'S EPEE**

1	Willock	Lauren	KENTUCKY
2	O'Sullivan	Caitlin	COLUMBUSOH
3	Watson	Anne	NORTH OHIO
4	Lappin	Elizabeth	INDIANA
5	Niklinska	Barbara	INDIANA
6	Green	Rachel	NORTH OHIO
7	Green	A.	NORTH OHIO
8	Clark	Melissa	MICHIGAN

**U19 WOMEN'S SABRE**

1	Kizik	Ellen	INDIANA
2	Leahy	Jane	COLUMBUSOH
3	Sims	Roberta	MICHIGAN

**2003 SOUTHEAST SECTION CHAMPIONSHIPS** | Miami, FL, May 17 - 18

**WOMEN'S FOIL**

1	LOPER	Susan	Georgia
2	RASHID	Princess	Gateway FL
3	FERGUSON	Diane	Virginia
4	PENDEGRASS	Leigh	Tennessee
5	VINES	Kristin	Tennessee
6	PANYI-OLIVARES	Maria	Goldcoast FL
7	MADDOX	Lacey	Georgia
8	BROWN	Leslie	Georgia

**WOMEN'S SABRE**

1	LOPER	Susan	Georgia
2	BARRASO	Audrey	Georgia
3	PENTON	Sharon	N. Carolina
4	PERSONS	April	Georgia
5	SNYDER	Aliyah	Gateway FL
6	ARTEL	Taylor	Gateway FL
7	KAMIS	Danielle	Central FL
8	MEAUT	Kristine	Gateway FL

**WOMEN'S EPEE**

1	PROCTOR	Darby	Gateway FL
2	HUMPHREY	Samantha	Georgia
3	FERRARA	Brianna	Georgia
4	CASS	Katrina	Gateway FL
5	KESSERU	Catalina	Goldcoast FL
6	NETHERY	Lauren	Tennessee
7	BRINK	Susan	Gateway FL
8	MEAUT	Kristine	Gateway FL

**U19 WOMEN'S FOIL**

1	NG	Pui Suen	Georgia
2	ROTHENBERG	Rocky	Georgia
3	SMITH	Sarah	Georgia
4	PENDERGRASS	Leigh	Tennessee
5	REBICH	Katie	N. Carolina
6	CONLEY	Elizabeth	Virginia
7	BARRON	Veronica	Central FL
8	OTA	Maria	Virginia

**U19 WOMEN'S SABRE**

1	KAMIS	Danielle	Central FL
2	MEAUT	Kristine	Gateway FL
3	PERSONS	April	Georgia
4	IACOBONI	Michelle	Gateway FL

**U19 WOMEN'S EPEE**

1	FERRARA	Brianna	Georgia
2	NETHERY	Lauren	Tennessee
3	LYNCH	Katherine	Georgia
4	MEAUT	Kristine	Gateway FL
5	CRONIN	Natalie	Central FL

**MEN'S FOIL**

1	ORTEGA	Jose	N. Carolina
2	OLIVARES	Frets	Goldcoast FL
3	LOPER	James	Georgia
4	PIANTADOSI	Steven	N. Carolina
5	DIAZ	Julio	Georgia
6	HENNIG	Tom	Virginia
7	GOLDSMITH	David	Gateway FL
8	GRAJALES	Nestor	Central FL

**MEN'S SABRE**

1	BECKER	William	Goldcoast FL
2	WELLS	Linton	Virginia
3	WILSON	Andrew	N. Carolina
4	LIU	Joe	Georgia
5	GRAJALES	Nestor	Central FL
6	KOLODNER	Michael	Virginia
7	CODEGA	John	S. Carolina
8	FIELDS	Derrell	Georgia

**MEN'S EPEE**

1	CERUTTI	Franco	Goldcoast FL
2	HOFFMAN	Joe	Virginia
3	JELEV	Mario	Goldcoast FL
4	BRUNO	Carlos	Georgia
5	COCHRANE	Robert	Goldcoast FL
6	GROMOV	Aleksandr	Central FL
7	QUINONES	Jose	Goldcoast FL
8	COOPER	Daniel	Georgia

**U19 MEN'S FOIL**

1	HENNIG	Tom	Virginia
2	PIANTADOSI	Steven	N. Carolina
3	PURCELL	Corey	Central FL
4	WARD	Alexander	Georgia
5	PARACKA	Eric	Central FL
6	CALHOUN	David	Georgia
7	LORD	Jonathon	Central FL
8	OPPENHEIM	Harry	Goldcoast FL

**U19 MEN'S SABRE**

1	WILSON	Andrew	N. Carolina
2	LIU	Joe	Georgia
3	HUNTER	Morgan	Central FL
4	O'CONNOR	Michael	N. Carolina
5	BECKER III	William	Goldcoast FL
6	MITRANI	Jimmy	Goldcoast FL
7	STEPHENS	William	Goldcoast FL
8	SHAW	Andrew	Goldcoast FL

**U19 MEN'S EPEE**

1	MILLER	Stuart	Georgia
2	PSIMER	Alex	S. Carolina
3	LEHFELDT	Damien	Central FL
4	MILLER	Daniel	Georgia
5	NEU	Matthew	Gateway FL
6	BRUNO	Thomas	Central FL
7	PRESSLER	Jason	Central FL
8	DELGRASSO	Tony	Central FL

# DUEL IN THE DESERT

## L A S V E G A S

The Flamingo Hotel & Casino

**January 2 - 4, 2004**

[www.duelinthedesert.com](http://www.duelinthedesert.com)

Congratulations to all  
the award winners of the

## 1st Annual Azalea City Open Mobile, AL

and a special congratulations to the  
Morgan Stanley Sportsmanship award winners:

Rachel Frey (women) and David Randle (men)

proudly sponsored by

**Jane G. Doyle**

Associate Vice-President, Financial Advisor  
of Morgan Stanley's Chicago office

**Morgan Stanley**



# SPOTLIGHT

## the up-and-coming and the already there by cindy bent



### KAMARA JAMES

Ranked 3rd in U.S. Senior, 1st in U.S. Junior, 4th in Junior World standings, as of May 2003.

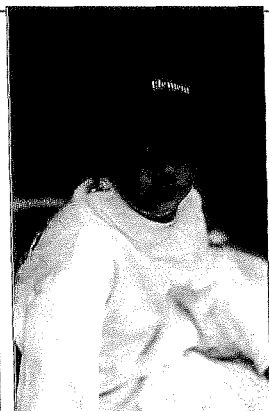
**EVENT:** Women's Epee  
**HOMETOWN:** Jamaica, NY  
**HEIGHT & WEIGHT:** 5'7", 140lbs.  
**BIRTH DATE:** November 23, 1984, in Kingston, Jamaica  
**HIGH SCHOOL:** The Dwight School '02  
**COLLEGE:** Princeton '07  
**CLUB:** Peter Westbrook Foundation  
**COACH:** Kornel Udvarhelyi  
**HOW I STARTED:** Kamara was introduced to fencing by her fifth-grade school teacher at PS3.  
**OF INTEREST:** Won academic scholarship to the Quest Program, a seven-week scholar's program at Harvard. Enjoys writing, theatre, and dance.  
**COMPETITION HIGHLIGHTS:** 2003

Junior World Championships: bronze individual. Junior World Cup, Louisville, KY, 2002: gold. 2002 National Championships: bronze, Division I.

**FAVORITE SWASHBUCKLER:** I have never seen a fencing movie.

**WHO INSPIRES YOU?** Keeth Smart. He inspires me because of his humility, and he has always been there for me in general. He believes in me more than I believe in myself.

**YOUR BEST OR FAVORITE BOUT SO FAR?** Kolobkoov and Jeannet, gold medal bout at the 2001 World Championships. Whenever I think about it, it reminds me of how good I want to be.



### SAM BOUTRIS

Boutris is currently ranked 16th in the Youth-12 national ratings. He placed fifth in the most recent NAC Youth-12 event in Overland Park, Kan.

Sam Boutris is one of those remarkable souls who defines courage for the rest of us. Born with a rare condition called Goldenhar Syndrome, he doesn't have a left ear and is nearly blind in his right eye. His air passages are smaller than a premature baby's, and he has nystagmus—a neurological disorder that causes his eyes to rapidly jerk from side to side. According to his mother, "He sees the same as you would see if you were looking through the viewfinder of a camcorder while running." Boutris will never qualify for a driver's license, and yet he fences—and he fences well.

**EVENT:** Y-12 Men's Epee  
**HOMETOWN:** North Richland Hills, Texas  
**HEIGHT & WEIGHT:** 4'11", 72lbs  
**BIRTH DATE:** March 29, 1991 in Fort Worth, Texas  
**SCHOOL:** Haltom Middle School (just finished 6th grade)  
**CLUB:** Grapevine Texas Fencing Center  
**COACH:** Jim and Kathy Carpenter and Bob and Tracy Hurley  
**HOW I STARTED:** "I have never been able to run very fast without getting out of breath so sports like soccer, football, basketball, and track were too hard for me to do. I couldn't do baseball because I can't tell what direction a sound is coming from and couldn't see the ball very good because of my eyes. My mom has always loved swashbuckler movies so she started looking for someplace where I could learn fencing. My mom signed me up and I was hooked after the first class."

**OF INTEREST:** The 2001-2002 winner of the Birdville Independent School District's "Oaks of Virtue" award for Outstanding Citizenship—Commitment to Character Excellence. Hobbies include playing the clarinet and skateboarding.  
**COMPETITION HIGHLIGHTS:** Finished his first season ranked number one in Youth-10 Men's Epee standings. North American Cup, Saratoga Springs, NY, 2002: 2nd place, Youth-10. 2001 National Championships: 5th place, Youth-10.

**FAVORITE SWASHBUCKLER:** "(It used to be) *Zorro* with Antonio Banderas and the last remake of *The Three Musketeers*. Now that I'm older it's a toss up between *Man In the Iron Mask* and *The Count of Monte Cristo*."

**FENCING HERO?** "My fencing heroes are the entire Hurley family and the twins Christa and Kayley French. They are all so dedicated and focused and you can tell they love the sport. My inspiration to be a champion comes from Tony Hawk. Talk about never giving up!"

**YOUR BEST OR FAVORITE BOUT SO FAR?** "The Youth-12 Men's Epee D.E.'s at the Sacramento, Calif., summer nationals. While all the fencers were sitting around the strip waiting for their turn to fence, the kid I was supposed to fence kept making fun of the way I looked. I didn't even know the guy; I hadn't even seen him before. He thought it was funny to call me names in front of the other fencers. I didn't say a word to him but when it was time for us to fence each other, I beat him 5-1, 5-7! And he was twice as big as I was."

**WORST BOUT?** "Every time I have to fence a lefty because they're a *lefty!* Lefties don't even like to fence other lefties, so what does that tell you?!"