

AMERICAN *FENCING*

Spring 2010

Volume 60, Issue 1

THE STATE OF FENCING

Behind the Mask

Nzingha Prescod

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Olympic Fencing
Championships**

**2010 U.S.
Junior World
Championship Team**



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Craig Harkins, author of this issue's Club Tips, is president and CEO of Fencing.net, one of the most comprehensive online fencing resources in the world. Craig started fencing in 1984 in Atlanta and fenced through college at UNC Chapel Hill. A foil fencer by nature and upbringing, Craig will occasionally pick up an epee or saber for a few bouts. His free time is currently spent chasing three young ones around as he eyes entry into the Vet events soon.

Robert Handelman, who answers this issue's Ask Us/Countering column, has been a USFCA member since 1975. He earned his Fencing Master credential in all three weapons from the Institute National des Sports (INS) in France. He is one of only three Americans to ever graduate from the INS. His students have been national finalists, national team members, and national champions in all three weapons. Handelman coaches at Halbertstadt Fencing Club in San Francisco. In private practice as a Doctor of Chiropractic specializing in sports injuries since 1983, Handelman semi-retired in 2005. Handelman is currently the chair of the board that certifies fencing instructors for the US Fencing Coaches Association.

Jeff Bukantz, author of Rules and Referees, was a member of the FIE Rules Commission and has been captain of multiple U.S. international teams, including the 2006 World Championships team and the 2004 and 2008 Olympic Games teams.

Ted Li (Tech Talk) is a member of the USFA's Technical Commission. He was the Head Site Armourer for three Olympic Games (1984, 1996, 2000), as well as for Pan-American Games, Universiade, Senior, Junior, and Veterans World championships, as well as NCAA national championships and countless USFA North American Cups. He is a proud student of Joe Byrnes and Dan Dechaine, and has been armouring for more than 30 years.

Kevin Mar, who wrote the Nzingha Prescod profile in this issue, is the co-founder of the Washington Fencing Academy and has served as co-vice chair for the Western Washington Division for the last eight years. He has been fencing for more than 13 years.

Buzz Hurst has been a leader of initiatives on clubs and divisions for almost two decades, having formed the committee for clubs, divisions and sections in 1988, serving as its chair for eight years, and then as Vice President of the USFA. Most recently, Hurst worked on updating the USFA's highly successful guide for division officers. Hurst, a Maitre d'Armes, also coaches at the Cabrillo Academy of the Sword in San Diego.

Professor Peter Harmer, Ph.D., ATC., is the Chief Medical Officer of the USFA and a member of the FIE Medical Commission. He was a keynote speaker at the 1st International Congress on Science and Technology in Fencing in Barcelona in February, 2008, detailing his research on the epidemiology of fencing injuries. He can be contacted at pharmer@willamette.edu.

Carla Mae Richards is one of the great personalities in U.S. fencing history. She served as the USFA's first executive director from 1983 to 1994, and was a major force behind the USFA's transformation from an amateur group into the organization it is today. Richards lent a huge hand in helping to copy edit the magazine for this issue and also wrote the Junior Olympics/Junior World Championships report for this issue.

Kathryn Schifferle (Club Profile, product review) is a business counselor for the Small Business Development Center in Chico, Calif., teaches marketing at Chico State University and owns a marketing consulting business called Balestra (www.balestra.us).

Bruce Sikes, who wrote this issue's Postcard from the Strip, is a fencer, coach, and owner of Academy Fencing Club in St. Louis, Missouri. He is the current Midwest Section Chairman and has served 12 years as St. Louis Division Chairman. Bruce founded the Christian Fencers Association in 1996 and was a finalist in USFA's "Lifetime Commitment to Fencing Award" in 2001. He is a former Federal Police Officer having served the past 25 years as an ordained Baptist Minister. He can be reached at www.BruceSikes.com.

Dr. John Heil is chair of Sport Science for US Fencing, and the author of the *Psychology of Sport Injury* (available at: fencing.net). He is with Psychological Health Roanoke in Roanoke, Va., and can be reached at jheil@psychhealthroanoke.com.



The work of the Bylaws Review Task Force is coming to a close—the deliberations have taken place for more than a year, with conference calls, face-to-face meetings, open meetings, individual conversations, email exchanges and countless drafts. Jane Carter, Greg Dilworth, Alan Kuver and Ivan Lee are to be commended for producing bylaws that reflect the needs of our diverse fencing community in a time of growth and change. Special thanks are due to Donald Alperstein, who crafted the multiple drafts that reflected the evolution of our thinking and input from our many constituencies.

As a member of the task force, I have been part of those activities, and want to share with you some of the concepts that shaped the thinking that you will see reflected in the revised bylaws.

Our current bylaws are now 13 years old, and while they have served us well, the organization has in many ways moved beyond them. Moreover, the USOC has put considerable pressure on the USFA to update our bylaws to better reflect modern governance practice and the current needs of the organization.

Board accountability

- The new bylaws provide for members of the Board of Directors to be elected directly by the voting members of the association, not through intermediate governance units, such as Sections or the Congress, as is now true.
- Most board members will be elected for a two-year term; board members' activity can be subject to frequent review so USFA voting members have more information for the bi-annual elections.

- Elections will include at least two candidates put forward by the nominating committee for each position on the board; other candidates can be nominated by petition.
- Use of an electronic election process will facilitate greater voting member participation.

Diverse perspectives

Board members will bring specific expertise and experience in the deliberations of the Board of Directors: The diverse composition of the board allows for multi-faceted expertise and experience in its deliberations.

- Athletes
- Coach
- Parent
- Veteran
- Volunteer
- Independent perspectives
- Four "at large" members
- Officers (President and Treasurer)

BUT—all members must, as is explicit in the bylaws, serve in the interest of the association as a whole, not as representatives of any particular group.

Board size

- A smaller board will permit in-person board meetings at least quarterly; conference calls will be feasible for frequent intervening meetings.
- The board will be able to make all major decisions without relying on an Executive Committee to act between meetings.
- Travel and accommodation costs for a smaller board can be assumed by the Association at no additional cost to the organization, similar to our current practice in covering costs for national officers, athlete representatives, independent members and two committee chairs.
- Board members will take on greater responsibilities regarding committees, including possibly chairing them.
- Smaller boards are consistent with not-for-profit best practice and USOC guidelines.

Little or no change in many aspects of the organization

- The Athletes Council will be only

slightly modified, as requested by the athletes.

- Committees will remain as currently constituted.
- There will be no change to the Fencing Officials Commission.
- Nomination procedures will be change very little, but also allowing voting members the opportunity to choose from at least two candidates who they want to serve on the board.
- Procedures for removal from office will be essentially the same as are currently in place.

What about Divisions & Sections?

Despite swirling rumors and broadcast misinformation, Divisions and Sections remain in place. Many of our Divisions and Sections function well, their volunteer leaders serving the needs of our fencers with dedication and skill; other Divisions and Sections are not now working in the best interests of our members, clubs, or fencing as a whole. The task force heard from our members and recognized that there are issues regarding how to best ensure that the needs of our fencers, clubs and volunteers are addressed. We determined that doing so requires a broad discussion across all elements of the USFA and should not be accomplished through the bylaws revisions. Doing so will require input from our members—fencers at all levels, club owners, coaches, parents, and others, before making any changes that affect divisions and sections.

As with all matters that come before our members, I anticipate that there will be lively discussions as we contemplate and plan for the future under these bylaws. In addition, I am confident that our association will be stronger and better able to meet the needs of our members as we go forward with a smaller, more nimble and more visible board, elected by our members.

As a reminder, one can access the proposed new bylaws through the US Fencing homepage (www.USFencing.org).

Kalle Weeks

Kalle Weeks,
President, US Fencing

SPECIAL REPORT FROM THE EXECUTIVE DIRECTOR

Having passed the halfway point of the 2009-2010 competitive season, I want to recognize the people who constitute US Fencing; be you an athlete, a referee, an official, a volunteer, a member of our Board of Directors, staff, parent, vendor, or a fan, I thank you for your involvement! You are the greatest asset we have as an organization.



As I write this, the 2010 Winter Olympic Games are underway in Vancouver. Each day, as I correspond with the CEOs of the National Governing Bodies (NGBs) for the winter sports, I'm reminded of the impact we, as an organization, can have on the lives of thousands of families across America. The values and ideals that surround the Olympic Movement have the potential to bridge barriers; without your continued dedication and collective commitment to the sport of fencing, our own impact would fade. It truly is an honor to be part of your lives.

I'm cognizant of the diminished trust that existed towards US Fencing as an organization when I stepped into this role at the end of 2008, the natural byproduct of the organization being significantly indebted to so many of our stakeholders. I am pleased to share with you that our final obligation to the United States Olympic Committee (USOC) on a \$225K debt from the Games in Beijing was paid in December. With that debt behind us, we can focus on the repayment of those who have graciously sacrificed time, energy, and resources for the benefit of all of the fencers in America.

Without question, there's a reality that's wedded to the debt to

our stakeholders – strained relationships. This concerns me greatly. There is nothing I desire more as the Executive Director than to demonstrate to each of you that we are working to rebuild the lost trust and confidence in US Fencing. I sincerely hope that throughout 2010, you will directly experience the effects of that desire. During the Board of Directors meeting in Memphis, it was appropriately asked, "When can our stakeholders expect to receive what is owed to them?" I'd love to be able to respond, "The check is in the mail," but I'd prefer to be completely honest and transparent with each of you. We have a goal – one we are striving to reach – of reimbursing out-of-pocket expenses within 90 days of submission, and honorariums one year from the date they were earned.

I assure you that we are constantly assessing ways to improve efficiency throughout the organization, while creatively developing new revenue streams to be implemented over the course of the next year. Through it all, we are maintaining a focus on our core strategy – to BUILD a foundation of trust and capacity within the organization, in order to effectively SUPPORT our athletes and stakeholders, to ACHIEVE our performance, financial, and relationship goals. This will not be realized immediately. It will take time; it does require diligence, and, with time, it will yield significant results.

Simply put, I want to express my sincere appreciation for your continued patience as we work towards restoring the organization one step at a time. As members of US Fencing, you deserve it.

Kurt Aichele
Executive Director



Rochester Fencing Club, established in 1981, has recently been purchased by Olympians and Rochester natives, Iris and Felicia Zimmermann.

COACHES WANTED:

Our club is expanding and we are looking to grow our coaching staff. We need both beginning and elite level coaches, mainly in foil and sabre. If you are interested in the position and would like more information, please contact the Rochester Fencing Club via email at rocfencing@gmail.com or by phone at (585)654-6047.



777 Culver Road . Rochester NY 14609 . rocfencing.com

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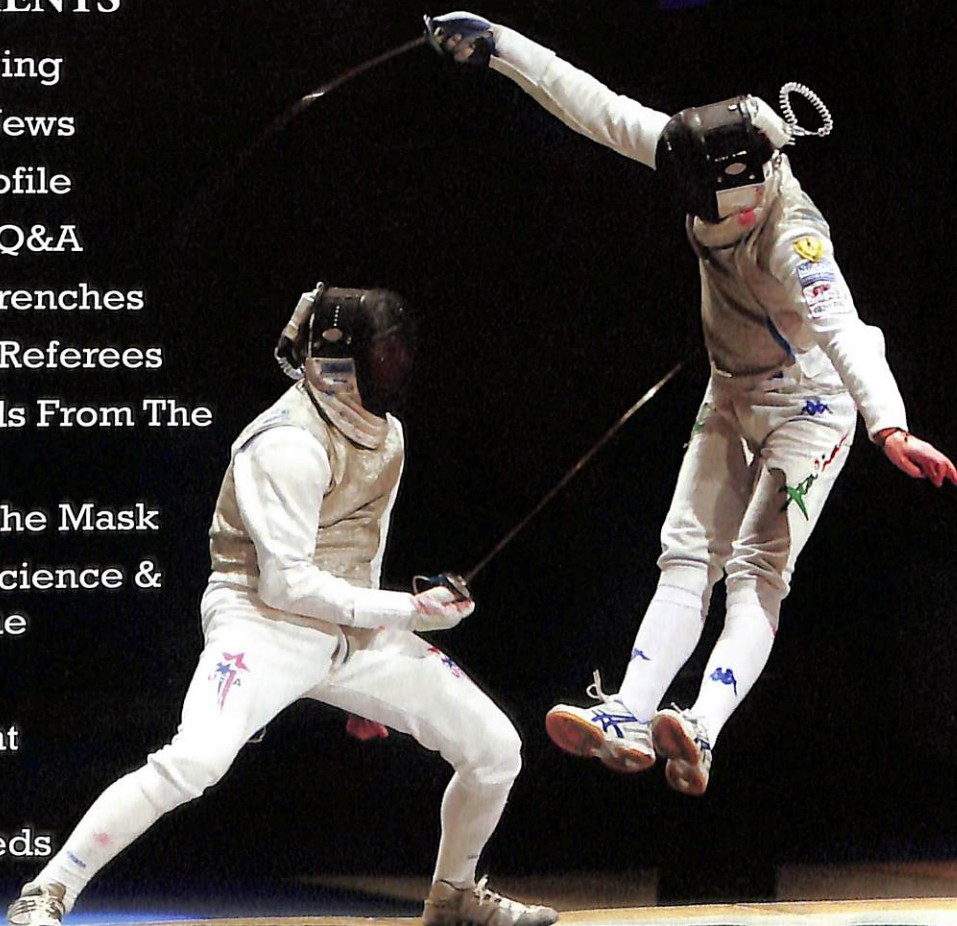


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COUNTERING

Countering is the readers' chance to air questions regarding fencing in the U.S. and issues in the US Fencing community -- and to get a response straight from the horse's mouth. Send your questions to editor@americanfencing.com -- we know you've got them!

Q: After fencing only for one year myself, I have found myself teaching a group of 10- and 11-year old boys. I would greatly appreciate any ideas, course outlines, hand-outs, drills, suggestions, insights, warnings, online links or any other resources.

Thank you in advance for your help!

Reece Morrel
Tulsa, Okla.

A: Rob Handelman, *Maitre d'Armes, USFCA*

At the risk of sounding self-serving, I genuinely believe the best move for new coaches to make is to consider joining the U.S. Fencing Coaches Association (USFCA). The USFCA's entire reason for being is to provide resources to coaches exactly in this position. Membership provides a wealth of information, from booklet-sized volumes about every coaching topic under the sun, to mentoring opportunities with elite coaches, to certification that provides the assurance that you are providing the best coaching experience you can.

There are handouts about the basics for foil, how to begin to teach, and much more. The USFCA also holds clinics around the country a few times per year, and since fencing is really impossible to learn solely from a book my advice would be to take some clinics.

Use Askfred, an online resource, to find clinics and competitions to observe. Look for a clinic that covers modern warm-up techniques, along with group and individual lessons. The USFCA can also align you with a mentor coach, and that is of course something that you can do on your own.

For the public, the USFCA also provides a list of references under the Certification tab on the www.usfca.org website. Those references include some sample drill progressions, study guides for those wishing to investigate certification, glossaries of fencing terms, and a reading list of classical fencing texts. I would particularly recommend that beginning coaches read the Risk Management sample handout on that list.

The "Swordmaster" magazine and "Point In Line" newsletter is also available online at the USFCA website.

Outside of the USFCA, you can find some very competent books on the subject of fencing and instruction, for sale at online fencing equipment vendors and often at large competitions.

I cannot fail to mention my own book, which was recently published on exactly this subject. "Fencing: A Practical Guide for Training Young Athletes" was written with my wife, Connie Louie, a Ph.D. in psychology, and though it focuses on saber, it is applicable to every weapon.

It is intended as a comprehensive guide on training young fencers; from building a youth program to understanding children's learning styles to teaching physical and psychological readiness. The book includes the latest electric saber techniques, sports medicine, and skills

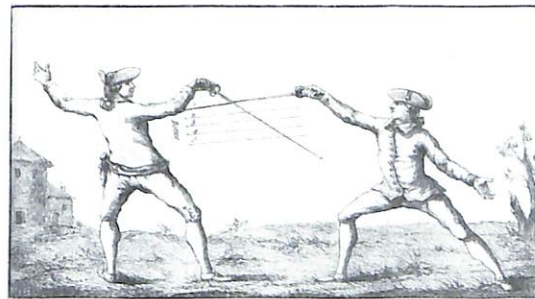
development through drills, footwork, lessons, games and more. The book also addresses common parents' questions and ways to support their young fencer.

Finally, there is another fencing resource on the web, www.fencing.net. For beginning fencers I think it can be a bit advanced, but it's a good resource. **AF**

Robert Handelman, Doctor of Chiropractic, Maitre d'Armes, Chair, Certification and Accreditation Board, U.S. Fencing Coaches Association

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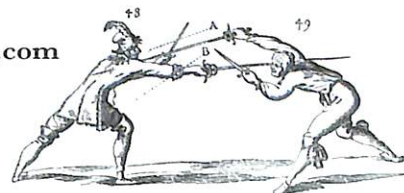
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Women's Saber Undercovered

I would like to say CONGRATULATIONS to the USA women's saber team at the 2009 World Championships in Antalya!

The team of Monica Aksamit, Dagmara Wozniak, Mariel Zagunis and Daria Schneider showed tremendous effort and true perseverance by finishing in sixth place (the highest finish of all USA squads) at the 2009 World Championships in Antalya. Despite Mariel Zagunis's fencing the rounds that day with significant injury and being forced to withdraw herself from the

last round against Italy, you had a stellar result that each of you contributed to. Way to go!

I am proud of the women's saber team and sorry your team results were not reported and also that only Mariel was mentioned in the recent 2009 World Championships re-cap article. I feel badly that despite having the best results of any of the squads (three of you in the top 32) at this year's World Championships, your names were absent from the article

that gave the story and names of everyone else on the 2009 team. Congratulations to DARIA SCHNEIDER for your 15th place finish, to MONICA AKSAMIT for your 20th place finish and to DAGMARA WOZNIAK for your 51st place finish.

With all my best wishes to these women for their success to come in the years ahead!

Cathy Zagunis
Oregon Fencing Alliance
Beaverton, Ore.

Too Elite

As a relatively new fencer (three years), I find many of the articles in American Fencing magazine very helpful. However, the vast majority of the magazine is geared toward highly competitive fencing. Those who are avid fencers and travel the circuits around the country and the world may very well find these articles entertaining and informative. But what about the lowly recreation fencer and the very young? Or for that matter, noncompetitive senior citizens such as myself. There is so little coverage of these groups and the local clubs. It is, of course, today's youth who will determine the future of fencing in America, and as such it is they to whom we should cater. Forty years ago soccer was virtually unheard of in this country until the youth leagues came forth. Now soccer rivals or exceeds Little League Baseball. I think it's great that we have a world renowned athlete in Mariel Zagunis (no less than 14 photos alone of her in the last issue), but let's face it, if I were the parent of a young fencer, I would much rather see my child's picture. For crying out loud, at least put in a cartoon. *Dear Don: please find your cartoon on p. 50. -Ed.*

Respectfully,
Don Bisdorf
Sellersburg, IN

Cesspool, or a better educational tool?

In Jeff Bukantz's article, he referred to Internet discussion of rules as a virtual "cesspool" and wrote down several instances where someone responded to a rules inquiry with incorrect information. Mr. Bukantz also went on to provide several examples where he takes issue with information given as an answer to the rules inquiry.

What Mr. Bukantz neglected to point out was that in each of the forum threads referenced, knowledgeable fencers and referees contributed to the best of their knowledge and abilities and actually provided the correct answers to each of the rules questions. While these were not official answers from the FOC, the threads did get the call correct with a pretty fast response time (usually within a day).

The nature of Fencing.Net, and Internet forums in general, is to allow each member their say, and then the group and the readers contribute to ensure that the correct information is propagated. While I would agree that an incorrect answer is often proffered, I would also point out that there are referees up to the FIE level who contribute their knowledge and do a good job at correcting any misconceptions.

The problem of "referee telephone" has been addressed in American Fencing magazine as far back as 1993 (two years before Fencing.Net even started!). In fact, this problem has always existed.

The great thing about an Internet discussion forum is that there is a dated and time-stamped record of who provided what answer, something that did not exist "back in the day" when we would gather around to hear "how it's called in Europe."

Forums such as Fencing.Net can be a very powerful tool to benefit the fencing community through better education of fencers and parents.

It is Fencing.Net's mission to help people discover, enjoy, and progress in the sport of fencing. We are a community of several thousand active members and many thousands of lurkers. To denigrate and try to ignore the community that exists instead of finding ways to harness its power for the better good of the fencing world would be short-sighted and only serves to promote an us vs. them mentality between the fencing elite and the active enthusiast.

Craig Harkins
President, Fencing.Net
Atlanta, Ga.

More Cesspool

This is a reduction of the six-page letter I sent to you and the FOC, regarding Jeff Bukantz's article "In Search of the Gospel? Avoid the Cesspool!" Mr. Bukantz chides us that we aren't going to the FOC, implying rule interpretations are readily available, clear and complete. To illustrate, he corrects four "doozie" actions. In my longer letter, I demonstrate how he is wrong about two of them. Here's one, summarized.

An attack which falls short and is then left in line or put in line automatically gains the right-of-way of a line. Mr. Buikantz says the FIE and FOC are in agreement that this is wrong. However, information in both the Referee's Manual and FIE Refereeing Commission President George Kolombatovich's *Points of Emphasis*, contradict him.

Mr. Kolomboatovitch: "referees are correct when one fencer finishes an attack that is short in the position of point in line, that

fencer continues to have the priority.”

When Mr. Bukantz, who claims not only expertise, but the right to ridicule the rest of us, is in conflict with information supplied by an organization he represents, whom are we—the rank-and-file—to trust? We feel the “interpretation” is always in flux. I don’t enjoy foil bouts where disagreements are answered, “That may be the rule, but it’s not how they call it.” Below is the essence of my several suggestions for improving the FOC, and rules application.

1. Publish a single, internationally standard supplement to the Rules that explains how they are to be applied. The document would be published and updated along with the Rules.
2. The Rules Applied document would include lots of examples where rules need clarification. “Fencer A does this, Fencer B does that. Here’s the call, and here’s why.” The FOC has done this in some of its information, but the presentation isn’t consistent, methodical or rigorous. If tennis can do it, so can fencing.
3. The Applied document’s purpose would be to remove confusion, encourage consistency, and reinforce the principles of fencing embodied in the Rules.

One other suggestion. stop treating us like we’re willfully ignorant. Mr. Bukantz suggests we seek the Gospel. But maybe the FOC already thinks of itself too much as a religious body, with power over the rules, the bout and the fencers. What we need isn’t a gospel, but a guide.

Kudos

I wanted to send a message of general praise for the most recent issue (Fall ’09) of “American Fencing” magazine. There was a LOT of material I found interesting and useful in this issue, and I have never received as many comments from my club members as for this issue. Everyone loved the 19 fencing tips. We have a lot of new or just-for-fun fencers and they found those snippets of ideas to be inspiring and immediately useful. I found the Club

Profile and In The Trenches to be insightful pieces that I could use to analyze how my club conducts its business. I’ve been trying to become more knowledgeable about Robert’s Rules so Buzz Herst’s comments were very, very helpful. Overall the issue had a nice balance between topics to interest fencers and officers of a fencing club. Thank you to the contributors and to the editors for putting together a great issue.

P.S. Everyone in my club was salivating over the virtual scoring machine that was seen in the issue. It was good to see these new ideas particularly if small clubs can do electronic scoring cheaper in the future.

David LoTempio
President, Les Amis Fencing
Buffalo, N.Y.

Kudos and Requests

I am new to fencing and in the veteran category. I love the sport, am learning much and making new friends. Your magazine is a breath of fresh air; I would like to see it monthly.

I would also like to know if there are any other fencing magazines, even foreign ones that are published in English. I would also like to see more veteran tourneys in the metropolitan area.

Allen Tarver
Brooklyn Fencing Center
Brooklyn, N.Y.

Please note that letters must be limited to 400 words or fewer or they will not be published. Opinions expressed in Letters are not the position of American Fencing or the U.S. Fencing Association. American Fencing reserves the right to edit letters for space and clarity. Please include your name and hometown when submitting letters to Editor@AmericanFencing.com.

IN THE NEWS

Masks Banned

On February 9, fencing’s international federation (Federation Internationale d’Escrime) and subsequently the US Fencing Association placed an immediate and temporary ban on the use of clear visor masks in foil and epee events at their competitions.

The ban was precipitated by the failure of a mask’s clear visor during a mask test at a world cup event. The FIE immediately launched an investigation into the failure. As of this writing, the FIE has tentatively concluded that the mask in question failed to meet the FIE’s manufacturing standards.

No conclusion has been made that masks made according to FIE specifications are unsafe; however, it may not be easy for a layperson to tell whether or not an individual mask meets those specifications.

One mask manufacturer, Leon Paul, immediately responded with a release standing by their products, stating the safety of their masks when properly maintained. The mask which failed was not a Leon Paul mask.

“A special panel has been established to review manufacturing procedures and bring them in line with FIE guidelines. It’s clear that the ban is intended to be temporary,” says Bill Oliver, member of US

Fencing’s officials commission.

In any event, clear visor masks of any make may not be used at any US Fencing-sanctioned foil or epee competition effective immediately. However, that situation could change at any moment. The Fencing Officials Commission recommends that mask owners and competition organizers stay tuned to further US Fencing informational releases on its website and in electronic newsletters.

The FIE’s conclusions about the failed mask can be found in the FIE’s Urgent Letters section on its website, www.fie.ch, in Letter 3 (dated Feb. 8, 2010).

Red Card

Last issue’s we neglected to mention that the feature “How to Fence Better” and Still Have Fun, by Doug Cairns, was originally published in the US Fencing Coaches Association online publication “Point in Line.”

We apologize for that omission.



The US Fencing family just got a tiny, tiny bit bigger. At 7:27 am on February 17, Abigail Ellen Aichele was born. She is the daughter of Sheila and Kurt Aichele, US Fencing's executive director.

Abigail was welcomed by her parents and by two older brothers, Silas and Nathan. Abigail means "A Father's Joy," and if photos are any evidence, she already looks just like Daddy. Congratulations from all of US Fencing to the Aichele family, and give Kurt a little slack for the next couple of months... he's probably not getting lots of sleep. -AF



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World Cup Report

While the juniors take center stage until April, the senior world cup season is swinging into high gear, and senior US fencers are continuing the impressive results that led to an unprecedented six medals at the last Olympic Games.

Olympian Gerek Meinhardt and teammate Kurt Getz are climbing the senior men's foil standings. Getz, after an outstanding 7th-place individual finish at the world championships this fall, has followed up with two solid top-20 finishes in Copenhagen and this past January, and is ranked 11th in the world. Meinhardt, ranked 12th, reached the top eight at the Paris Grand Prix and was ninth in Copenhagen.

Four medals, three weeks, two gold medals and still the world number-one women's saber athlete is the best way to wrap up Mariel Zagunis' (Beaverton, Ore.) journey over the last month. The 24-year-old, who has been traveling east from Great Britain

to Russia since late January, climbed onto the medal stand for the third consecutive week at the Fencing world cup in Moscow, Russia for women's saber, on Feb. 14. Mariel Zagunis has retained her #1 world ranking through the season to date. Zagunis earned gold at the season's first "A" cup, in London, and silver at two grand prix in a row in the first two weeks of February. She has not placed lower than second at a World Cup since at least March 2009. As of the current writing, she is a staggering 84 points ahead of her nearest competitor, Olga Kharlan of the Ukraine.

US saber teammate Dagmara Wozniak earned a 6th place in London and two top-eight finishes at the season's grand prix in February, and is ranked 11th in the world.

Two-time Olympian Weston Kelsey is ranked 17th. Tim Morehouse is ranked 15th, having placed 11th at a grand prix in Moscow in mid-February and 6th at an "A" cup in Istanbul in January. -AF

IN THE NEWS

A LONG time in the making, new bylaws that will change US Fencing's leadership structure are hot off the presses and will be voted on by the membership at the 2010 Summer National Championships. The impetus for the change came from both inside and outside the organization. The U.S. Olympic Committee has been pressing US Fencing, and most other National Governing Bodies (the organizations like the USFA that oversee US sports under the Olympic umbrella), to assure that the bylaws allow the sports to be run effectively. Bylaws are the document that determines how an organization functions. Specifically, the USOC insists that US Fencing's current Board of Directors is too large, too unwieldy, and unable to help the association keep up with the rapidly growing membership. The USOC also expressed concerns about the USFA's committee structure and other aspects of its organization and operations. A task force instituted a year and a half ago has been working diligently on tackling the issue, studying effective nonprofit governance and speaking with stakeholders from across the membership, from athlete to coach to recreational fencers and volunteers, says Kalle Weeks, US Fencing's president. Weeks points out that only a few NGBs did not need to revise their bylaws and governance structures recently in response to USOC urging. "A major difference was that we knew we needed to make the board smaller," says Weeks. "It would now be a board directly elected by members, instead of by sections. It will be more accountable, smaller, and able to be fully funded by the organization so that sections will not have to bear that burden. It will meet at least four times per year and function in a responsive, timely manner."

Should the bylaws be ratified, the board would be composed of 15 members, including:

- a president
- a treasurer
- three athletes
- two board members experienced in governance and completely outside the sport of fencing
- four at-large US Fencing members
- an elite-level coach
- one club owner
- one parent of a young fencer (not an elite junior)
- one volunteer who has served significant hours for the organization

"We will have transparency, a promise of access to certain records. We are also making sure that there are ways for the members to change the bylaws," says Weeks. She urges every member to closely read the proposed bylaws and to support their adoption. More details can also be found in this issue's President's Report, on page 4. "We need to have 21st century bylaws, and even if the USOC were not pressing us, the fact is that we have a board that meets under difficult circumstances and is just not a best practices board for not-for-profits. We have grown and changed over the past thirteen years since the current bylaws were adopted and the organization needs to change, too. The USOC's pressure was just an extra push," says Weeks. One major hot-button topic was the proposed sunset of current divisions and sections. Many people misinterpreted the provision as requiring that divisions and sections be dissolved. The proposed language actually required the board to review the current system, and the sunset provision would only go into effect if the board failed to act. But much of the discussion

among the membership reflected unhappiness with that suggestion. "That was not popular," says Weeks. After meetings and discussions with stakeholders from across the organization, it was decided to omit that provision from the draft bylaws; Divisions and Sections will stay as they are.

Opinions

"I think the biggest thing was that the [old bylaws] are too static, we need a more dynamic process for change," says Alex Wood, current member of the Executive Committee, the Board of Directors, and the Athlete Council. "And I think there was a disconnect between what the board does and what the Executive Committee does, and with the new board size, it allows the board to become more involved overall." Wood also says that while the number of athletes on the board will be reduced from six to three, that's because the board itself will be smaller, and proportionally, 20 percent of the board will still be athletes. "I think it will be better, it's actually very difficult to get six elite training athletes to be board members. There will be no real changes in what athlete input would be or how they're selected. We define our own interests, select our own members still," he says. Laurie Schiller, coach at Northwestern University and a board member as well, agrees that a more streamlined process for being able to change the bylaws going forward is very important. "I think it's not a perfect document, but ultimately, I felt it's necessary for us to move ahead and we can adjust things down the line if we find things don't work. If we don't do things now, they don't get done," says Schiller. "Everyone is never going to be satisfied by everything. The task force made choices and defended them, and I think most of us realize that what we would have here is much better than what we currently

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IN THE NEWS

have and we need to move on with it and if changes need to be made, they can be made, and made easier," he says.

Perhaps most indicative of the support among the leadership of the association for the new bylaws is the attitude of the existing officers. Four of them would lose their offices and their places on the Board of Directors under the new system, yet each supports the change.

What's Next

A copy of the proposed bylaws will be available to every member, on the website and perhaps via other media, says Donald Alperstein, US Fencing's counsel. The bylaws must be ratified by the membership. That means every voting member of US Fencing should use their voice via a vote. A current voting member is one whose membership was processed at the national office by Feb. 1 and is 18 years or older by Feb. 1. Of course, not every member can be in attendance at Summer Nationals. So that everyone may vote, proxies will be mailed out to the entire membership this spring. Those proxies must be filled out and mailed back to US Fencing's Colorado Springs office by a deadline that will be set in advance of the Championships, which begins July 4. Alperstein says that if members have not received their proxies within 60 days of the election, they should contact the National Office. "For all practical purposes, they're the most important document by which US Fencing is governed from a legal point of view. The current

ones are now 13 years old, and I was a champion of the current ones. Times have passed us by and in the new environment, it is essential that we continue to evolve. These new bylaws are designed to accomplish that," says Alperstein. Should the bylaws pass, the four new at-large board members will be elected by US Fencing's Congress right away at Summer Nationals. This is exactly the same process as what is in the current bylaws: the Congress elects four members who are nominated from the floor. Going forward, though, these Board members will be elected by voting members of the association. The athlete directors would be selected by the Athlete Advisory Group and will start in September. The other positions, except for the President and Treasurer, who will continue in office, will be filled by the current board at its meeting in July. The board would be a rotating board with some positions elected every year. Most members of the board will be elected for a two-year term, which adds to accountability, says Weeks. The members elected in July would start in September. And all the other members would fall away – and obviously they can run for office as well. What would happen if the bylaws would not pass, says Weeks, would probably not be pretty. She and others say the USOC could start withholding funds for athletes. She points that the USOC already took over other NGBs, including Modern Pentathlon and Tai Kwon Do, and wrote new bylaws for them. **AF**



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CLUB PROFILE

The Fencers Club

BY KATHRYN SCHIFFERLE



The Fencers Club, established in 1883 in Manhattan, has produced generations of Olympians and national champions. However, that is not their entire mission. Speaking with the executive director of this not-for-profit organization, Liz Cross (yes, Olympic medalist Emily's mom), it became clear that this group is focused on all aspects of fencing: training, social interaction, tradition, education and scholarship, as well as on producing Olympic-level fencers. The Fencers Club is highly diverse by choice; they incorporate three schools and one community center where they pay top athletes to coach programs as a way to bring others into the sport and help support the fencers' own fencing costs.

Currently there are 535 members, from the ages of five to eighty-plus, and about half of them are competitive. Seventy-five percent are between the ages of nine and twenty-four. The club offers a state-of-the-art facility, with shock-absorbent hardwood flooring and 19 grounded, electronically scored fencing strips expandable to a combination of 29 training and competition strips. Liz described a conference room with Wi-Fi connection that is used as a place for young fencers to do homework in an after school study hour. They also have an exercise room, an on-site "pro shop" where the profits from equipment sales go to fencing scholarships, they have weapon repair facilities, and locker rooms with showers.

The coaches are a talented and experienced group of internationally recognized fencing masters. Several of the coaches are national team coaches, shaping the national fencing

weapons program and representing the United States in world championships. Many of the coaches are head coaches of major universities in the tri-state area.

The Fencers Club offers competitive adult and youth training camps, both summer and weekend. They also offer a unique day camp during the summer. Catering to the summer schedule of many New York residents, they offer camp a week at a time, rather than requiring a longer commitment. The day camp offers breakfast and lunch, with a morning of creative writing, math games and chess, before the afternoon fencing class. Twenty-five percent of the campers were invited at no charge, with others being provided some scholarship support. Their top fencers volunteer, and each day of the camp members brought morning snacks, and enjoyed the "my club, my place" feel, all which led to three large donations from those that observed the good work being done.

These donations were a good thing,

The Fencers Club has been chosen to be the local organizer for the world cup

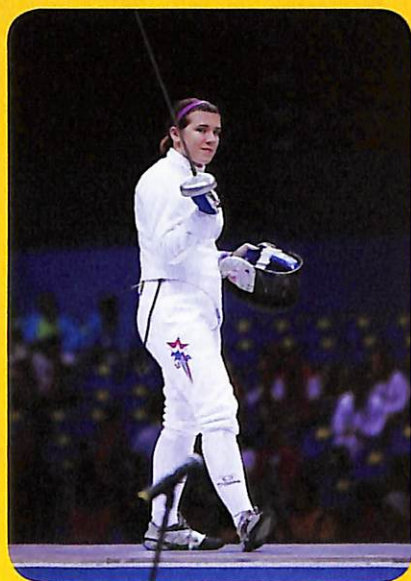
because The Fencers Club runs in a deficit all the time. Liz explained that through their various programs they provide over \$100,000 in scholarships per year. The Fencers Club is also the birthplace and home of the Peter Westbrook Foundation, whose innovative programs geared toward inner-city youth have had a profound effect on the competitive landscape of American fencing.

Liz helped to develop a number of

outreach marketing programs including the "Bring a Friend" to fencing class, and various flyers that are sent around to schools. "Parental support is essential," said Cross. "We welcome parents and siblings to be part of the community." We offer free fencing classes for parents and invite public school students to come fence. It is more of a community than a training center." The many programs, their rate structure, and more about the shining history of The Fencers Club can be found on their web site: www.fencersclub.com.

Appropriately, The Fencers Club has been chosen to be the local organizer for the world cup that will be held in New York this June. The details are still to be determined, but according to Liz, Fencers Club will open its doors to all registered fencers to train at the club, will offer custom-made prizes to the fencers in the finals, and gift bags (donated by an FC family) to everyone entering the tournament. A targeted fundraising effort is also underway to pay various expenses for the world cup. This is how many of the great tournaments in Europe are arranged and Fencers Club would like to extend the same kind of hospitality to all the fencers attending the world cup in New York City. The club has invited several international teams to come early to enjoy New York City and train at the club. According to Liz, from New York City only nine people (out of eight million) qualified for the 2008 Beijing Games and six came back with medals. They were all fencers. 

Q: I love fencing so much that I hate to finish practicing. Is there anything that I can work on at home?



A: These days I'm in the gym so much at home, I mainly work on my hand strength. You can get hand exercisers, where you squeeze them to increase your grip. Hand strength is crucial to fencing. Another hand exercise is to hold a weapon close to the tip with your fingers. Creep your fingers down the blade, lifting it through your hand.

People have done things like making a target out of a pillow, or a tennis ball mounted on a door knob or hanging from a string, to practice point control.

But the biggest thing is footwork. When my sister (Kelly Hurley, 2008 Olympian) and I were younger, we actually had a strip in our backyard and did footwork every day. We had a dummy, too, and would hit its hands. My dad made the frame out of wood, put on a mask, and placed stuffing inside a jacket and glove. Our strip was wood, and we made that too.

I think in the U.S., the way to become successful is footwork. In Europe, they have such a concentration in fencing and opportunities to bout, but here, we can focus on good technique and good footwork. That would be my advice for kids especially. It's easy to do by yourself. It's boring, but you have to go through it. I still don't like doing it really but it's the only way to strengthen your legs, and make good movement second nature.

Courtney Hurley is one of the world's top junior Women's Epee fencers. She was a member of the gold-medal 2008 Junior World Championship women's epee team and has won four Junior "A" World Cups in this season alone. Hurley is a sophomore at Notre Dame University. She was a first-team NCAA All-American in 2009, and finished third at the 2009 NCAA National Championships.

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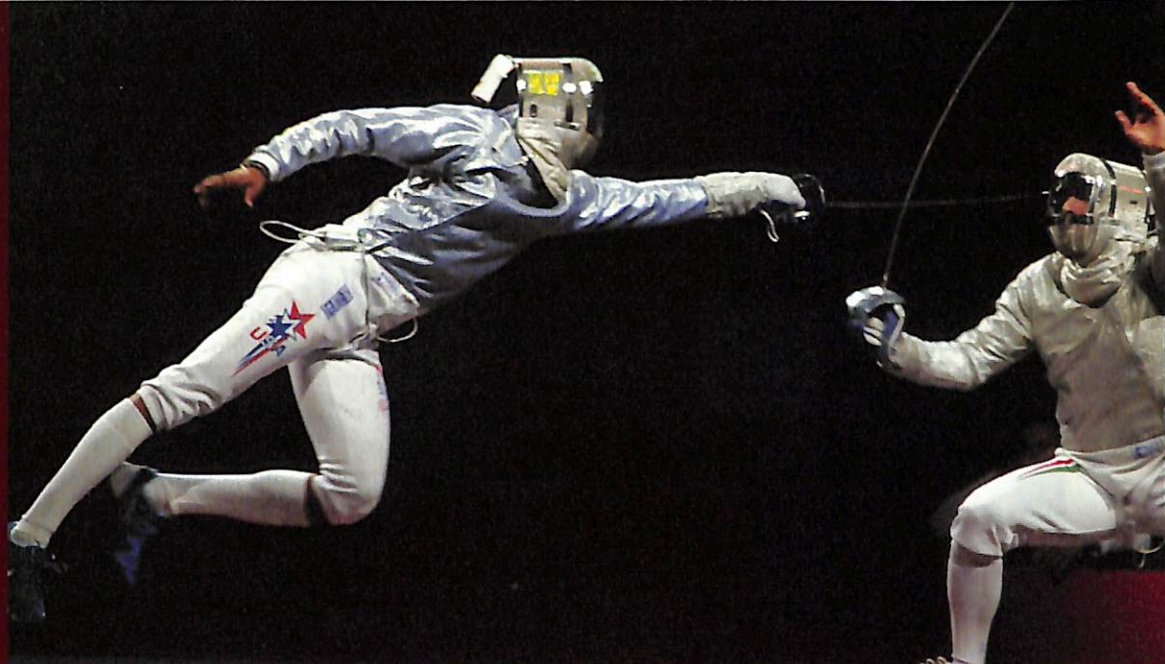
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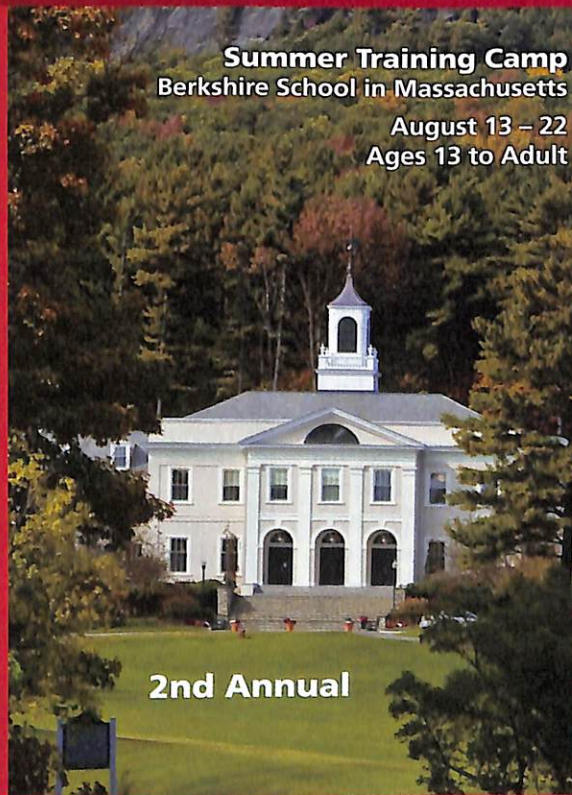
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To my great surprise, I actually received some positive e-mails from readers concerning my last column about Robert's Rules. The surprise was caused not only by my choice of what I thought was a really dull topic, but by the fact that, up to now, readership response to all my previous columns, no matter how vital

and vibrant, has been ... how shall I put it? ... restrained.

Nevertheless, I live only to serve my public (as you know), so I will press on with a few more nuggets of parliamentary procedure which you might find useful at local meetings. In other words, this column could be called "Robert's Rules Lite, Part Deux."

First off, remember the order of actions: (a) the Chair recognizes A (b) A makes a motion (c) B seconds it (d) the Chair states that "It has been moved and seconded that...(e) the Chair then calls for discussion (f) the Chair calls for the vote. Now, all the procedures that I am about to discuss must occur during the discussion phase; once the first vote is cast, nothing else can be done but complete the vote.

So, let's start with how you can change or modify a motion that has already been made and seconded. At a local level, people usually just suggest changes in the wording, and the originator goes along with it. If you want to be more formal and use the procedure in the Rules, then someone moves to amend the "motion on the floor." The Chair asks the originator if he agrees to the amendment, and if he does, the Chair next asks the original seconder if she agrees. Both have to or the original motion stays as it is. If the originator likes the change but his seconder doesn't, and the originator feels strongly enough about it, he can withdraw his motion entirely and everybody can start over. There is a somewhat cumbersome way by which you could try to force a change in the motion, but at the Division level it usually isn't worth the hassle, or the probable bad feelings.

Of course, it is possible to offer an amendment to a motion that doesn't just modify it, but turns it on its head. Such an action is allowable, but it is another cumbersome way to nullify it (like, why not just vote the original motion down?) For example: A moves that at future tournaments the bout committee will all wear feather head-dresses. B seconds. The Chair calls for discussion and C agrees with the basic idea of head adornment, but asks A to amend the motion to little fuzzy antlers. On the other hand, D suggests amending the motion by adding to the final sentence the phrase "on a cold day in hell." Since it is unlikely that A or B would accept such an addition, why waste the time?

So far, so good, "But what is this 'tabling' of which he speaks?" To place a motion "on the table" is to remove it "from the floor," i.e., take it out of play for the time being. This can be done for several reasons, but the two most common are (1) to gather more information before the group has to decide, or (2) to defuse a discussion that is getting

out of control, and so let tempers cool. It is a motion that requires a second, but is not debatable, so the Chair calls immediately for a vote on it. A motion to table may set a limit (until some other action or motion is decided, for example) or until the next meeting. In that case it is automatically put on the next agenda (yeah I know, one of those). If it isn't taken off the table at the next meeting, then the Rules say it dies.

Now, what if a motion is made that you thoroughly disagree with, but you can tell that you are going to lose the vote because three of your confreres haven't gotten to the meeting yet? You get a call from one of them telling you that they have been held up because some person of misguided humor has catapulted a dead cow onto the highway ahead of them. However, she reports that an Acme Lawn Service & Dead Cow Removal truck is on the scene and the road should be clear soon. What, oh, what can you do? Well, you can vote for the motion. General Roberts says that an already passed motion can be brought up for reconsideration, but only by someone who was on the winning side on the first vote. This goes for the seconder too. You should really only resort to this maneuver if you have a solid reason to believe that something will change the voting result. To do it just to annoy the majority is rarely good tactics, and at a Division level is usually downright jerky.

These things are all procedures that I have seen employed effectively (and properly) at Division and Section meetings. And it all works and remains reasonably cordial as long as the Chair acts as an unbiased and reasonably knowledgeable referee. If that doesn't happen, then it doesn't take long before members start reaching into their snack boxes and soon the air is filled with flying *Twinkies*, *Ho-Hos*, and *Ding-Dongs*. **AF**

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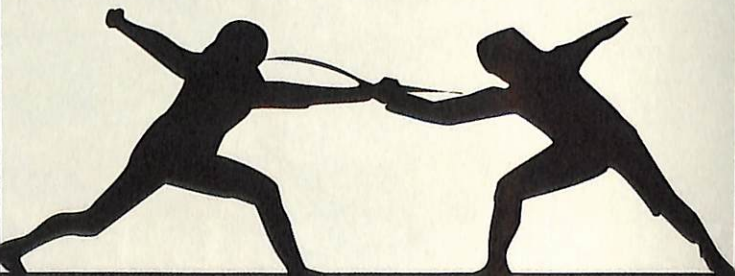
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Cheating, Gamesmanship, or just Tactical Use of the Rules to Gain an Advantage?

When France qualified for soccer's World Cup by beating Ireland on an un-penalized hand ball by Thierry Henry, there was mass hysteria throughout the sports world. Even in France, Henry was pilloried for having "cheated" despite his assertion that the infraction was inadvertent and that the onus was on the referee to make the call.

My son Michael and I had our usual debate to determine right from wrong on anything controversial and agreed that Henry was not cheating, with the determining factor being that the infraction was not intentional.

Just when I thought I had won a major victory by having Michael agree with me on anything, he stunned me by saying, "So, dad, I guess all the shtick you pulled in fencing was actually cheating, as you told me it was intentional."

Whoa! I momentarily wondered if he was right. But, then I came to my senses and retorted, "I never cheated. Everything I ever did was within the rules. And, if I intentionally did something that warranted a penalty card, I was using the rules to my advantage. That is not cheating!"

Let's take a look at some of these intentional acts, committed by me and others on the fencing strip, and you can be the judge if they fall into the category of cheating, gamesmanship, or just tactical use of the rules to gain an advantage:

- In 2005, I was fencing in the epee finals of the World Maccabiah Games in Israel. I had a one touch lead with about two seconds remaining, and my Israeli opponent fleched in a last gasp attempt to tie the score. In a pre-planned move, I simply and calmly hit the outside of the strip, thereby putting my light on, preventing my opponent from scoring by blocking out his light, and basically killing the last two seconds.

As the bout ended on that action, the Israelis wanted me thrown out of the competition and probably deported. However, the rules at the time were clear, and intentionally hitting anything other than your opponent only warranted a yellow card. I knew that and intentionally used the rules to my advantage.

Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage?

(Whatever it was, it was a loophole within the rules which allowed this to occur. I am proud to say that it was my impetus, while a member of the FIE Rules Commission, to change the penalty to an immediate red card for any intentional hit not on the opponent. Loophole closed.)

- In 1981, I was fencing Greg Massialas in the finals of the Michel Alaux NAC at Hunter College in New York City. With a few seconds left, I was leading 9-8 in the ten-touch bout. Massialas lured me into his bear-trap prime parry and

was about to tie the score with the slam dunk riposte. As Massialas' riposte was coming down towards me, I quickly dropped down on my back onto the strip.

Massialas was, as he likes to tell the story, "Sticking him like a fat pig," but to no avail. This was before the non-grounding machines were developed, and I basically grounded myself out while lying on the strip as the bout ended. (Greg, it is three decades later, but in the immortal words of The Three Stooges' Curly, "Nyuk, nyuk, nyuk!")

There were no specific rules to cover this act, but I could have afforded a yellow card for "abnormal fencing" or whatever.

Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage?

- At the 1980 Nationals in New York, back in the days of four rounds of pools before a DE of 32 with repêchage (many of these early NACS started at 8:00 AM and finished around midnight), my fencing hand was cramping

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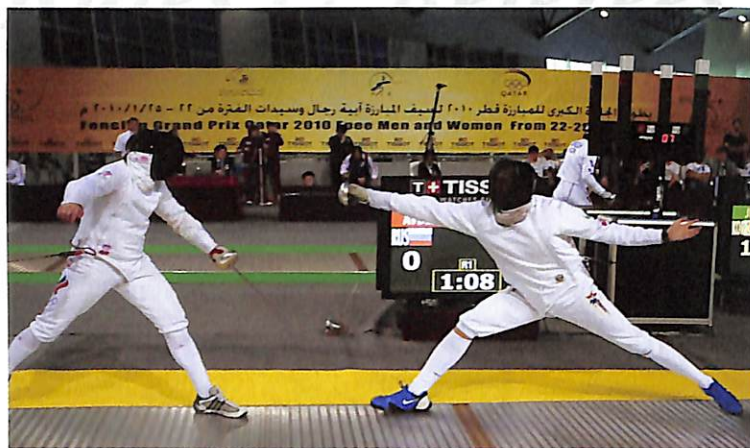
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Right: Seth Kelsey, Qatar 2010 Photo By Serge Timacheff

during the fourth round. As there was no time out allowed for cramping back then, I fell down on the strip holding my newly “sprained” ankle.

While the referee went to the bout committee to call the doctor, my teammate Michael McCahey gave me a paper bag to breathe into in order to help the cramps subside. By the time the late Dr. Marius Valsamis strolled over, manipulated my ankle fifteen different ways to see if there was a problem, and ultimately determined my ankle was fine, at least ten minutes had passed. This was just enough time to get rid of the cramps in my hand.

There was no penalty at the time, but I certainly would have taken the immediate red card given today (for claiming an injury not verified by the doctor) for the juicy ten-minute break which allowed me to grip the weapon without cramping for the remainder of that crucial bout.

Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage?

- At the 2007 World Championships in St. Petersburg, Russia, Seth Kelsey was leading France’s Eric Boisse by one touch with less than two minutes left in the third period of their bout to reach the top eight. Kelsey already had a yellow card.

All of a sudden, Boisse retreated two steps and dropped his weapon arm in the quintessential passive stance. Kelsey took the bait and retreated two steps, as well. After all, he was leading and the onus should never have been on him to attack.

Within a couple of seconds, the referee called a halt and a war whoop of glee went up from the French contingent. Both fencers received a yellow card for non-combativity. Since Kelsey already had a card, his became a red card. And, on one of the greatest tactical ploys ever, Boisse had tied the score. He went on to win the bout, and reach the finals of the World Championships, over the flustered Kelsey.

The rule is fatally flawed, it was never intended to benefit the trailing fencer in such a manner, but Boisse used it to perfection.

Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage?

- Possibly the most ingenious tactic was employed by a teenager at a high school meet. While leading by one touch in a bout with less than a minute to go, the fencer noticed that her foil had no tip. Amazingly, the youngster kept it to herself and continued to fence. She knew that while she could not score a touch, ANY touch scored by her opponent would have to be nullified because of her missing tip and inability to score. In addition, she realized that the clock would be winding down throughout the entire process. WOW! This was sheer genius. I can only imagine her SAT scores! Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage? While I could fill up the entire magazine with similar examples, I’ve picked out a few beauties. None of the tactics employed included manipulating the equipment or something worthy of a black card. The tactics utilized were worthy of, at most, a yellow card. As for the teenager’s tour-de-force, it did not merit any card, but rather a gold star. So, without getting into morals, ethics, or the spirit of fair play, the only question at hand is: Was it cheating, gamesmanship, or just tactical use of the rules to gain an advantage? **AF**

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POSTCARDS FROM THE STRIP

Fencing in India!

BRUCE SIKES

My English friend Rob said to me, "You're going to do what in India? You're completely mad! It's brilliant!" Spurred on by his affirmation, I completed my travel arrangements to Kolkata, better known as Calcutta, India. My purpose was to teach the sport of fencing to underprivileged youth and to share with them some words of encouragement. I would spend a week conducting one day introductory fencing camps to various groups of young men and women at different locations. Before long I found myself in a bamboo and mud hut village located in an Indian rainforest. This was not the first time I had done this sort of thing.

By way of a brief background, I'm a full-time fencing instructor and Pastor in St. Louis, Missouri. In 1996, I started a group called the Christian Fencers Association. It's a self-funded grassroots effort for like-minded people wanting to do some good for the sport of fencing and our communities at large. One of the main activities we do is to conduct free fencing camps for kids. We focus on those whose living environments and economic conditions would not normally allow them to experience the sport of fencing. Our hope is that this would give them some encouragement and an awareness of a wider world than the one in which they are living. This path has taken me from the inner city of my hometown of St. Louis to Miami, from England to Hungary, and the tough streets of Northern Ireland and India.

Calcutta came about through an Indian friend from my church who provided contacts for me in India. They arranged for the various youth groups and locations. I reserved lodging in the city and purchased the airline tickets for the thirty plus hour journey. Equipment wise, I managed to cram seven beginner sets into one golf-bag-sized hard case. Not an easy task! Some equipment was generously donated by Absolute Fencing Gear and the rest I purchased. Leaving at noon on a Wednesday, I arrived in



The author, center behind the fencers, with his young student

Calcutta on a Friday at 1:30am.

For Western travelers, Calcutta can provide a major culture shock. The city known for Mother Theresa's work is one of the poorest in the world with over fifteen million citizens many of whom live, work, eat, and sleep on the streets. It is also a city of stark contrasts, with sights of unbelievable poverty existing side by side with

*I am reminded that
when you share
something you love
with others... you
receive more than you
could imagine.*

amazing Victorian architecture and new modern businesses. Westerners are often left shaking their heads and asking, "How can this all possibly work together?" Yet it does. There is a flow in the stream of life of Calcutta that allows both those with and without to swim together.

Being the dutiful fencer I am, my first visit was to the local fencing club. Yes! There is fencing absolutely everywhere in the world, including Calcutta. I had made arrangements through a friend, Perna Choudhary, an attractive young burgeoning journalist and fencer, to meet and conduct a one-day clinic with the West Bengal Fencing Association. I met her and about 30 young men and women at an old and very large athletic facility. The social protocols were quite formal and involved ceremonies at the beginning and end of the day for this provisional visiting ambassador of fencing from the U.S. The club's equipment consisted of perhaps four sets of masks and jackets plus weapons. No one really owns their own equipment. Everyone looks to the states' communist government to provide, and it doesn't.

Lack of equipment does not deter the fencers' enthusiasm for the sport. Week after week they come to practice foot work and drills with only the merest hopes of being able to suit up



and fence. This is true dedication and commitment. Needless to say their footwork and form are outstanding. I wonder how Americans would react under similar circumstances. Our desire for instant gratification coupled with the waste associated with abundance of equipment and facilities does not bode well for us. We have a lot to learn from the Indians. The day before I left India, I donated all my fencing equipment to the club.

The following day we made our way to a small village a couple of hours outside the city. Fortunately, our four-wheel drives allowed us

to travel down the cart paths towards the village. We disembarked and walked the last mile on foot. The camp was at the local pastor's bamboo and mud home. I was pleased to discover a decent sized area for fencing next to the house. The surface resembled smooth concrete. It was only later that I discovered it was made from a mixture of mud and cow manure. It worked quite well actually! About a dozen or so village youth gathered and sat on a plastic tarp. Using a translator, as not everyone spoke English, I began by asking if anyone had seen fencing. A couple kids responded, "Yes, 007!" Once this common ground had been established, I described the origins of the sport and how it is played. I coaxed two young men to come forward, suited them up and did a little footwork and blade work with them. As the afternoon progressed, several pairs of youth took turns to try fencing. Before we were finished we had drawn quite a crowd. Afterwards, the pastor and his wife cooked a large meal for everyone over their outside fire. I approached the village with some trepidation that morning, only to leave with some reluctance that evening, having shared a great experience with many new friends in their humble and honest homes. I would not hesitate to return.

This trip to India included six different fencing camp locations, each an equally phenomenal experience. Once again I am reminded that when you share something you love with others, in this case fencing, no matter how near or distant, asking for nothing in return, you receive more than you could imagine. **AF**



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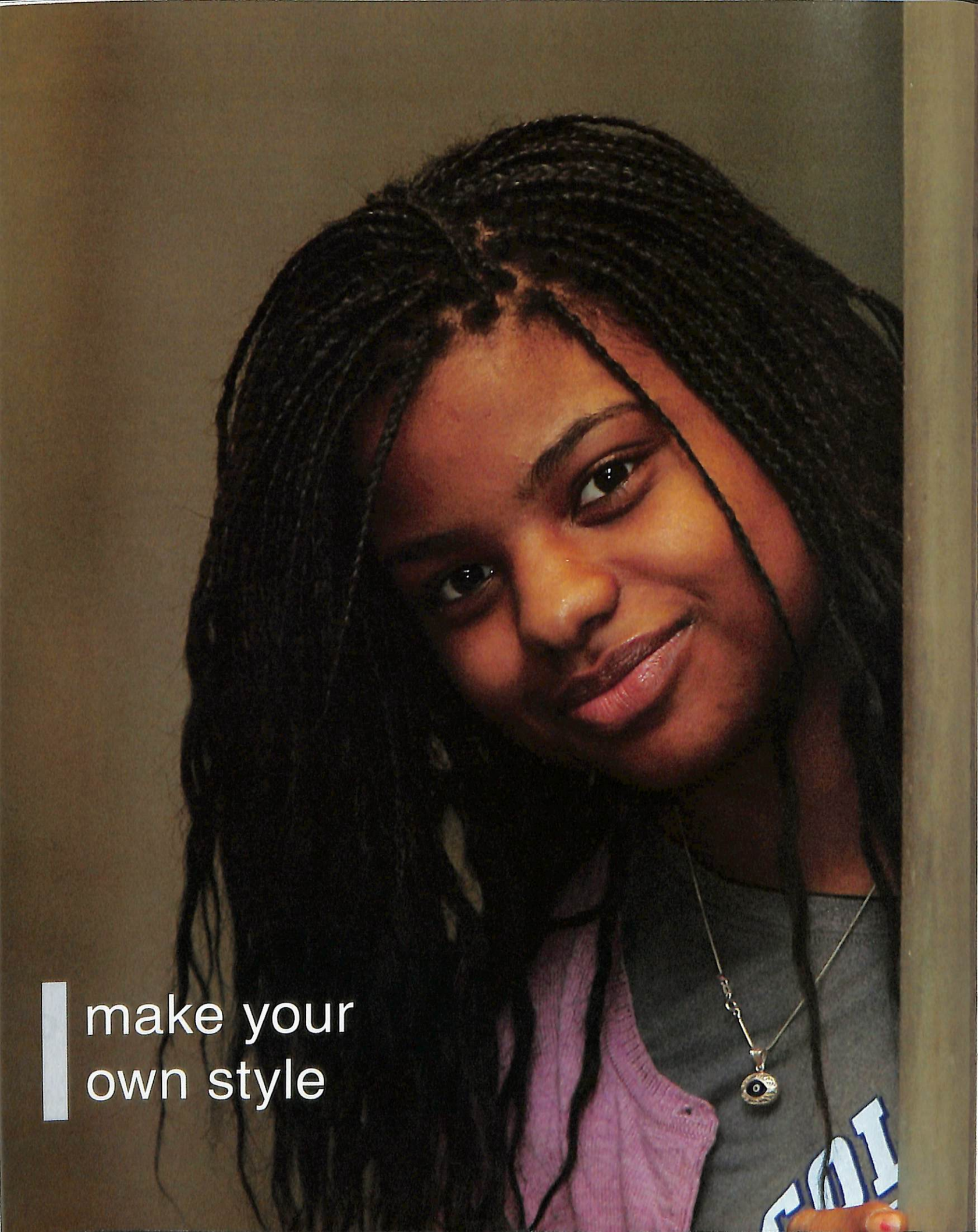
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Nzingha Prescod

Behind the Mask | By Kevin Mar

I'm on the phone!! What do you want Mom?" "OK, just make sure that you clean your room!" This is a normal conversation for most teenagers, but **Nzingha Prescod** is more than just your average teenager: She has two world championship titles under her belt. This doesn't even include multiple national and international medals. AF was able to catch up with one of our 2012 London hopefuls.

So how did you get into fencing?

My mom saw an article about Peter Westbrook and enrolled my sister and me into a fencing class.

Was he one of your influences?

Yes! I always thought saber looked fun! I like Erinn Smart also.

Do you do any other sports?

I do some swimming and I play some volleyball. Oh, I am getting to like basketball more.

So what are your eating habits when you are competing?

Well, when I am good, I'll eat farina and granola, chicken quesadillas and rice and beans from Whole Foods and maybe sushi. I really love sushi! Especially California rolls, spicy tuna, and spicy salmon! Really anything spicy! I really love Asian food. There is a great Korean place around the corner from the Fencers Club [Prescod's club]. When I'm not eating well, anything is fair game since I love food. Especially spicy food! That is awesome! We'll have to have an eating contest since I was a sushi-eating champion at one time!

Are there any weird superstitions or strange habits that you have before a competition?

Well, when I was younger I used to throw up every time before I fenced on the strip.

Umm... At the strip?... Hopefully not on the strip, I would hate to card you for something like that...

Yep, I had to have a bag at strip all the time. Fortunately I grew out of that! I have to take a shower before a competition. I have to lay out my clothes the night before also. I have to have a gray t-shirt also.

A gray t-shirt?

Gray is my favorite color. I used to have my favorite gray t-shirt that had rust stains on it, but I can't find it any more, so I'll just use any gray t-shirt that I have. I also have to wear my lucky ring.



Prescod on the strip, San Jose NAC.

Lucky ring?

Yep, I bought it at my first [Junior World Championships] in Turkey. It's a fake Tiffany, but I like it anyway. I like rings that have an interesting style. I have two rings that have hearts on them. Also, it has to be silver.

So if you had \$500 to spend in the next three hours, what would you do?

I would buy some more rings and then go to Urban Outfitters to buy some more tops! I love to shop! I love clothes.

Any other interests?

I love Facebook! I don't do any of the apps. I just like sending messages and reading people's walls and stuff like that. I also like to go out with my boyfriend and go to parties with my friends. I like to dance also. I love reggae and hip hop.

Boyfriend? Who is your boyfriend, and is he a fencer?

Well, he's not a fencer. I prefer not to date other fencers because it's usually a long-distance relationship. If they are in the same club, then that would be O.K.

So what is in your fencing bag right now?

Umm.... My equipment and competition clothes. A water bottle, dirty clothes from the last competition, last trophy, several fencing medals, sweat rag, leftover Kit Kats, chocolate covered nuts, lemon/lime Gatorade, ice pack, backup toothbrush and extra shoelaces since I always break them. Actually, I think they are someone else's shoelaces... oops!

So what advice would you give to new fencers?

Practice a lot and make your own style. Fencing is about the experience that you gain on the strip and off the strip!



Cadet world champion, from finals piste to medals stand, Junior & Cadet World Championships, 2008, Sicily.

Quick Facts

Weapon: Women's Foil

Club: Peter Westbrook Foundation

Coach: Buckie Leach and Nitai Kfir

School: Stuyvestant High, class of 2010

College: Columbia University, class of 2015 (planned major in Business)

Current Location: New York, N.Y.

Best Results: U.S. National Women's Cadet Foil Champion 2008, 2009

Greatest Accomplishment: Getting into Columbia University

Favorite Fencing Item: Negrini knickers because they are soft, feel nice and look good.

Jock or Geek: Jock

Training Regimen

M, T, Th

20 minutes run and then stretch for 10 minutes

45 minutes lesson

15-20 minutes of footwork

20-30 minutes of drills

2 hours of open fencing

W, F

20 minutes run and then stretch for 10 minutes

45 minutes lesson

Pilates (because fencers generally have a weak core, tight ITB Band, weak inner thighs (VMO) weak lower back, weak glutes, and a tight fencing arm)



Proudly American: Teammate gold-medal victory, junior women's team foil, Belfast 2009. left to right: Prescod, Lee Kiefer, Epiphany Georges, Nicole Ross

THE STATE OF FENCING

Cynthia Bent Findlay

Interestingly, overall US Fencing membership grew for the last two fencing seasons by five percent, from a total of 21,959 at the end of the 2007 membership year to 23,060 by the end of 2009.

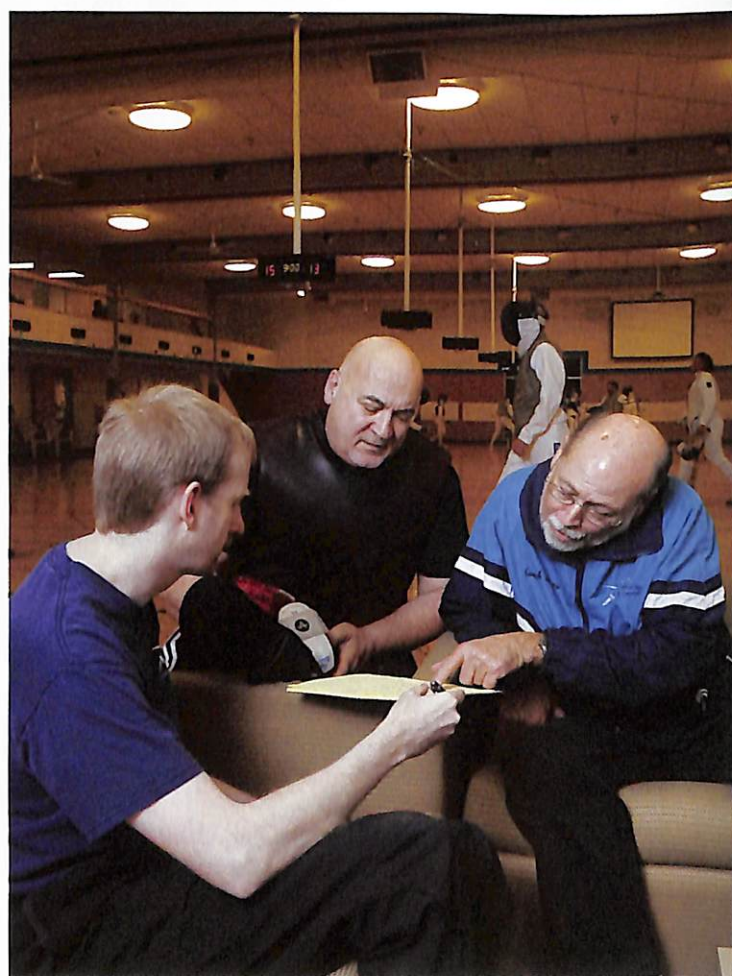
Unemployment topping 10 percent, businesses closing, home prices plummeting – the recession has affected almost everyone, in one way or another. But has it affected fencers?

Professional sport sponsorships have been hit hard. Corporations have slashed budgets, responding either to fiscal necessity or public excoriation, as in the case of auto manufacturers and financial institutions. Reuters reported sluggish ticket sales for many U.S. professional sports in 2009, including Major League Baseball.

USA Speedskating suffered a well-publicized blow when one sponsor, DSB Bank, filed for bankruptcy and left the sport's national governing body with a \$300,000 shortfall just four months before the Olympics. But the good news is that in fencing salles around the country, the sound of clicking blades and buzzing scoring machines has not abated.

Overall, clubs are reporting that though business may be down in a few areas – they may have lost a few members, or have trouble filling classes as usual – most are surviving. US Fencing's club membership numbers are down, from 653 clubs at the end of the 2007 season to 612 at the end of 2009, says membership director Dana Brown. That's a drop of about six percent. Unfortunately, it's almost impossible to track who those clubs were or how large they were. "What I have heard is that some have had to close because there aren't enough students sometimes. In a tough economy, people start pulling back on luxury expenditures, sometimes lessons fall into that category," says Brown. It is possible, she says, that some could have been clubs formed mainly for competition purposes – that is, so friends could compete as a team at Summer Nationals, for example.

Interestingly, overall US Fencing membership grew for the last two fencing seasons by five percent, from a total of 21,959 at the



Rain City management team members ponder the club's path: left to right: Greg Jones, Garik Balayan and Stephen Colton.

end of the 2007 membership year to 23,060 by the end of 2009. As of the end of January, membership was at 18,443. "As members renew through the end of the summer, that's pretty good for us at this point," says Brown. January 2008's membership total was 18,413 (no data exists because of a system crash for January 2009). US Fencing is still suffering financially, though its deficit is shrinking slowly, from more than \$1,000,000 a year ago to less than half of that amount now.

The shortfall was caused by expenditures in high performance programs in the year leading up to Beijing, in an effort to prepare the U.S. team and send athletes to the Games – not by the recession according to Christine Simmons, Director of National Events for US Fencing.

Also, expenses are going down for big ticket items like venue rental and lodging rates for North American Cups. Venues that cost the association \$30,000 to \$40,000 now have sticker prices in the \$15,000 to \$20,000 range, and Simmons and her team are working



Bellevue, Washington's Rain City Fencing Center raised the bar of club design with state-of-the-art flooring and interior design combined with spacious and well-appointed facilities.

hard to lock those rates in for the next several years.

The news from clubs themselves still out there as of January has been, compared to the rest of the economy, fairly good. Business is stable and steadily, if slowly, growing.

"I ask the competitive clubs I talk to on a national level how they're doing and I have heard few negatives compared to what you see and hear on the news about the economy and jobs. I have members that have significantly downsized their services here, or have taken a break, so I have had members that are hurting. But as an overall business, I haven't felt it yet," says Jeff Salmon, co-owner of Mission Fencing Center in Rocky Point, N.Y.

In fact, Salmon reports almost a ten percent increase in revenue in 2009 over the previous year, although he did see a three percent decrease in membership.

"My program allows fencers to get services and not be members. Class revenues increased, and so did camps. It's my experience that parents will sacrifice their children last. If a child says I want to be good at this, they'll stop getting that extra cup of coffee so their kid can get an extra lesson," says Salmon.

"We took a pretty significant hit. Attendance at our camps was way down last summer. But we rebounded over the school year to normal class enrollment. I'm hopeful that next summer, camp attendance will be back to normal too," says Barbara Todd Heiner,

co-owner of the Rain City Fencing Center in Bellevue, Wash.

Heiner says that summer beginner camp is a significant revenue driver for Rain City, and enrollment was off by about one third last summer. "Our class numbers had been strong even while we were watching the economy falter and we were thinking we'd be OK," she says.

Rain City is located in area where fencing's key demographic, middle- and upper-middle class families, were hit.

"Microsoft laid off people, and we have a lot of Microsoft families [as members]. Seattle is a big biotech area and they were laying off. When Microsoft starts laying off, that's pretty serious," says Heiner.

That said, Heiner says the club is still in good shape. She says they have cut back a bit on advertising, though not eliminating it, and that beginner classes this season have showed good numbers. Dedicated fencers, she says, have not cut back.

"The people that we consider our fencing family, they're not going anywhere," she says.

"People just weren't willing to start something new last summer," says Lisa Martini, co-owner of the Bucks County Academy of Fencing in Lambertville, N.J.

Martini says their experience has been very similar to Rain City's and Mission Fencing's. Camp enrollment was good over the summer, but classes

weren't. She says Bucks County started no beginners in classes in July.

"People were very cautious about adding to the budget. We kept getting emails from interested parents who said, 'we're going to put this off into the fall,' and people fit it in when they can afford it."

And those new, beginner fencers, she says, did in fact show up in the fall, and winter enrollment has been up, as well.

Some clubs say it's been smooth sailing all along. The Illinois Fencers Club is one; president Dave St. George says they've seen no drop in either new beginners or membership numbers.

"During the summer, our membership is normally a little quieter, anyway. The six weeks between nationals and the end of August, it's normal for people to take time off," says St. George.

St. George says he believes the club's low cost has been a factor in its steady business. IFC charges a \$175 annual membership fee; beginner class fees start at about \$135.

St. George is also an Illinois Division officer, and he says the rest of the division is thriving, as well, with competition participation still at strong levels.

Nationally, North American Cup participation overall has been above the 2008-2009 season level, according to Christine Simmons, Director of National Events for US Fencing.

"In the 2008 to 2009 season, we did start to see people making choices. When they would have qualified to compete in more than one event, they were sometimes making the choice to do just one. But the number of people attending the events was very close to last season," says Simmons.

Registrations for the 2010 Junior Olympics was above 2009, and most of those competitors were, says Simmons, choosing to compete in as many events as they were eligible for.

"In the Division II, III, Veteran events, we saw adults making the choices," says Simmons.

Simmons notes that anecdotally, other Olympic sports such as volleyball and triathlon were reporting stable participation and membership levels, as well. Another way to measure overall interest in fencing might be to chat with Craig Harkins, founder of Fencing.net, home to probably the Internet's largest conglomeration of fencers, with forums, news, and informational content, as well as a full equipment store.

Harkins says aside from a big spike in activity in the months during and after the Olympic Games in 2008, interest in his site seems to be slowly, consistently growing. Harkins reports on average more than 50,000 unique visitors and counting to his site each month.

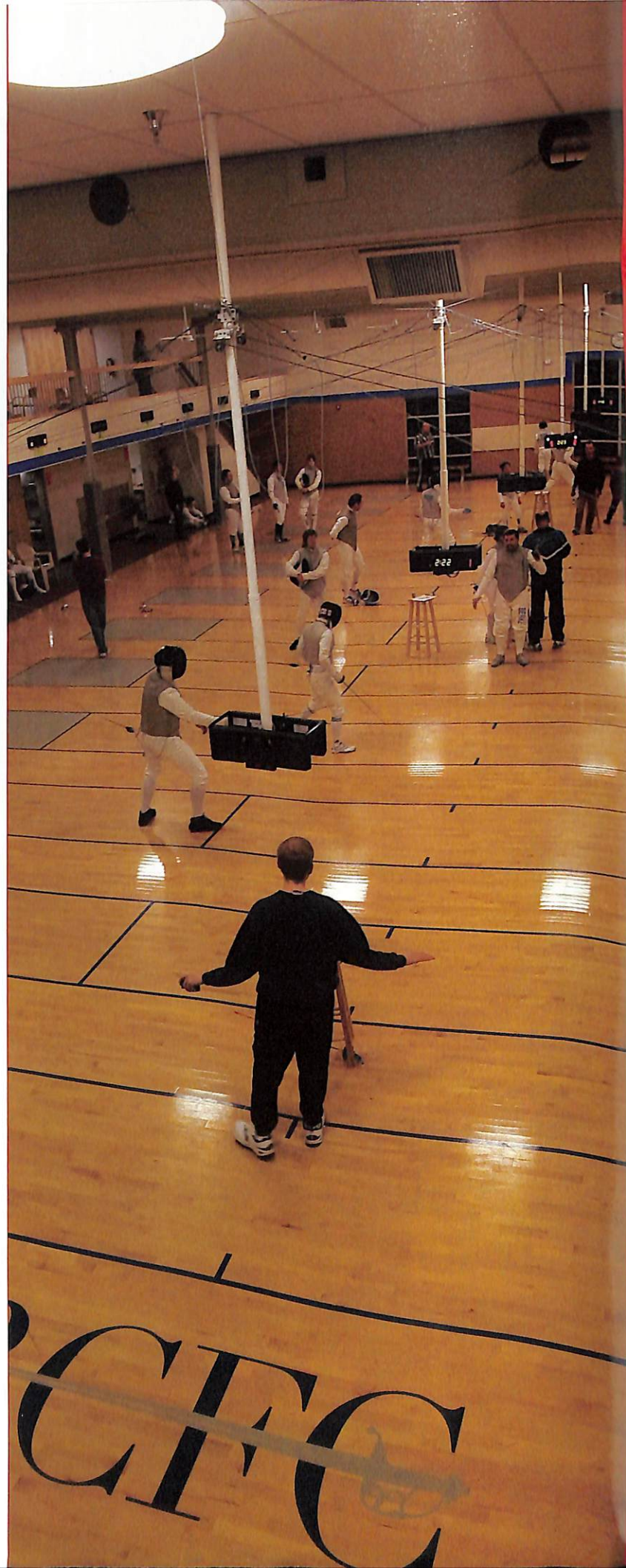
That includes growth during the recession – and might be an indicator that interest in the sport is not waning.

"We've got a very active community that hangs out in the discussion forums area that includes repeat visitors there, but we also see lot of new visitors coming into the site as well," he says. "I run Google Alerts on fencing mentions in the media and I've been seeing those grow too," says Harkins. "Local journalists are picking up fencing stories or announcing classes more often than they were in the past. I can't give you a number, it's just – seeing this coming in day in and out, there seem to be more than in the past."

Harkins says his equipment vending business, now about five years old, has been holding its own. "I think the summer was when the most doom and gloom was being talked about, and we did notice a big drop off after Summer Nationals," he says. However, Harkins notes an end-of-summer drop off is not unusual, and this year's might have looked worse than normal because last summer, the summer of 2008, the industry was riding the bump given the sport by Beijing. Harkins reports his fourth quarter was good, however, though more customers were buying "value" equipment instead of top of the line. Like Harkins, for the most part, fencing equipment vendors report business is at least holding steady.

Simmons says vendor booth rentals at North American Cups this season have been a little bit down from last season. "We've talked with vendors, and they're doing OK, but not as well as in previous years, before the downturn. People are again choosing where to spend their money, buying what they need to but definitely making choices," says Simmons. "There's been a little bit of a drop off. Late October, November, early December might have been down 15 percent from the previous year," says Carol Lasky, proprietor of the popular fencing apparel shop Big For Our Britches.

"The things we sell are more reflections of the joy of the sport, rather than equipment. Most of our customers seem to be parents of children who fence and they are still so darned happy that their kids are fencing that they still don't mind paying for it," says Lasky. Incidentally, Lasky notes that she's seen attendance at Irish Dance competitions (a hobby of her daughter's) sink drastically.



"When everyone saw their stocks go in the cellar, everyone just panicked for a couple of months, but [business] came right back," says Walter Triplette, owner of Triplette Competition Arms in Elkin, North Carolina. Triplette says business has been so good that he had to hire two additional employees in January, an armorer and a bookkeeper, bringing his total to 12 employees. Triplette focuses on manufacturing his own line of durable, slightly higher-end locally made uniforms and other equipment. "In the recession, what I've seen is that the market of folks who come in and try it for six months then go play soccer – that's the one that's hurting, which is not our main market anyway," he says. "We mostly sell to more dedicated fencers."

Gary Lu, co-owner of Absolute Fencing Gear in Bridgewater, New Jersey, says his business is also growing steadily through the recession. That doesn't mean, however, that everything is wine and roses.

In lean times, I think you get down to the basics, you make sure you've got a roof over your head and food on the table and your fencing membership so you can fence!

Lu and other vendors say that while the number of customers are holding steady, they're seeing more, smaller purchases. Industry suppliers say they're holding steady on revenue, but having to work harder to earn it. "This particular recession you can feel that people are spending money very carefully. More customers are looking for better deals," says Lu. Lu also sees some customers delaying purchases and making smaller purchases, of, for example, one FIE-rated blade versus three at a time, or less expensive versions of top-priced European brands. "We're often hearing parents saying to kids these days, 'Look, why do we need all of these items, can we just get what you need and hold off on that one?'" says Lu. "On the other hand, for fencers competing at say, Nationals, they are still doing the same purchasing that they used to."

The new climate has affected how vendors do business. "We're trying to shrink our profit margin by extending bigger discounts on bigger purchases. We're running specials, waving shipping fees if they're over a certain amount," says Lu. Triplette says he's had to think harder about traveling to far-flung competitions because of a combination of high gas prices for his own trucks and less business at the events. "I think a lot of folks, by the time they drive and pay \$2.60 a gallon for gas and pay for a hotel, maybe they're not as willing to buy a new mask as they were," says Triplette. "While it's nice to fly the flag and be there to help the customers, overhead for travel is very high now. We used to have four trucks running just about every weekend, and now we have two."

So, so far, the fencing community seems to be riding out the recession. But could we still be waiting for the other fencing shoe to drop?

"Keep in mind that there are still a lot of families that have troubles. We do hear people at competitions saying they just lost their jobs, they have a four or five months' severance package, can they have a bigger discount? Will we lose more later? If the economy continues to sink, I think we will be seeing more and

more of this situation," says Lu.

"We have had a number of kids who decide against coming here because they can't afford tuition because of the economy," says Wes Glon, assistant coach of the Pennsylvania State University fencing team.

"Many I know for a fact quit fencing. A big motivation for kids in clubs is to go to college and fence, participate in a varsity program. Once they don't fulfill the dream, they're just quitting, we're losing those kids. I have heard some clubs say their membership is down from attrition like this and it will not be easy to pick it back up again," says Glon. Three years from now, worries Glon, as more people graduate from high school and often from fencing as well, he wonders if club memberships will be able to rebound if the economy does not improve. "If the economy doesn't improve, I'm sure we are all going to feel it," he says.

College fencing programs around the country are feeling the pinch, as well, with Stanford University's program hanging by a thread and many others being warned to cut budgets or face elimination.

But fencing has lasted, and continued to grow, through down economies before, including most recently the burst of the "dot com bubble." Even US Fencing club membership grew every single year over the past decade until this season. And, says Simmons, never count out the very real impact of the passion of the fencing community which has kept US Fencing membership growing even in the recession.

"In lean times, I think you get down to the basics, you make sure you've got a roof over your head and food on the table and your fencing membership so you can fence!" she says with a laugh.

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2010 Junior Olympic Fencing Championships

Carla Mae Richards



Photos by Chris Germano

The convention center in downtown Memphis, Tenn., was the scene of blades clashing, machines buzzing, in an immense hall filled with parents, siblings, coaches, referees, technical personnel, all thronged in and around 39 fencing strips. There were two significant differences in this year's Junior Olympic Championships. The first was the effects of the weather throughout the country, with the Northeast dealing with snowstorms and innumerable travel delays and cancellations. The Southeast was at a halt with an unexpected snowfall of several inches. Snow is so unusual in the South that there is little, if any, equipment to deal with it. And let us not forget the sudden snowfall in Dallas, Texas, drastically reducing air travel for a day or more. The weather trimmed numbers from the participant's ranks. Despite that, participation was up over last year's numbers.

The second significant difference was the introduction of junior team competitions in each of the six weapons. The excitement that filled the room with these team events was a wonder to behold. With no titles or selection concerns, the athletes were able to just focus on working as a team to defeat the three fencers on the other team. Was it successful? Well, the number of teams that were entered was proof enough of its success; but the involvement of the athletes was even more apparent and exciting to watch. With the qualification of athletes to the Summer Olympic Games fencing events hinged on the results of the team at world cup and world championships competitions, team competition becomes as important as the success of the individual athletes. The impact of adding team events was enormous on all the technical staff – armorers, referees, bout committee, US Fencing staff. After the

first day's shakeout the tournament ran quite smoothly. There were snags along the way but that is to be expected when a new element is added to a tournament of this magnitude – one of US Fencing's largest every year.

The finals of many events were held in a separate ballroom near the main hall. This allowed a more formal presence of the finals with plenty of seating for the spectators. It was a delight to see so many watching the finals in comfort versus standing side by side straining to see the fencing actions.

Some of the more interesting results at the tournament: Mona Shaito won both the Junior and Cadet Women's Foil titles. Francesca Russo was 5th in the cadet women's saber and 2nd in the junior women's saber; Desirae Major was 6th in cadet and 3rd in junior women's saber; Katherine Holmes won the silver medal in both the junior and cadet women's epee championships; Will Spear won gold in both junior and cadet men's saber championships. In men's foil Race Imboden was second in cadet and first in junior championship and Jerry Chang was 6th in cadet and 3rd in the junior championships.

Other Champions of the day were:

- Alen Hadzic in junior men's epee and Alex House in the cadet;
- Brian Kaneshige in cadet men's foil;
- Ashley Severson in the cadet women's epee
- Isabella Barna in junior epee
- In cadet women's saber Celia Merza won the gold. **AF**

NUMBER OF COMPETITORS & TEAMS

	Junior 2010	Junior 2009	Cadet 2010	Cadet 2009	Teams
Men's Epee	208	203	222	204	33
Men's Foil	205	201	198	216	31
Men's Saber	157	162	162	162	22
Women's Epee	172	137	167	149	15
Women's Foil	145	136	179	152	15
Women's Saber	111	105	102	94	12

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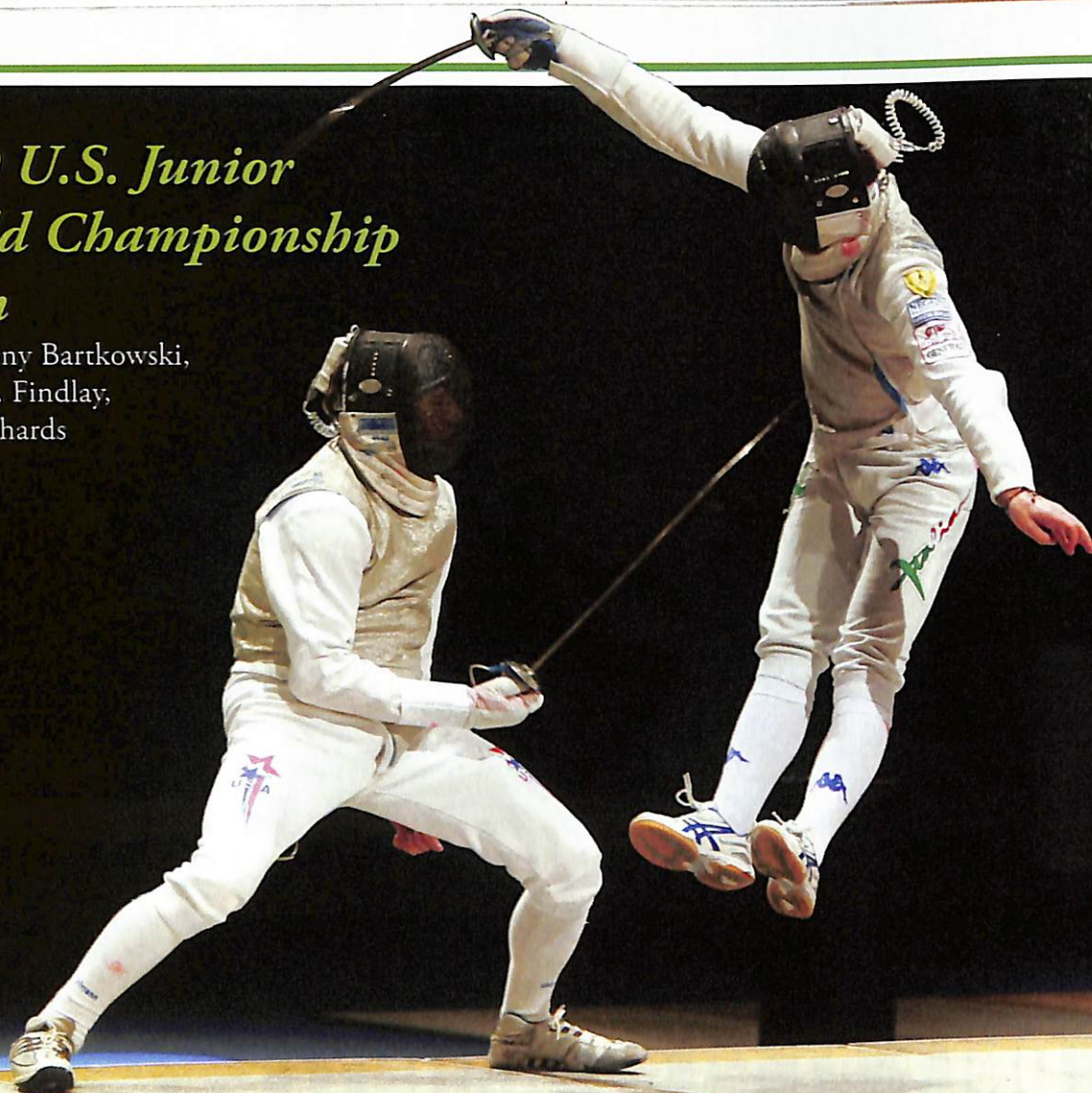
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2010 U.S. Junior World Championship Team

By Anthony Bartkowski,
with C.B. Findlay,
Carla Richards



Nine medalists from the highly successful 2009 Junior Worlds team will return to the 2010 U.S. Junior and Cadet World Championships, to be held in Baku, Azerbaijan, April 2-10.

Leading the group is 2008 U.S. Olympian Gerek Meinhardt (San Francisco, Calif) in junior men's foil, and 2009 cadet world silver medalists Lee Kiefer (Lexington, Ky.) and Katherine Holmes (Washington D.C.), who will try for gold in both junior and cadet age groups in women's foil and women's epee, respectively.

Last year, Team USA won an astonishing 11 medals, and appears poised to challenge for medal honors once again. Meinhardt will look to improve upon last year's individual bronze. Three of the four junior men's foil team members also want to upgrade their 2009 silver medal, including Alexander Massialas (San Francisco, Calif.) and Zain Shaito (Garland, Texas). David Willette (Lafayette, Calif.) will compete in his first Junior World Championships, after earning Junior World Cup gold and bronze this season.

Massialas, who's won a gold at a Junior World Cup this season as well, will also compete in cadet men's foil and be accompanied by Race Imboden (Brooklyn, N.Y.) and Brian Kaneshige (Maplewood, N.J.).

The junior women's foil team is highly decorated. Nzingha Prescod (Brooklyn, N.Y.) and Kiefer will look to defend their 2009 team World Championship title, along with 2009 Cadet World

Team member Margaret Lu (Greenwich, Conn.) and Eve Levin (New York). Two-time Cadet World champion Prescod finished eighth individually at the 2009 Junior Worlds, and is now ranked third in the world in the age group after earning multiple World Cup medals this season. Kiefer and Lu hold their own collection of Junior World Cup medals this season, as well. Prescod and Kiefer were also members of the 2009 U.S. Senior World Championship team.

In cadet women's foil, Kiefer and Lu will do double duty by competing in both the junior and cadet divisions, while Mona Shaito (Garland, Texas) joins them for the cadet portion.

Courtney Hurley (San Antonio, Texas), ranked second in the World U-19 standings, returns to the junior women's epee team and looks to improve her 11th-place performance. She's won all FOUR of the Junior World Cups she has attended since October – Montreal, Helsinki, Tauberbischofsheim and Budapest. She is the only returning fencer from the 2009 bronze-medal team.

Adding power to the U.S. squad will be veteran Holmes. A pair of newcomers will complete the junior squad that includes Neely Brandfield-Harvey (Houston, Texas) and Ashley Severson (Franklin



Lakes, N.J.), who will also test the competition in the cadet division. Isabella Barna (Bend, Ore.) rounds out the cadet women's epee team.

Daryl Homer (Jamaica, N.Y.), now ranked fifth in the world junior standings, returns to the Championships in men's saber and looks to supplement his 2009 junior world bronze. He is accompanied by Evan Prochniak (Philadelphia), Eric Fass (Beverly Hills, Calif.) and Aleksander Ochocki (Clark, N.J.). The U.S. men's saber team placed seventh in 2009.

The cadet saber team returns two veterans - Alexander Ryjik (Alexandria, Va.) and Will Spear (Wynantskill, N.Y.). Eugene Chung (Olney, Md.) rounds out the U.S. team.

2009 U.S. World Championship team member Monica Aksamit (New York) will lead the junior women's saber team, which finished eighth last year. 2009 cadet bronze medalist Nicole Glon (College Station, Pa.) moves into the junior division, while Lian Osier (Battle Ground, Wash.) returns for a second time. Celina Merza (Wayne,

N.J.) is the newcomer to both the junior and cadet world teams. Sarah Pak (Roslyn, N.Y.) and Skyla Powers (Decatur, Ga.) will compete in the cadet divisions.

The U.S. junior and cadet men's epee squad will also feature newcomers: Juniors - Michael Raynis (Chatsworth, Calif.); Alen Hadzic (Montclair, N.J.); Jonathan Yergler (Princeton, N.J.); and Andrew Meyers (Scarsdale, N.Y.). Cadets - Meyers; Ayyub Ibrahim (Bronx, N.Y.); and Alexander Eldeib (Burke, Va.).

The Junior and Cadet World Championships are held annually and are being organized this year by the Azerbaijan Fencing Federation and the Azerbaijan Olympic Committee.

The competition will be held at the Haydar Aliyev Sport and Concert Complex in Baku, which has hosted numerous Olympic-caliber sporting events. For more information on the 2010 Junior and Cadet World Championships visit <http://www.bakufencing2010.com/>.

Medal winners in 2010 Junior "A" Competitions & 2009 Junior/Cadet Individual Championships

*April 2-10, 2010,
Baku, Azerbaijan*

	Gold	Silver	Bronze
Celina Merza, CWS	X		
Daryl Homer, JMS		X	X
Eric Arzoian, JMS			XX
Gerek Meinhardt, JMF	X		X
David Willette, JMF	X		X
Alexander Massialas, JMF, CMF	X		
Nzingha Prescod, JWF		XXX	X
Lee Kiefer, JWF, CWF	X	X	
Margaret Lu, JWF, CWF			XX
Courtney Hurley, JWE	XXXX		
Michael Raynis, JME		X	



Meinhardt at the Beijing 2008 Summer Olympic Games

2010 U.S. Junior World Championship Team

April 2-10, 2010,

Baku, Azerbaijan

Junior Men's Epee

Michael Raynis, Chatsworth, Calif.
Alen Hadzic, Montclair, N.J.
Jonathan Yergler, Princeton, N.J.
Andrew Meyers, Scarsdale, N.Y.

Junior Men's Foil

Gerek Meinhardt, San Francisco, Calif.
Alexander Massialas, San Francisco, Calif.
David Willette, Lafayette, Calif.
Zain Shaito, Garland, Texas

Junior Men's Saber

Daryl Homer, Jamaica, N.Y.
Evan Prochniak, Philadelphia, Pa.
Eric Arzoian, Beverly Hills, Calif.
Aleksander Ochocki, Clark, N.J.

Junior Women's Epee

Courtney Hurley, San Antonio, Texas
Neely Brandfield-Harvey, Houston, Texas
Katharine Holmes, Washington D.C.
Ashley Severson, Franklin Lakes, N.J.

Junior Women's Foil

Nzihgha Prescod, Brooklyn, N.Y.
Lee Kiefer, Lexington, Ky.
Margaret Lu, Greenwich, Conn.
Eve Levin, New York, N.Y.

Junior Women's Saber

Samantha Roberts, Upper Saddle River, N.J.
Lian Osier, Battle Ground, Wash.
Nicole Glon, College Station, Pa.
Celina Merza, Wayne, N.J.

Cadet Men's Epee

Andrew Meyers, Scarsdale, N.Y.
Ayyub Ibrahim, Bronx, N.Y.
Alexander Eldeib, Burke, Va.

Cadet Men's Foil

Alexander Massialas, San Francisco, Calif.
Race Imboden, Brooklyn, N.Y.
Brian Kaneshige, Maplewood, N.J.

Cadet Men's Saber

Alexander Ryjick, Alexandria, Va.
Will Spear, Wynantskill, N.Y.
Eugene Chung, Olney, Md.

Cadet Women's Epee

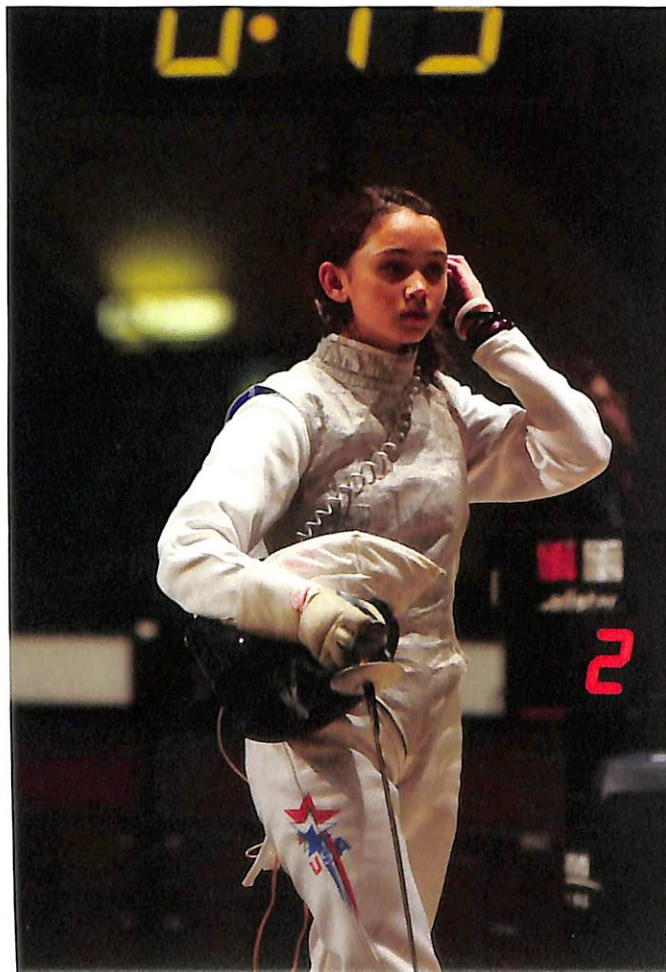
Katharine Holmes, Washington D.C.
Isabella Barna, Bend, Ore.
Ashley Severson, Franklin Lakes, N.J.

Cadet Women's Foil

Lee Kiefer, Lexington, Ky.
Margaret Lu, Greenwich, Conn.
Mona Shaito, Garland, Texas

Cadet Women's Saber

Celina Merza, Wayne, N.J.
Sarah Pak, Roslyn, N.J.
Skyla Powers, Decatur, Ga.



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WII SPORTS RESORT "FENCING IT ISN'T, FUN IT IS"



If you are between the ages of 5 and 95 you have certainly heard of, if not experienced, the Wii. My favorite sport so far had been one of the Mario brothers racing games... that is, until the Wii Sports Resort package came out.

When I spoke with Nintendo's PR group about reviewing the product, they insisted that I must call this swordplay, not fencing. However, not wanting to be caught off 'guard', my first step in preparing for this assignment was to seek the counsel of my fencing coach. I knew that he had purchased Wii Sports Resort and that he and his children had mastered Swordplay. "Your best basic tactic is to imagine a crazed bee is attacking you," was his professional advice.

After watching the three-minute tutorial on attaching the Wii MotionPlus to the Wii Remote, and making sure the wrist strap was snug (I remembered the first Wii stories of remotes flying through the air and taking out TV screens), I was ready.

I already had a fairly lifelike Wii "Kathryn" (OK, maybe it is a bit taller than I am) so it was simply a matter of clicking on the Swordplay button and selecting "Duel." At this point I read, "Hold the Wii remote as if you were gripping a sword with 'A' facing you - use both hands." Ha! I immediately went on guard with sword hand forward and back hand in position. My level was, of course, 0, my opponent, Ryan, was 14. His first hit was to my head and, trying to defend myself, I saw my Wii-self fall off the platform into the water. First blood (OK, round) went to Ryan. Knowing that I would look pretty funny writing this review if I did not uphold the honor of fencing, I decided to attack. It worked, Ryan fell, and I repeated a second time. I won! At that point the game announced that "Speed Slice" was "unlocked" for me (whatever). I then proceeded to beat Fumiko, George, Chris, Shohei, Emma and Ashley, losing only one round out of the next thirteen.

Out of breath (and out of time to write this article) I ended the evening a level 483 Wii Swords person. I plan to pick up where I left off; while reading the instruction booklet just now I saw "hold B to block your opponent's attack." Maybe I'll try that next time...nah, that's not my style.

Wii™



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SPORTS MEDICINE Q&A

PETER HARMER, PH.D., ATC

Q. I recently started to develop pain in the lower part of my back leg. It's been getting worse and if I push on the inside edge of the bone it really hurts. I was told I have shin splints but I thought that just happened in runners. What's going on? What do I do?

A. Lower leg pain such as you describe is often labeled shin-splints but this is not a particularly useful description. The more accurate designation is medial tibial stress syndrome (MTSS) and it occurs relatively frequently in runners and athletes in ballistic activities such as basketball, dancing, soccer – and fencing. Various estimations in the medical literature indicate that between 4 percent and 35 percent of athletes may suffer from it and that it accounts for 6 percent to 16 percent of all running injuries. Unfortunately for such a common condition, which has been investigated by numerous studies, there are still a lot of unknowns about it. It's not clear what causes it, how it may be prevented or what the best treatment might be. In fact, there are conflicting opinions about what the condition actually is (inflammation of the covering of the bone in the leg, tendinitis, precursor to a stress fracture, etc) or how it should be defined. The most widely used criteria for MTSS are exercise-induced pain along the inside edge of the middle-lower third of the tibia (shin) extending at least 2 inches. Although MTSS is painful it is relatively benign so it is important to rule out other possible causes of leg pain that may be related to more serious conditions including exertional compartment syndrome, stress fracture of the tibia, peripheral vascular disease, nerve entrapment or neoplasms. Usually a good history and physical examination is sufficient to rule out other conditions.

In general, MTSS can be considered an over-use or repetitive-stress dysfunction that results from the interaction of several factors including physiological (e.g., poor muscle strength in the leg), behavioral (e.g., changes in training load) and biomechanical (gait abnormalities; over-pronation; overweight). Based on current research the most significant contributing factor seems to be a

sudden/rapid increase in training load (the change in total load on the leg can come from increases in the frequency, intensity and/or duration of training) so that the load exceeds the functional capacity of the musculotendinous/skeletal components, producing some type of damage as indicated



Photo by Chris Germano

by increasing pain in the region.

A recent review of four studies examining techniques to prevent MTSS (using shock-absorbing insoles, heel pads, stretching of the Achilles tendon or a modified training program) concluded that none of these approaches was effective.

Treatment options range from conservative and obvious (rest) to radical

(surgery) and innovative (extracorporeal shock wave therapy). While almost all cases of MTSS will improve with rest (and very few need surgery), rest is problematic as it may involve weeks or months away from practice. Pragmatically, the most desirable option is to treat the symptoms (e.g., with ice and nonsteroidal anti-inflammatory medication), increase the strength and endurance of the leg muscles (particularly the soleus) and decrease the load while maintaining training as well as the pain allows. Simple first steps for the last point would be to break lessons or bouts up into shorter periods (i.e., shorter or less intense periods working with longer or more frequent rest periods), practice less frequently, and change off-piste training. For example, instead of running (which will aggravate the condition), maintain cardiovascular fitness by working out in a pool, on a stationary bike or on an elliptical trainer. Various types of orthotics or taping of the leg and/or medial arch of the foot have been shown to provide symptomatic relief, allowing athletes with MTSS to continue to train, although not necessarily at the same level, until the symptoms resolve. Once the condition improves, it's important to have a gradual increase in training load to avoid a new round of pain and reduced activity. A previous history of MTSS is one of the main predictors of the risk of MTSS. In other words, if you have had it once, you are more likely to get it again so being conservative in building up the training workload after MTSS is highly recommended. **AF**

SPORT SCIENCE

MEGAN MANGANO, RD, ATHLETES PERFORMANCE

Sugar: From Soup to Nuts. What it is, where it is hidden, what it means, and what you should do about it.

How can something so simple become so complex?

Products are loaded with a vast array of ingredients, and many different kinds of sugars. What are they? What do they mean and why are they there? Below we will cover the many sides of sugar, or sugar-like substances, from glucose to sugar alcohols, to sucralose, to help you understand what may be in the products you choose. Let's begin with a simple definition of sugar.

Sugar is a naturally occurring nutrient that makes food taste sweet, and has four calories per gram. Sugar is found in a variety of foods from fruits and vegetables, to milk and cereals. It may be used as a sweetener added to foods or drinks, as a natural preservative that binds water to prevent the growth of microorganisms, and as a bulking agent, which gives texture to a variety of food from jams to frozen products.

Fructose is the sweetest, naturally occurring sugar and is found in fruits, berries, and honey. Like many sugars, this can be either solid as a crystal, or liquid as in a syrup. It is 1.5 times sweeter than **sucrose** or table sugar, which is derived either from sugar cane, or surprisingly from a particular kind of beets. Another common sugar is milk sugar, which is **lactose**. Foods we consume can contain naturally occurring sugars and added sugars.

Other things you may taste in your food....

Glucose is what any type of carbohydrate (except artificial sweeteners) is eventually broken down into in the body. Glucose is the primary fuel for the brain and the muscle. We will store glucose as glycogen in the muscle and the liver for future fuel needs. For an athlete, having enough fuel—aka, glucose—is critical for success. But, as with anything, there can be too much of a good thing. If you overfill your fuel tank, this extra glucose will be converted to fat. The same is true for all natural sugars.

Dextrose is the commercial name used for the crystalline glucose produced from starch. It too contains four calories per gram. Food manufacturers may list dextrose produced from cornstarch as “corn sugar” in the ingredients -- or if derived from rice or wheat, as rice sugar or wheat sugar. Dextrose is used in many baking products like cake mixes and frostings, snack foods like cookies, crackers and pretzels, as well as desserts.

Things can get complicated when different sugar products are combined, or chemically manufactured with some particular purpose in mind, like providing low calorie products for diet minded sweets lovers.

High fructose corn syrups (HFCS) are corn syrups that are enriched with fructose, and have nearly equal amounts of glucose and fructose. HFCS is most commonly found in beverages, canned fruits, dessert syrups, and other foods.

Sugar alcohols (Polyols). Depending on how you look at it, fortunately or unfortunately, sugar alcohols are neither sugar nor alcohol. Polyols vary in sweetness from about half as sweet as sugar to equally as sweet. They can be found as xylitol, sorbitol, mannitol, maltitol, isomalt, lactitol, hydrogenated starch hydrosolates, hydrogenated glucose syrups, erythritol, or a combination of these! Often times individuals with diabetes will use foods with sugar alcohols, because they are converted to glucose more slowly, require little or no insulin to be metabolized and don't cause sudden increase in blood sugar. However, these

foods are not “free” foods, and may cause bloating and diarrhea when eaten in excess.

On to **Artificial sweeteners** or non-nutritive sweeteners, which contain zero calories and no carbohydrates. Artificial sweeteners, also called sugar substitutes, are substances that are used instead of sucrose (table sugar) to sweeten foods and beverages. You are probably most familiar with the names saccharin (Sweet & Low), aspartame (NutraSweet or Equal), and perhaps sucralose (Splenda).

Saccharin was discovered a century ago and has been used as a non-caloric sweetener in foods and beverages for more than 100 years. **Aspartame** contains two amino acids, aspartic acid and phenylalanine. Together they make foods taste sweeter. **Sucralose** is a low-calorie sweetener reported to be 600 times as sweet as sugar, and has become a favorite of the food industry because it is tolerable to high temperatures and high and low pH, has a pleasant taste, and has a very low caloric value (two calories/teaspoon)

What does all of this mean? Really, whether you are choosing pure sugar or an artificial sweetener, moderation and variety is the way to go. Don't overdo it on any of these! Go for the least-processed food choices, have a diet based on whole grains, fruit, vegetables, and lean proteins, and keep these sugar choices minimized!

During competition and higher intensity training it is important to have a mixture of glucose and fructose as both sugars enter the system through different mechanisms. This is the most efficient way to quickly fuel the body. There have been a variety of studies examining the efficiency of multiple sugar hydration options.

Main message: Everyday hydration choices – water and natural beverages Performance hydration choices – engineered quickly absorbed carbs. AP



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HISTORY

By Andy Shaw

ONE OF A KIND

He was a member of the three-man color guard that carried the U. S. flag in the 1948 Olympics' opening ceremonies, and he was the lone flag bearer twice, at the 1952 and 1956 Olympics. This man made every Olympic fencing team for 28 years!

He fenced in the 1928 Olympics; in the 1932 Olympics he placed ninth in the individual and fourth in saber team; in the 1936 Olympics the saber team was fifth; he made the 1940 Olympics but the Games were cancelled, no team was selected in 1944; he led the US saber team to the Olympic Bronze Medal at the 1948 Olympics; he fenced in the 1952 Olympics and the saber team placed fourth; and he fenced in the 1956 Olympics.

He won 23 United States National fencing titles (17 individual titles and six team titles). He fenced in the national championships twenty-five times, finishing among the top three in saber twenty-two times – the most saber titles in history.

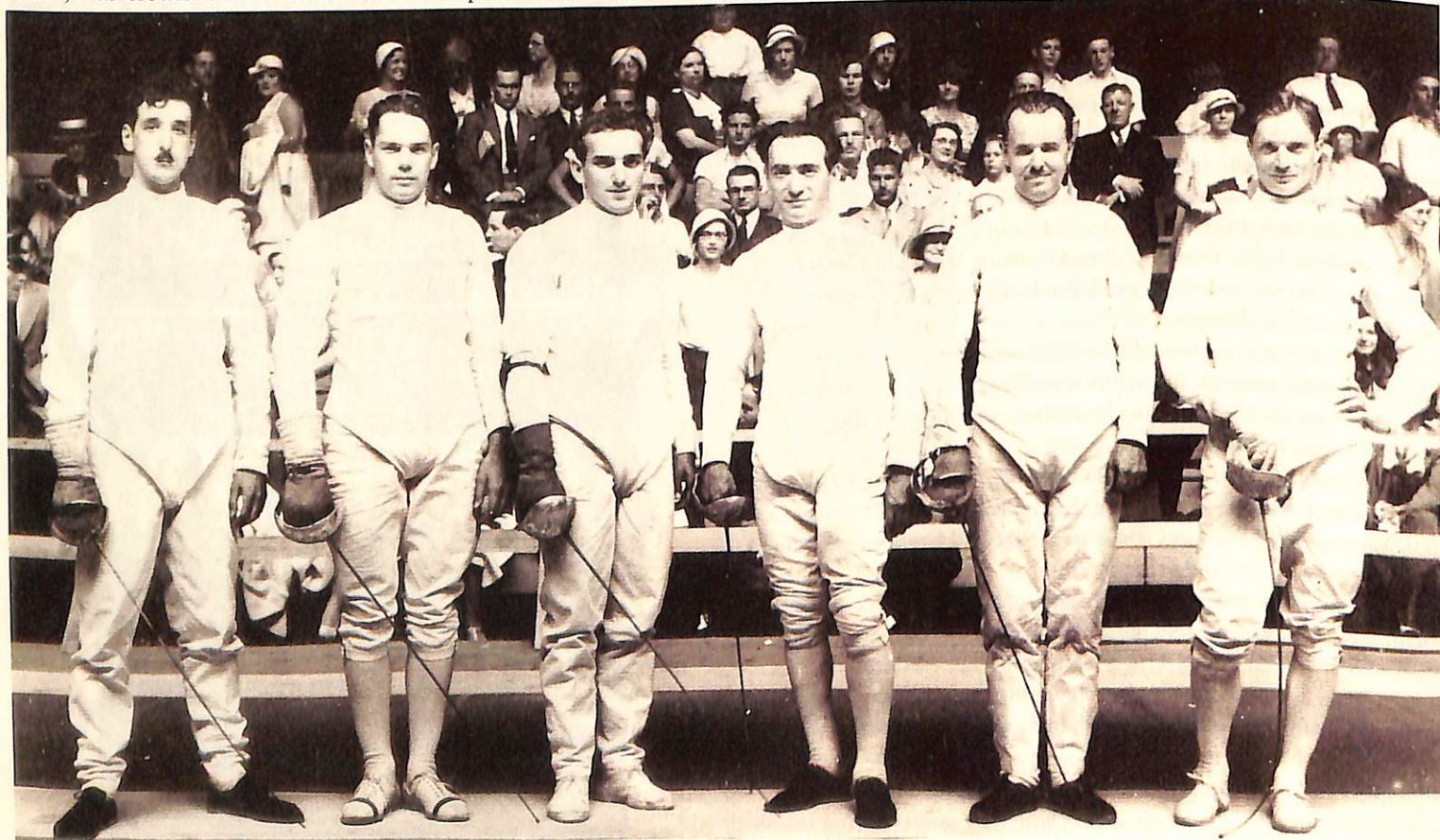
Who was this legend of the sport? It was Norman Armitage... or maybe Norman Cohn. Although there have been a number of American women who have won the US national championships under their maiden names and later under their married names, Norman is the only American man to have national titles and Olympic appearances with two different names. Whatever name you knew him by, he was truly a champion.

Here are a few of the comments that his fencing elicited: J. P. Abramson of the New York Herald covered the 1928 Intercollegiate Fencing Association championships; "Norman C. Cohn, Columbia senior, was crowned individual sabers champion of the I.F.A. after

a scintillating exhibition with the slashing weapon through five hours of almost continuous dueling on three strips on the roof of the Astor Hotel. Entering the tournament following 22 successive saber victories in dual meets, the Columbia six-footer proceeded to lay to with such vigor and skill that by nightfall he had routed all thirteen [competitors]. His timing was quite flawless, his execution swift and splendidly effective. Cohn's brilliancy paved the way to a decisive team triumph for the blue and white Columbia fencers." In 1936, the NY Times referred to him as "the saber king."

In 1936, Time magazine declared, "the tall, willowy Norman Armitage, who sports a little waxed mustache, had little difficulty in taking his third straight saber title." This was the same year that he suffered third degree burns on his fencing arm that seemed to portend an end to his career. Doctors assured him that his competitive fencing days were over. But he refused to be held back. He exercised his hand and arm and built up his strength. And then it was off to the Berlin Olympics.

In 1937, covering the US National Championships, Riposte Magazine wrote, "Armitage, that lion tamer, was unbeaten." So who was this guy? Norman Cohn or Norman Armitage? He was born Norman Cohn on New Year's Day in 1907 in Albany, N.Y. but grew up in New York City with his mother, Leonora Cudworth, and his stepfather Louis Armitage.



The 1932 Olympic Saber Team. Armitage is on the far left.



After graduation, he chose to fence at the New York Fencers Club. In 1937, Norman received his law degree from NYU and in 1939, a Doctor of Jurisprudence with a specialty in patent law. Over his professional career, Mr. Armitage was an engineer and then a patent lawyer for the Brooklyn Union Gas Company (1930-1941), then joined Colgate-Palmolive. In 1941, he married Constance Dean. Miss Dean, who spoke 13 languages fluently, had just finished a two-year stint as an undercover agent for U.S. Naval Intelligence against the Germans. She had so convinced people that she was involved with the Nazi movement that she was ostracized in her own neighborhood to the point that folks would cross the street to avoid her.

Sometime during 1932, after he had already been selected for his second Olympic Games, he took his stepfather's surname. The reason for his name change is not quite clear, but it had no effect on his competitive results as his saber performance stayed red hot.

Norman attended Townsend Harris High School in Queens, New York and chose Columbia University for the next four years. James Murray, a legendary Hall of Famer who coached at Columbia for 50 years, taught the tall, slender young student to fence in 1925 and on April 5th, 1928 Norman Cohn won the I.F.A. saber individual championships at the Astor Hotel and, with that victory, a berth on the Olympic team. It was quite unusual for a collegiate fencer to be selected for the Olympic team during the late 1920s but he and Darnell Every stunned the fencing League's leaders.

During his stay at Columbia, Norman had an awesome reputation. In fact the Navy team, in preparation for the Intercollegiate Fencing Association Championships, put up a picture of Norman in their training room with the slogan, "GET HIM- NAVY."

He just loved fencing and used his free time to run around campus and recruit young men for the team. On registration day at Columbia, Norman would watch the incoming students as to "how they walked." One time, he walked up to young man named Haak Gulbranson and said, "How would you like to be the national collegiate Saber Champion?" From Norman Armitage's lips to God's ears. Haak started fencing classes and in 1931 he won the Intercollegiate Fencing Association saber title.

Norman Armitage earned his BA from Columbia in 1927 and remained to earn a Masters degree in 1929 in chemical engineering.

In 1943, he joined the Navy and after the war was over, he began his employment with Milliken, Inc. (one of the nation's most prominent textile companies), where he ran the division in charge of textile machinery and chemicals and new yarns and fabrics, focusing on both the technical and legal parameters of the business. He earned the position of vice president.

"Norman's other hobbies were fencing, fencing and fencing," his wife, Constance told me about 15 years ago during a telephone interview. The Armitage family lived most of their years in Greenwich, Connecticut and in the early 1970s moved to the Carolinas.

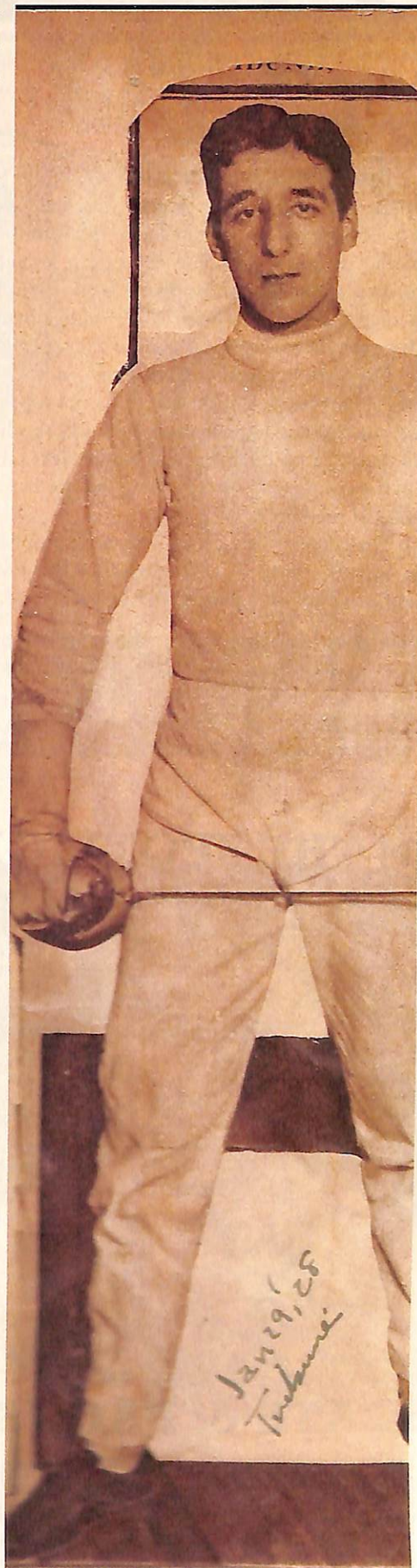
Norman hated getting bruises from saber cuts and chose to have his fencing uniform custom made out of sail cloth. One of his training habits was to do 200 prime parry ripostes every night in a doorway in his home. Due to Norman's extreme passion for everything about saber fencing, the Armitages had a rule about entertaining and parties, "All fencers at a party or no fencers at a party," Mrs. Armitage explained. He did 200 prime parry-ripostes every night in a doorway in his home. Norman Armitage was truly one of a kind. **AF**

COLUMBIA ~ COLLEGE



COHN HERTZ FUERTES BLOCK TULL MURRAY (COACH)

The 1925-1926 Varsity Fencing Team



Armitage, here cited as Cohn, from the Herald Tribune, in 1928.

The Point

TECH TALK

TESTING LAMÉS ON THE STRIP

By Ted Li

Before foil and saber fencers begin their bouts, they ritualistically check the lames of their opponents to see if they will register valid hits. Is only one test hit enough? With more and more pieces of conductive material being worn (pun intended) by foil and saber fencers, the potential for problems is multiplied. When a test hit is made, it does not necessarily test all of the target areas; it only tests the most direct electrical path to the scoring machine.

For now, foil fencers have it easy, as only the lamé (or metallic vest) is involved. But if the FIE has its way, there will be another conductive surface, the mask bib, and another wire which will need to be tested. Foil fencers will have to learn to make two test hits, one on the conductive bib to test it and the mask cord, and another to test the metallic vest.

For saber fencers, the problem is complicated by a conductive jacket, an over-glove (manchette) or glove with a conductive cuff, and a mask with a conductive bib. If a fencer wants to be sure that

all of his/her opponent's lamé materials are conductive, all of them must be tested – one at a time. Hitting the mask's bib will test the bib, the mesh, the mask cord, the back of the metallic jacket, and the body cord. Hitting the over-glove/manchette will test the over-glove, the sleeve, and the back of the metallic jacket. Hitting the front of the metallic jacket will test both the front and back of the metallic jacket and the body cord.

Recently there have been instances when whole panels of lamé material have failed because of a myriad of causes – loose seams, surface coatings, or broken threads – but the failure was not discovered until midway in a bout. Obviously, a person fencing against an opponent wearing a lamé with a dead panel is at a competitive disadvantage – something which the rules strive to prevent. Making a more thorough test of your opponent's lamé surfaces before the beginning of a bout is quick insurance that you will not be at a competitive disadvantage. **AF**

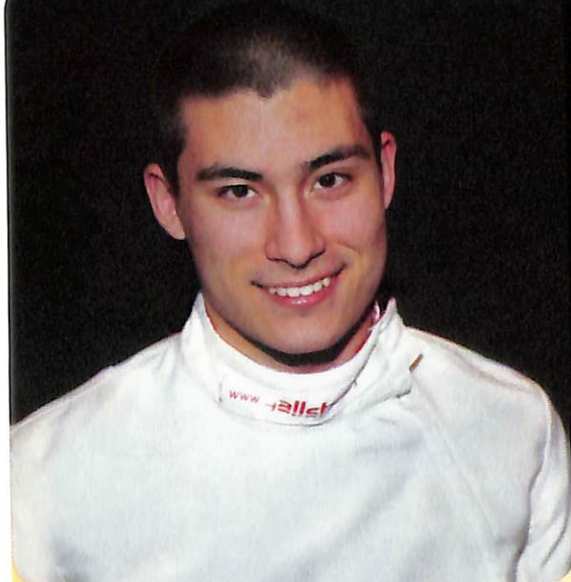
HINTS FOR HELMET HEADS

Try, Try Again

Weight-test your epee or foil after the last point of EVERY competitive bout. Your last hit could have been your spring's last, too.

IN THE SPOTLIGHT

MICHAEL RAYNIS



In the extremely deep field of junior men's epee, Michael Raynis has moved rapidly to the top position in the US Junior ranks. He's only been fencing for five years, but the 18-year-old has already won medals on the international circuit, including a bronze at a junior "A" world cup this season.

Raynis began fencing when seeking a fall sport to complement his spring tennis participation. While considering football, a friend introduced him to fencing. Raynis says, "After my first year of fencing in middle school, I drifted away from tennis simply because of how fascinating fencing was." A fortunate summer visit to a Korean sports program at which Raynis practiced with Korean Olympians sealed the deal.

Fencing's gain is tennis' loss. Raynis was selected as a member of the 2010 junior world championships team set to compete in Azerbaijan in April.

Highlights:

- Bronze, junior "A" world cup, Basel, Switzerland 2010
- 8th, senior "A" world cup, Buenos Aires, Argentina 2008
- Bronze, senior international satellite tournament, Basel, Switzerland 2008

STATS & FACTS

Hometown: Chatsworth, California

Birthdate: September 18, 1991 (Chatsworth, Calif.)

High School: Harvard-Westlake High School, 2010

Club: Los Angeles International Fencing Center

Coached by: Gago Demirchian

Who is your "fencing hero?": "Dmitri Karuchenko – I used to think my potential in epee was limited due to my height. Karuchenko is significantly shorter than I am and has won numerous senior world cups. After being incapacitated by a stroke, many thought he wouldn't be able to walk or even talk again. He refused to be discouraged and, after months of perseverance, he recovered and is now making the finals at world cups again."



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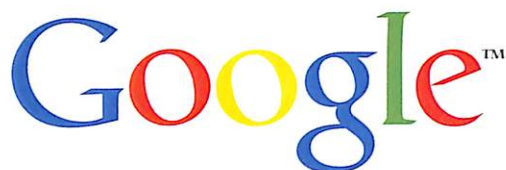
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ONLINE MARKETING FOR FENCING CLUBS – GETTING PROSPECTS

The fencing club's web site should be the final online destination for parents and enthusiasts thirsty for knowledge about fencing and a place to discover and learn about their new passion. Your physical and online presence both need to attract customers in order to survive. Unlike the early '90s, however, this isn't a case of "If you build it, they will come." You need to actively market your web site for it to be found by your prospects.

There are a number of free or inexpensive ways to promote your club's web site. You'll want to pick tactics that fit your time and budget. While you could rely on your existing club members to shoulder some of the work load, you'll want to build your own system of online promotions once you figure out what works and what fits with your marketing philosophy. One of the first things that you can do is place advertisements for your fencing classes where your customers are searching. Some of the largest channels are the search engines: Google, Yahoo, and Bing. These search engines have recently started focusing on providing local search results to Internet users. You can use the new tools that the engines are providing to your advantage.

Here are a few places to start:



Google Local – <http://www.google.com/lbc>

Google offers businesses an easy way to be found on local search. If you search for "florist + your zip code" or your city + florist, then you'll get a list of "Local business results for florist near XXX." That listing will include a map plus a number of listings on the map that include the business name, phone number, and a link to the business' web site.

The best thing is that these listings are free (at least for now.) Go to the Google Local Business Center web site and either login with your gmail.com account, or create a new Google account.

Once logged in, you'll be able to enter all of your club's information. In order to verify all businesses listed, Google will then send a postcard to you via USPS with instructions on how to verify your listing. Once verified, your fencing club will be included in the search results – and Google has been giving preference to local listings over more generic listings in their search results pages.



Bing Local – <http://www.bing.com/local>

Bing is the new search engine from Microsoft. While Bing does not have the market share that Google has, they are making headway and they do provide some pretty good search results. Because of the quality of search results and the dollars being spent on promoting this search engine, more people are expected to use Bing.

Bing has a local search option as well. When you go to the Bing Local URL, listed above, look for the link near the bottom of the page designating the "Local Listing Center." Click on "Add New

Listing" and enter in the club's name and address. After that you'll need a Windows Live ID to claim the existing listing or create a new listing. It's pretty much the same process as Google's.



Yahoo! Local: <http://local.yahoo.com/>

Similar to Google and Bing, the Yahoo local business directory offers free listings. Since you've already submitted to Google and Bing, the process should be familiar. From the Yahoo! Local home page, scroll down and look for the "Add a Business" link. You will need to have a Yahoo account to complete the process.

Your local newspaper(s).

Many local newspapers have an event listing service that is free, or very inexpensive to use. In Atlanta, we have a site called "Access Atlanta" that is run by the local newspaper. Any organization can post their events, so if someone gets the fencing bug while reading through their news site, they can find you. Not every location is the same so you'll want to check your local market.

Head over to <http://www.onlinenewspapers.com/> for a fairly comprehensive listing of newspapers. The site organizes newspapers by state then city, so you'll need to drill down and get to the newspapers that serve your area. Once there, look for the "Events Calendar" and check out how to submit a listing. In several regions there were already active listings for beginning fencing classes; if your club is already doing that – good for you!

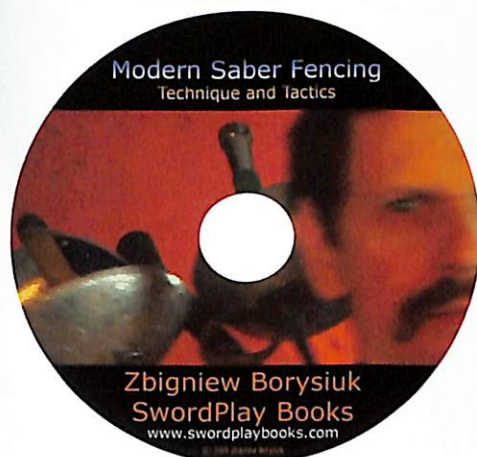
Finally, make sure that your fencing club information is up to date on the web sites for the US Fencing Association, divisional and sectional pages, and fencing.net. Each of these sites provides free listings for USFA member clubs.

For every place you list your club, double-check the address and contact information that each web property is displaying. You want to make sure that the right phone number and physical address are shown so that it's easy for your customers to reach you.

Next time we'll take a look at the social media properties, and why you want to make sure you own your club's brand in those sites. **AP**

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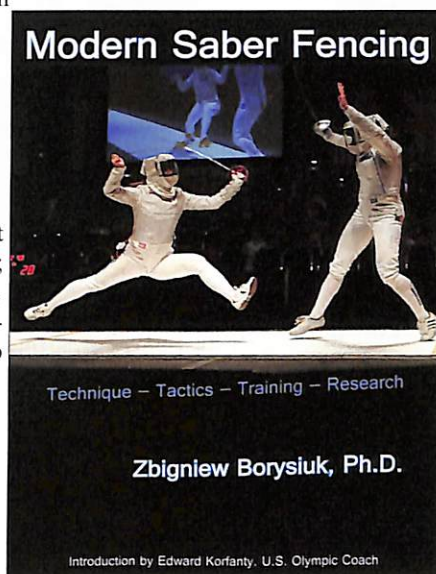
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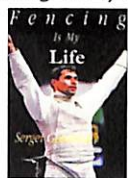
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RESULTS

3rd Annual Barbara Lynch Charity Regional Youth Circuit

Youth-8- Youth-14 - All Weapons

December 19-20, 2009, Maplewood, NJ

Proceeds from the competition go to the Lynch Family to help defray medical costs, and to the National Ovarian Cancer Coalition.

Youth-8 Mixed Foil: 12 Competitors

- 1 Camille, Zachary, Brooklyn Fencing Center
- 2 Yu, Nathan, Atlantic Fencing Academy
- 3T Du, Melissa, New Jersey Fencing Alliance
- 3T Adler, Polly Fencers Club

Youth-8 Mixed Saber: 1 Competitor

- 1 Czyzewski, Veronica

Youth 10 Mixed Saber: 9 competitors

- 1 Polinski, Adrian, Polish-American Fencing School
- 2 Quinton, Jared Polish-American Fencing School
- 3T Czyzewski, Veronica Polish-American Fencing School
- 3T Halicki, Katherine Polish-American Fencing School

Youth-10 Mixed Epee: 4 Competitors

- 1 Eschenbach, Will, New Jersey Fencing Alliance
- 2 Cole, Elias, Fencing Academy of Westchester
- 3T Sklar, Emmitt, Brooklyn Fencing Center
- 3T Freedman, Levi, Chevy Chase Fencing Club

Youth-10 Men's Foil: 17 Competitors

- 1 Allen, Cameron Lucchetti Fencing USA
- 2 Walker, Dalton, Cobra Fencing Club
- 3T Camille, Zachary, Brooklyn Fencing Center
- 3T Shafaie, Ali, Freehold Fencing Academy

Youth-10 Women's Foil: 8 Competitors

- 1 Viqueira, Marissa, New Jersey Fencing Alliance
- 2 Adler, Polly, Fencers Club
- 3T Prince, Ella, Brooklyn Fencing Center
- 3T Mendez, Erika, Peekskill Fencing Center

Youth-12 Mixed Epee: 16 Competitors

- 1 Cole, Joshua, Fencing Academy of Westchester
- 2 Magnus, Gunnar, Fencing Academy of Westchester
- 3T Solter, Maxwell, Cobra Fencing Club
- 3T Eschenbach, Will, New Jersey Fencing Alliance

Youth-12 Men's Foil: 26 Competitors

- 1 Branman, Matthew, Lucchetti Fencing USA
- 2 Fields, Carroll (Rusty), Empire United Fencing
- 3T Rodell, Clinton, Virginia Academy Of Fencing
- 3T Hosey, James, Putnam County Fencing Center

Youth-12 Men's Saber: 11 Competitors

- 1 Metryka, Karol, Polish-American Fencing School
- 2 Lewicki, Matthew, Bergen Fencing Club
- 3T Bak, Mikolaj, Polish-American Fencing School
- 3T Polinski, Adrian, Polish-American Fencing School

Youth-12 Women's Foil: 11 Competitors

- 1 Viqueira, Samantha, New Jersey Fencing Alliance
- 2 Carminucci, Joanna, Putnam County Fencing Center
- 3T Tang, Zuzu, New Jersey Fencing Alliance
- 3T Semel, Liana, Putnam County Fencing Center

Youth-12 Women's Saber: 6 Competitors

- 1 Whang, Jessica, Manhattan Fencing Center
- 2 Khaw, Kathryn, Mr. Ma Fencing, USA
- 3T Czyzewski, Veronica, Polish-American Fencing School
- 3T Rockford, Jessica NJ Fencing Alliance

Youth-14 Men's Epee: 16 Competitors

- 1 Gardner, Eric, Medeo Fencing Club II
- 2 Quarles, Philip, Altitude School of Fencing
- 3T Cole, Joshua, Fencing Academy of Westchester
- 3T Cavuto, Matthew, Sebastiani Fencing Academy - Princeton

Youth-14 Men's Foil: 20 Competitors

- 1 Johnston, Drew, Clinton Fencing Club
- 2 Branman, Matthew, Lucchetti Fencing USA
- 3T Endee, Tyler, Lucchetti Fencing USA
- 3T Fields, Carroll (Rusty), Empire United Fencing

Youth-14 Men's Saber: 18 Competitors

- 1 Szczesniak, Michael, Polish-American Fencing School
- 2 Chin, Edward, Manhattan Fencing Center
- 3T Shainberg, Jonah, Fencing Academy of Westchester
- 3T Metryka, Karol, Polish-American Fencing School

Youth-14 Women's Epee: 8 Competitors

- 1 Ferguson, Signe, New York Athletic Club
- 2 Sakharova, Helen, Bergen Fencing Club
- 3T Young, Lily, New York Athletic Club
- 3T Straus, Meghan, Baltimore Fencing Center - Timonium

Youth-14 Women's Foil: 8 Competitors

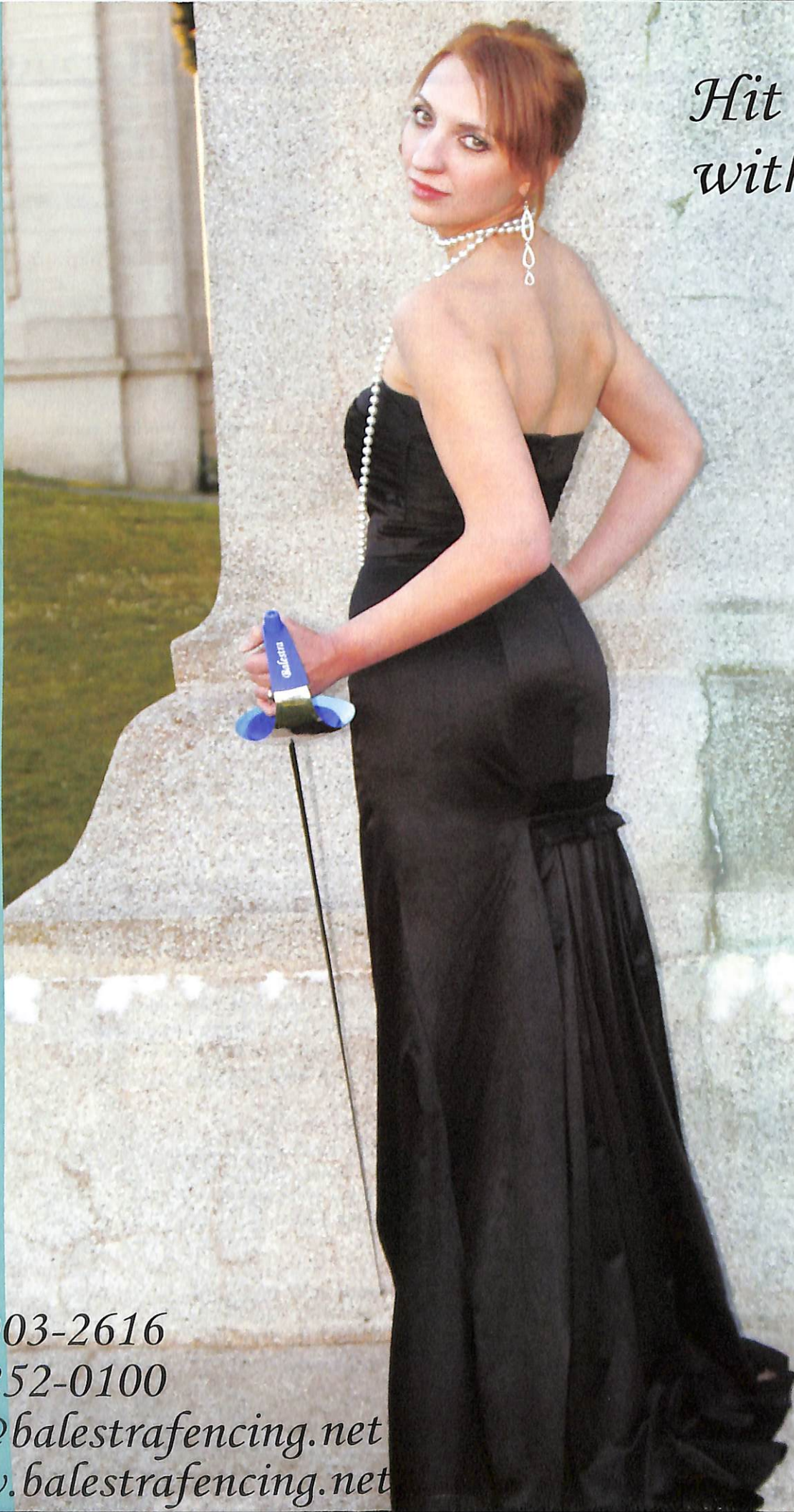
- 1 Stanford, Rebecca, Brooklyn Fencing Center
- 2 Gets, Jessica, Atlantic Fencing Academy
- 3T Popkin, Naomi, Gutkovskiy Fencing Academy
- 3T Coury, Kristen, Somerset Hills Fencing Club

Youth-14 Women's Saber: 6 Competitors

- 1 Parzecki, Ania, Bergen Fencing Club D2009
- 2 Barry, Allison, Manhattan Fencing Center
- 3T Whang, Jessica, Manhattan Fencing Center
- 3T Moszczynski, Natalie, Polish-American Fencing School

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Competition Classifieds

2nd Annual Aldo Nadi 3-Weapon Open will be held May 1st, 2010 at Willamette University in Salem, Oregon for all levels and ages. This tournament is hosted by Salem Classical Fencing and is limited to 24 fencers. Fencers must be able to fence all three weapons. Prizes will be awarded to the top four finishers. For more information call 503-375-9209. Register at askfred.net or <http://casino.salemclassicalfencing.org> or by emailing info@salemclassicalfencing.org. Registration closes April 16th.

The New Jersey Fencing Alliance (NJFA) will be hosting the Danny Bukantz ROC (Regional Open Circuit) Friday, May 14, 2010; 5:30 p.m. Wheelchair events / Welcome Reception (open to all - fencers/guests) Saturday/Sunday, May 15-16. All Open events at the New Jersey Fencing Alliance fencing salles, 54 Burnett Avenue, Maplewood, New Jersey.

This is the final event in the 2009-2010 ROC season, open to any fencer aged 13 and up or on the Junior National Rolling Points List. Those who finish in the top 10% (with a minimum of 4) will qualify for the Division I-A Championships at Summer Nationals. For more information please visit www.njfencingalliance.com or www.askfred.net.

17th Annual Mr. Ma Cup will be held on June 5 and June 6 (Saturday and Sunday), 2010 for all levels and all ages (Y-10, Y-12, Y-14 and open for both men and women and all 3 weapons) in Burlington Township Middle School at Springdale, 1600 Burlington Bypass, Burlington, NJ 08016. Last year more than 700 fencers participated. For more information, check web at www.fasj.com or askfred.net, or phone (908)240-1911 or (856)424-5070, or email: fasj1@yahoo.com.

Coach Classifieds

Work Wanted

Alexey Karpov, 45 years old, 25 years of epee coaching experience. Has coached five champions of All-Russia fencing championships. Took part as a coach in training camp of Russia National team for 1996 Olympic Games. Has been a coach of Singapore National team for three years and has prepared champions of both individual and team events in South East Asia Fencing Federation in 2006. Please

contact karpovsin@gmail.com.

Italian Fencing Master, current coach of the University of Verona Fencing Team; graduate of National Academy of Fencing in Naples, seeking teaching position in scholastic or club fencing in the U.S. Contact Carmino Galanto, tel. 045-522084, address Via A. Scarlatti, 1/A, 37131 - Verona, Italy.

Coach Wanted

Dallas Fencers Club in Dallas, Texas seeking part time epee coach for developing epee program. Private lessons and some group classes, children and adults. Needs good communication skills and enjoy working with children. Send resume to dallasfencers.com or contact Coach Waldek Czaja at 214-629-5358.

The South Coast Fencing Center (SCFC) is looking for a foil coach to complement their current coaching staff. This coach would work closely with the intermediate and competitive level foilists at the center, both in group and private instruction, and be willing to travel for national competitions. SCFC is located in Orange County, CA, just south of Los Angeles. The coach should have solid communication skills, a willingness to work in a team environment and a commitment to our program. Relocation expenses may be provided, depending on the coach's background. A temporary contract is also possible to ensure a good fit for both parties. Contact Brenden Richard at info@southcoastfencing.com / (714) 549-2946.

First posted Fall '09

FASJ and Mr. Ma Fencing Center are looking for quality foil and sabre coaches. Please email your resume and contact information to: fasj1@yahoo.com.

First posted Fall '09

New England fencing club seeks high-level coach for growth expansion. Candidates must be eligible to work in the U.S. and speak English. Students from beginners to elite competitors; must be able to teach child and adult group classes. All weapons considered; multi-weapon experience, good organization and leadership skills a plus. Interested applicants please send resume to fencesmart@gmail.com

First posted Summer '09

Seeking Coach: Oregon Fencing Alliance in Portland, OR has an opportunity for a sabre coach to work alongside Ed Korfanty and his World and Olympic Champions. This is a part time position teaching Beginners the sport of fencing. Individual needs good communication skills and must enjoy working with young kids. Send resume and contact OFA Director of Programs: CZagunis@aol.com/503.880.3512

Renewed Fall '09

Intermediate/Advanced Foil and Saber Coach Wanted for growing three-weapon fencing club in Albuquerque. Must speak some English. Students age 8 years to adult, group classes and individual lessons. Some relating to parents expected. Must be able to armor. Base 20-25 hours/week, extra hours possible. Occasional paid travel. Three-month trial offered, travel allowance for moving. Contact Toby Tolley at Duke City Fencing, (505)872-0048.

Renewed Fall '09

Salle for Sale

Fairfax Fencers club, and facilities (2700 sq. ft.). Current location Chantilly, Va. for over 6 years see www.fxfencers.com. See loopnet.com for comparable prices. Current owner and head coach relocating next three years or so. Email tomj@fxfencers.com.

First Posted Fall '09

Got a big competition coming up? Looking for a coach? Looking for a job? Send FREE classified listings to:

Cindy Bent Findlay, editor@usfencing.org. Make sure to include contact information. American Fencing will not act as an intermediary for advertisers and does not research backgrounds or legitimacy of either coaching candidates or advertising employers or clubs.

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Summer magazine deadlines for all classified ads is May 15, 2010. 

Upcoming Events:

2010 World Junior/Cadet Championships

Baku (AZE)
2-10 April 2010

Jeff Wolfe Long Island Challenge ROC

Rocky Point, NY
10-11 April 2010

NAC F Youth (14/12/10); NAC DIV I

Virginia Beach, VA
April 23-26, 2010

Pan American Junior/Cadet Championships

Buenos Aires, Argentina
TBA

Danny Bukantz Open ROC

Maplewood, NJ
May 15-16, 2010

FIE Senior World Cup: WF, WS, MS

New York, New York
June 18-22, 2010

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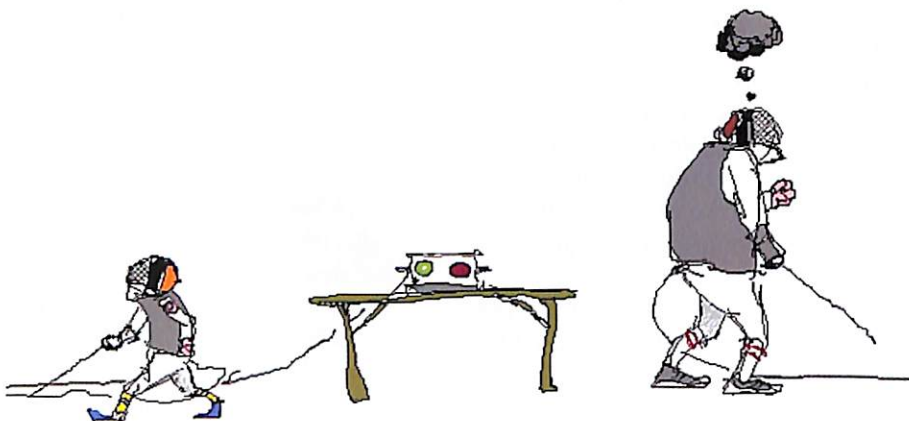
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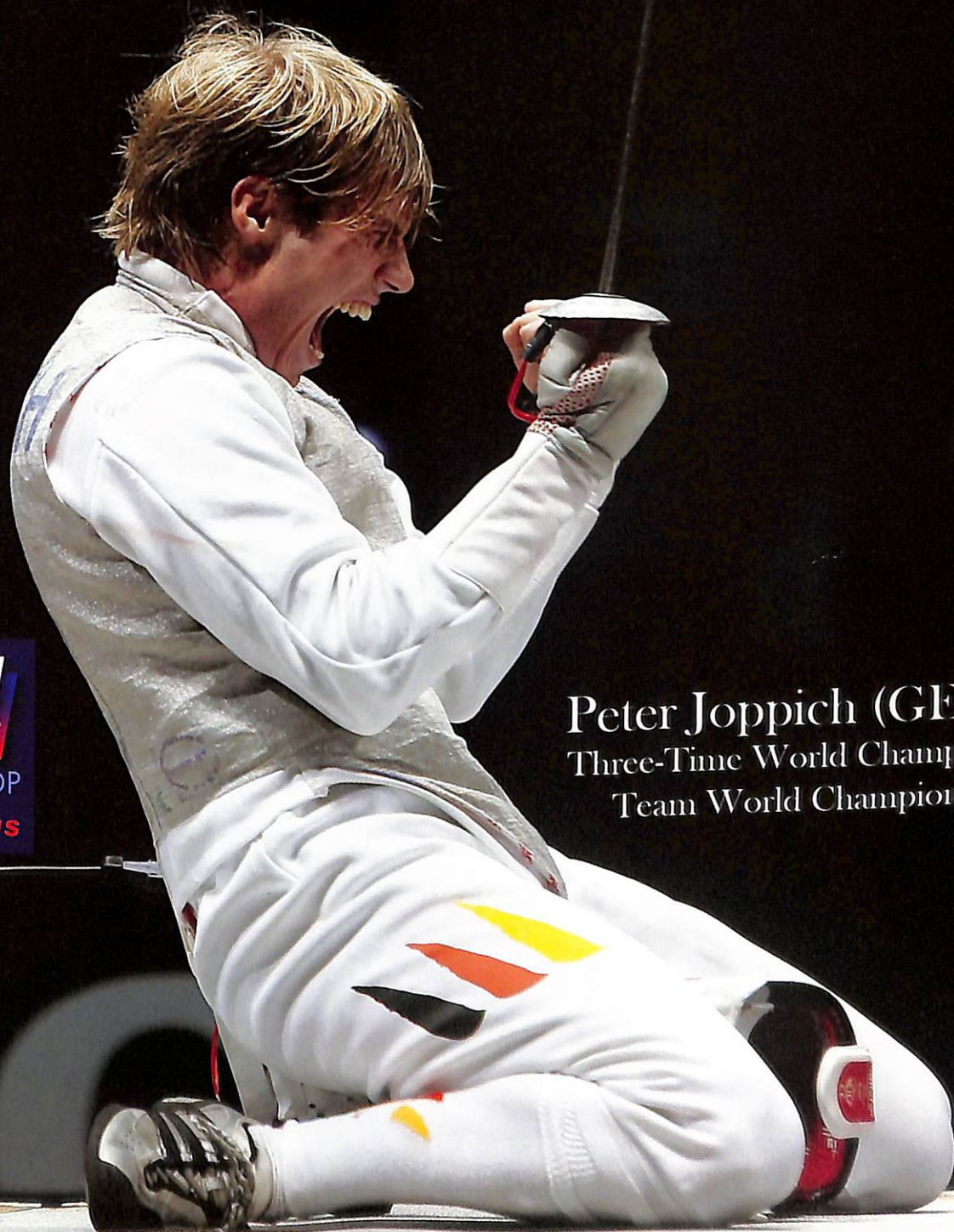
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