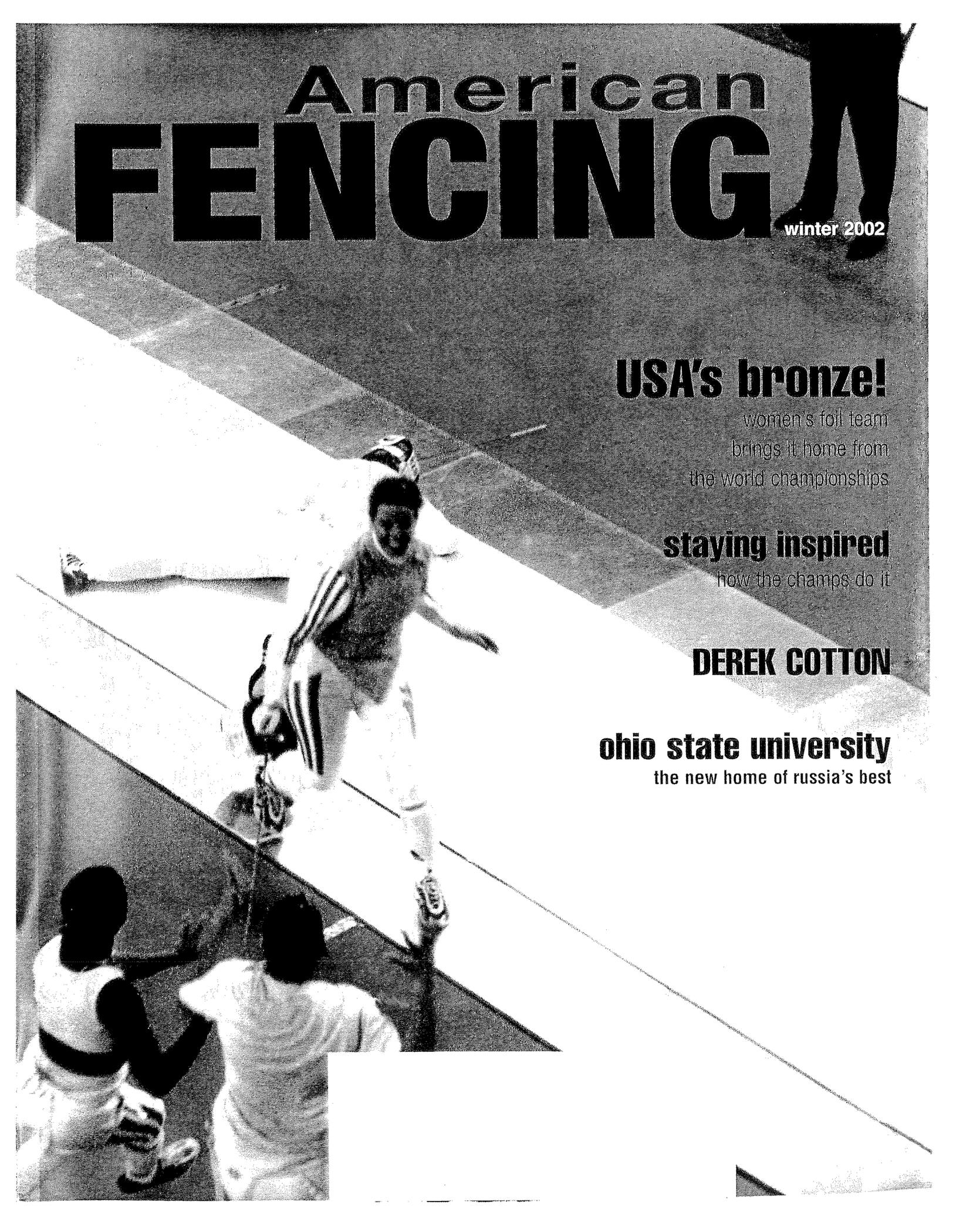


American **FENCING**



winter 2002

USA's bronze!

women's foil team
brings it home from
the world championships

staying inspired

how the champs do it

DEREK COTTON

ohio state university

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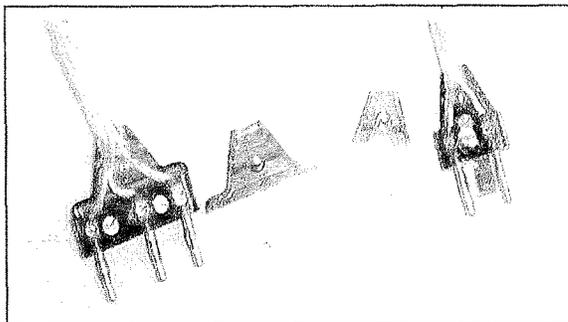
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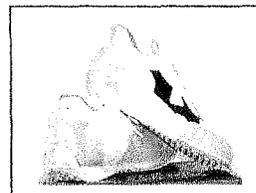
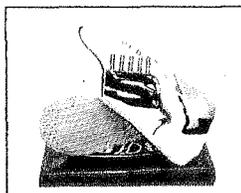
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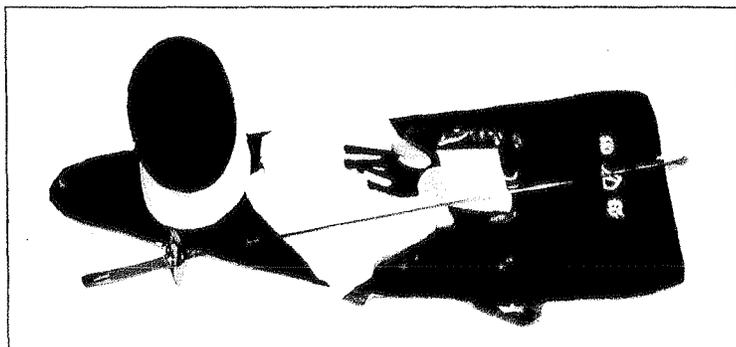


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American FENCING

Winter 2002 · Volume 51, Number 4

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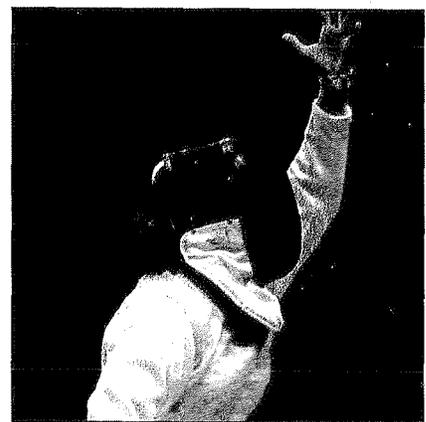
Dr. Ann Marsh, after vanquishing her opponent, rushes to her cheering teammates at the Senior World Championships in Nîmes, France. Photo: Lisa Blake.



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The United States Fencing Association Member Services Directory

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

The United States Fencing Association

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American Fencing

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Miguel A. DeCapriles 1906-1981

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ISSUE 11

STACEY JOHNSON

President, United States
Fencing Association



Making History

In the life of an organization, one will experience highs and lows. It is important, however, to not lose the insights available by viewing events as holistic experiences and remembering to honor and celebrate all passages that come to us in the process. Below are two significant passages that occurred in October 2001.

First, by the time you all receive this magazine most would have heard about the incredible results that our fencers had at the World Championships in Nîmes, France, this October. The women's foil team finished with a bronze medal, beating the Germans who had wrested the bronze medal from us in Sydney at the Olympic Games.

Ann Marsh, Erinn Smart, Felicia and Iris Zimmermann truly performed as champions and in so doing, helped create a historic win for the United States. Also in the process the team generated kudos from the new CEO of the U.S. Olympic Committee, Lloyd Ward. Ward said in a letter sent to the USFA congratulating the women that, "The USOC is proud of this accomplishment and looks forward to helping additional dreams come true for your talented fencers in the years ahead."

Buckie Leach, coach for the women's foil team, is to be congratulated as well and the entire cadre did a superb job on a trip that originally was questioned in the wake of security concerns connected with the war on terrorism the United States has launched. The French Fencing Federation is to be commended for their assistance in running an excellent and safe World Championships as well. French President Pierre Abris did his utmost to work with me and our U.S. delegation to ensure the safety of all fencers.

The U.S. World Championship Team produced other results that were significant including:

3 squads finishing in the top 8: Women's foil, men's saber (7th), and women's saber (5th)

1 individual in the final 8: 15-year-old Emily Jacobson (7th) in women's saber

1 individual ranked in the top 16 in the world: Eric Hansen in men's epee

2 individuals in the top 16 and 4 others in the top 32: 8th place overall in the Cup of Nations

All in all—a great World Championships for the United States.

Switching gears, another landmark, although a much sadder one I am afraid, occurred recently. In late October I received word that Emily Johnson had passed away. Emily Johnson was the first women president of the USFA. Emily believed in California and I met her while I was attending San Jose State University. She was the first person in the USFA to ask me if I wanted to have a role in the association. She appointed me to the Fencing Officials Commission (FOC), and along with Gay Jacobsen, we were the first women to serve on the commission for a number of years. Jacobsen is still serving today on the FOC.

Emily was a controversial individual and one of the few presidents who emerged from the West Coast. She served one two-year term as president. Emily was a trailblazer for women in a time where women had had little representation

or power in which to impact change in the USFA. For me personally, her service as president showed me it was possible to imagine a woman could indeed contemplate service at the highest level in the USFA. She was a bright and tenacious woman. I thank her for her contributions and send out my condolences to those closest to her.

Also, Bill O'Brien also passed away in October and was, as many know in San Francisco and the Bay Area, the heart and soul of Lettermen Fencing Club. I remember particularly when I first came to California in the mid-1970's how kind and generous he was to me. We always felt welcomed in his club and spent many a night and weekend fencing and competing in the Lettermen salle. We salute him and send our sympathies to those who loved him.

EDITOR'S letter

Meg Galipault

Editor

Dear Readers:

In the fencing world, persistence is a prevailing theme. It's a sport so varied in its application that regardless of your particular skill, you can succeed. You can win based on your speed, your eye-hand coordination, your endurance, your fearlessness, your strategic thinking, your athleticism. Of course, the winners usually have a combination of more than one, if not all, of these elements. But if, like many of us, you are only blessed with one or two of these traits...well, it is persistence that pays off.

In the macro-view of fencing, persistence is what pays off for our U.S. teams. Ever the underdog, viewed by the rest of the world as lagging at the gate, the United States had a history of lackluster international performance. Well, that was yesterday. We've made up for our lack of funding and sponsorship with passion and enthusiasm, great coaching and dedicated athletes, an unflagging determination within the guts of the USFA. Oddly enough, I haven't met any of the top fencers we write about in these pages (the volunteer status of my work here prevents the luxury of travel...not that I'm complaining). Like most of you, I read about them with a kind of awe. I see their photographs and read the grace in a captured lunge, a well-placed parry, a fleche mid-air. "What would it be like to be you?" I think to myself.

Life for athletes who live to be athletes is no easy thing. Imagine the hours of practice, honing every skill as fine and sharp as a toothpick. Imagine the muscle aches, the injuries, the mental toll of fighting fatigue, disappointment, anger at oneself. Yet, persistence. Persistence is what brought the women's foil team a bronze—the first world championship medal for a U.S. team. The cover photograph of this issue says it all: Finally.

...I'm proud to point our readers to an article within these pages about great things happening in my hometown. Columbus, Ohio, is not exactly the hub of anything except football. But it has had its moments of fame and its minor celebrities: the day a Brinks truck dumped its pricey green contents onto the freeway; the time a Mercedes Benz dove into a sinkhole as deep as a minor canyon in the middle of downtown; our wacky zookeeper, Jack Hanna, who appears regularly on David Letterman. It is the home of Wendy's restaurants and happy Dave Thomas (you've seen him on commercials), and White Castle Hamburgers, and the test market for dozens of other wannabe fast food establishments. George Clooney lived here for a year (way back in '69, I think); Eric Clapton lives here now (truth). Some other great stuff: the Wexner Center for the Arts; the Columbus Crew soccer team; really nice people; a burgeoning, hip district of restaurants and nightclubs; home of artist Ann Hamilton (she represented the United States at the vaunted Venice Biennale); did I mention really nice people?

So now fencing has come to Columbus. Actually, it's been here for a while, but now that the Russians have arrived we're in a whole new game. Joe Streb interviews Vladimir Nazlymov, three-time Olympic gold medallist and current Ohio State fencing coach, in this issue. There's more: In February, the Junior Olympics will be held in Columbus. Donald Anthony, the USFA secretary, lives here, as does Cindy Bent who heads up the USFA's media efforts. Nationally ranked fencers are making Columbus their home. It's a good time to live in Central Ohio...surrounded by corn fields and skyscrapers, buckeye trees and Roy Lichtenstein sculpture (well, they moved it inside the airport, but hey), football and fencing.

Hope you'll come visit us in February. Or better yet, just move here.

...A very special thanks to Cindy Bent for helping on this issue!

A Second Saber Format?

As a brand new member of the association, I was quite surprised and delighted with the Letter to the Editor by James Cavanaugh describing how to add a dose of reality to sport fencing. I have joined now, in part, to benefit my 11-year-old son. But the reasons I have long hesitated to join are two fold: The right-of-way conventions of foil made the sport beautiful but unrealistic, and in the more realistic sport of epee, the simultaneous points awarded made epee more ruthless, but suicidally so!

Mr. Cavanaugh's plan is more than reasonable—if epee is “foil without the conventions,” let's nurture a form of saber that is also without the conventions. This would only add to sport fencing, not detract. It would bring in more people like me who are attracted to saber, but not to the right-of-way rules that are currently in use.

What kind of adjustments would make this additional saber format workable? They seem simple.

(1) Reduce the lockout period from the current 2 seconds (for saber) to 1-1/2 seconds; though I have heard persuasive discussion that with a little practice, a 2-second lockout makes for very realistic saber. No doubt, the key would be practice! Certainly there isn't any choice until a scoring machine is available with a fully adjustable lockout period.

(2) Do not allow points for simultaneous touches within the lockout period. Simultaneous touches must be penalized if you are going to simulate the hesitation to engage in suicidal or overly risky attacks. “Hit without being hit” should always be ever-present in a fencer's mind. If the 2nd light goes on, neither point counts.

(3) Use a sleeveless vest (meant for foil) to remove the arm as a valid target (or remove the arm wrapping from a saber vest). This will have the double benefit of making the sport less painful, and making the sport more interesting, since the attacks would have to go deeper, and fencing subtlety would have to increase accordingly.

Ironically, it is this last change that is most optional, and yet most subject to disagreement. Some say that it was realistic for swordsmen to focus attacks on the sword arm. And yet it can be just as easily said that a prepared swordsmen could wear fairly effective protection on his sword arm (either metal or leather). And having seen any number of youths wincing uncontrollably from the sting of an arm attack, it doesn't seem necessary to put fencers through such a grueling initiation.

But the real necessity for eliminating the arm as a target area is to make the relatively long lockout period workable. If the arm were a target area, the lockout period would have to be dramatically shortened in order to avoid every hit being nullified by a quick blow to the arm. It would be too easy to nullify every point.

Finally, Mr. Cavanaugh's clarification should be repeated over and over: this saber-without-right-of-way format is not a replacement for current saber. It would be an addition. It would be saber's equivalent to epee rules developing as a way of using a thrusting weapon without artificial rights-of-way. Adding such an exuberant form of saber would bring in many new members for the joyful pursuit of this logical complement to the other three fencing formats!

George Brooks
Tampa, FL

Ready for Primetime or Not...

The article by Jeff Bukantz and the letter to the editor by James Cavanaugh in the Fall 2001 issue of *American Fencing* were real eye-openers. I am a former epeeist with not only a continued love of the sport, but with two sons who have begun to fence.

It should come as no surprise that fencing is considered not TV-friendly. Articles stating that appeared in *American Fencing* magazine 25 years ago, and for all I know, 50 years ago. This issue inspired me to do some Internet research into this topic, in order to use facts when replying. I still have no facts to indicate that fencing is not televisable. So what do I know?

I know that stylized fencing has been and is considered very watchable in swashbuckling movies, television, and plays. Yes, there is a plot involved of “good” vs. “evil,” and yes, this version of fencing bears little resemblance to what we do, yet it is swordplay.

I also know that money is the lifeblood of television and televised sports. Does anyone think that the “Miller Lite Summer Nationals” would not get televised, even if only on “Fox Sports 13”? Is fencing less of a sport than professional beach roller hockey? Furthermore, we the public have seen for the last 20 years that Olympic officials have on occasion made decisions based on financial incentives rather than what is good for the sport.

I know that sex sells. Where is the “Anna Kournikova” of fencing?

I further know that U.S. telecasters are often accused of not showing anything other than U.S. athletes. As a result, Greco-Roman wrestling never got much coverage until a U.S. athlete, Rulon Gardner, made it to the medal round. U.S. fencers are generally not in the running for medals, so the sport gets ignored. If we had the equivalent of a Carl Lewis, fencing would get televised.

I do know that the fencing medal rounds in Los Angeles in 1984 were well attended, since I was there. Therefore, fencing can attract spectators.

Lastly, I know that the average American has no interest in “weird” sports (sports other than baseball, football, golf, basketball, and maybe hockey, tennis, boxing and soccer) until the Olympics. All of a sudden, we all become experts on the nuances of diving, field events, luge, whitewater

kayaking, etc. Why not fencing?

Maybe the accusation that fencing is not TV-friendly is just a big lie. Maybe it has been repeated long enough that it is believed even within the fencing community!

My wife believes fencing competitions to be boring. On the contrary, the competitions are not boring; action during bouts is exciting, especially if you have someone to root for. What is boring is the standing around and waiting for the bout committee to assign pools, compile results, and send out direct elimination bouts. This is not a reflection on the people, but rather the process. Perhaps computerization could make things go faster. Certainly TV editing can.

Now let's propose some rules changes to "liven" things up. The classic white form-fitting uniforms are boring. They cover up too much skin. Sheer body suits covered with swimsuits would be sexier. Ah, you say, people would get hurt. But isn't that the point in boxing? What's a little blood for the sake of your country? Isn't that better than dying like Korey Stringer, just for the benefit of the Minnesota Vikings or dozens of high school football players?

And, let's borrow that plot idea from the movies: "good" fencers/"evil" fencers. Wait a minute, you're turning fencing into something like the WWF! Why not? Why not the WFF?

Come on now, all the great minds in the world sports governing bodies ought to come out with some method other than colored uniforms. Will this promote sports such as fencing that have not gotten a lot of TV coverage in the United States? How about requiring that the winning network show at least 15 minutes (or some other number) of each sport in the Olympics? Or would that take too much unanimity from the Olympic movement?

The article and the letter were concerned with how to change or prevent change in the sport without dealing with the root causes. It's high time we dealt with the realities of money and power and lobbied for our share of the sports dollar and time.

Kenneth Wiener
Rancho Palos Verdes, CA

In Defense of SCA Rapier Fighting

In his letter in the Fall issue, James Cavanaugh said, "But if someone wants to play a game that more or less accurately reflects a real sword fight and wants to use a slashing weapon, then there's what? SCA? Kendo? Nothing very satisfactory in my opinion. The SCA is too caught up in fantasy..."

As an avid epeeist and also an SCA member, I'd like to know which part of SCA rapier fighting is too fanciful? Our rules for protective gear, which are, if anything, more stringent than those of sport fencing? Our willingness to do without the services of a referee in our tournaments, relying instead upon an honor system of acknowledging hits and reacting to those hits according to whether they would have

been lethal or merely caused injury? The fact that our rules are loose enough to allow for a reasonably realistic and dramatic duel, yet also insure the safety of our fighters and spectators?

Indeed, if you find yourself getting frustrated with the artificiality and lack of realism inherent in modern sport fencing and would like a change of pace, I recommend that you check out your local SCA chapter and try something more truly realistic in the way of sword fighting. You just might enjoy it as much as I do.

Kerry L. Schaefer
New Bern, NC

Safety First

Thank you for a very lively and attractive Fall issue of *AF*.

After reading Donald Clinton's impassioned plea for safety [Letters to the Editor], I turned the page and found photos of Greg Wooten fencing epee in shorts.

Sloan Newman's article was engaging and enjoyable. It wouldn't have been if his attacking blade had accidentally been caught in the leg of the shorts and punctured an artery or damaged Mr. Wooten's manhood.

Please remind your readers that friends don't let friends fence without proper protection. What people do at home is their own responsibility, but we owe it to each other and to our sport to ensure that in clubs, in schools, and in the pages of our national magazine, the standard precautions are maintained.

Phyllis Elliott
Santa Monica, CA

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

corrections...whoops (my bad)

► In "The Envelope Please..." [News, *American Fencing*, Fall 2001], Andrea Ament's coach is incorrectly listed. Ament's coach is Zoltan Dudas. Thanks to Carla Mae Richards for pointing this out.

► In the "Hall of Fame" article [*American Fencing*, Fall 2001], Ruth White is said to have "...represented the United States at the 1972 Montreal Olympics." The 1972 Olympics were in Munich, Germany. Thanks to Bob Dow for directing our attention to this error.

► In the "Tournament Highlights" listing of the Summer Nationals results, the U16 Women's Saber event indicated that the top 32 fencers earned points. In fact, the top 24 earned points. Thanks to David Sapery and Arthur Wielkoszewski for the correction.

NIITTANY LION CUP OPEN | State College, PA, September 29 - 30

MEN'S FOIL FINAL RESULTS

1. Panchan, Nontapat (Penn State)
2. Schlaepfer, Ian (Lucchetti Fencing)
3. Schibilia, Jesse (Rutgers)
3. Kao, Alex (Three Rivers FC)
5. Bhutta, Daniel (Penn State)
6. Carbone, Matt (DCFC)
7. Brown, Joe (Penn State)
8. Dickson, Chris (Penn State)

WOMEN'S FOIL FINAL RESULTS

1. Austin, Anne (Fencing Academy of MI)
2. Chin, Meredith (Penn State)
3. Yee, Marta (Penn State)
3. Grochal, Marta (Penn State)
5. Smith, Rachel (Penn State)
6. Dusinberre, Kate (Unattached)
7. Elgin, Laura (Univ. Rochester)
8. Stolte, Elizabeth (Penn State)

MEN'S EPEE FINAL RESULTS

1. Wiercioch, Adam (Penn State)
2. Landgren, Daniel (Penn State)
3. Bouloubasis, Matthew (Johns Hopkins)
3. Backes, Arne (Salle Palasz)
5. Wangner, Ryan (Penn State)
6. Sypes, Michael (Penn State FC)
7. Martemucci, Marco (Penn State)
8. Katsoff, JD (NYAC)

WOMEN'S EPEE FINAL RESULTS

1. Eim, Stephanie (Penn State)
2. Burke, Jessie (Penn State)
3. Ochia, Ruth (Penn State FC)
3. Lampman, Leslie (Pine Richland)
5. Coulombe, Zena (Mountain top FC)
6. Wangner, Lauren (Penn State)
7. Durrel, Kathy (Penn State)
8. Zampella, Meghan (Clinton FC)

MEN'S SABRE FINAL RESULTS

1. Weber, Alexander (Penn State)
2. Struck, Bryce (Lilov)
3. Stalhut, Michael (Penn State)
3. Kasserman, Wyatt (Peter Westbrook)
5. Shortle, Sam (Penn State)
6. Rahimi, Amir (Penn State)
7. Gillig, Matt (Penn State)
8. Jacobson, Noah (Penn State)

WOMEN'S SABRE FINAL RESULTS

1. Padula, Veronica (Lilov)
2. Tam, Stephanie (Penn State)
3. Brosnan, Heather (Penn State)
3. Baratta, Emma (New York FC)
5. Wieronski, Katarzyna (Lilov)
6. Phillips, Lauren (Lilov)
7. Wieronski, Anna (Lilov)
8. Steyer, Meredith (Penn State)

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MEN'S FOIL FINAL RESULTS

1. Schlaepfer, Ian (Lucchetti FF)
2. Carbone, Matt (DCFC)
3. Brown, Joe (Penn State)
3. Dickson, Chris (Penn State)
5. Gardner, Jeffrey (Three Rivers FC)
6. Polonsky, Ian (FAP)
7. Kao, Alex (Three Rivers FC)
8. Clark, Jacob (Penn State)

WOMEN'S FOIL FINAL RESULTS

1. Grochal, Marta (Penn State)
2. Austin, Ann (FC of Michigan)
3. Nott, Adi (Rochester FC)
3. Lindsey, Lavinia (Penn State)
5. Chin, Meredith (Penn State)
6. Smith, Rachel (Penn State)
7. Gernes, Nina (Masters)
8. Jackson, Annie (TRFC)

MEN'S EPEE FINAL RESULTS

1. Henderson, Jason (Lilov)
2. Stockdale, Jason (FAP)
3. Wangner, Ryan (Penn State)
3. Gale, Jonathan (North Shore FC)
5. Muri, Ethan (Penn State)
6. Bruscke, Alex (Lilov)
7. King, Nevin (PFC)
8. Vergalla, Michael (Lilov)

WOMEN'S EPEE FINAL RESULTS

1. Henderson, Danielle (Lilov)
2. Lampman, Leslie (Pine-Richland)
3. Bhinder, Jasjit (Dutchess Fencing)
3. Bocage, Laura (Mountain top FC)
5. Nicholson, Rachel (DCFC)
6. Hammel, Elizabeth (Penn State)
7. Zuzek, Christine (Lilov)
8. Zampella, Meghan (Clinton FC)

MEN'S SABRE FINAL RESULTS

1. Rudnicki, Alexander (Lilov)
2. Cappetta, Emil (Lilov)
3. Shoutle, Samuel (PFC)
3. Mangulson, Leif (Lilov)
5. Rochou, Emile (PFC)
6. Struck, Bryce (Lilov)
7. Paragano, Matthew (Medeo Academy)
8. Ochocki, Aleksander (Polish American)

WOMEN'S SABRE FINAL RESULTS

1. Sitek, Zuzanna (Polish American FC)
2. Baratta, Emma (New York FC)
3. Plekhanov, Marguareti (Lilov)
3. Wieronski, Katarzyna (Lilov)
5. Steyer, Meredith (Penn State)
6. Padula, Veronica (Lilov)
7. Brosnan, Heather (Penn State)
8. Wozniak, Dagmara (Polish American FC)

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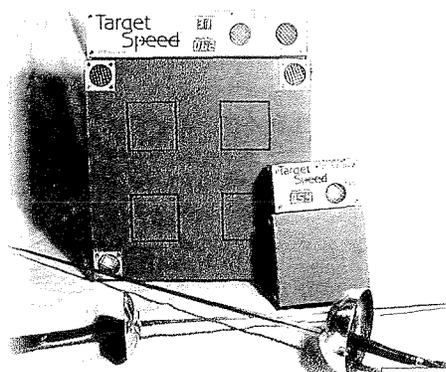
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USFA CLASSIFICATION REFERENCE CHART

We include this chart for your future reference and hope you find it helpful.

Event	Minimum Fencers	Rated Fencers Required	Rated Fencers Must Finish	Classifications Awarded	
Group E1	6	NONE	N/A	1	E
Group D1	15	NONE	N/A	1	D
				2-3	E
Group C1	15	2 C's & 2 D's & 2 E's (or higher)	2 C's & 2 D's & (or higher) in top 8	1	C
				2-3	D
				4-6	E
		4 D's & 4 E's (or higher)	4 D's & (or higher) in top 8		
Group C4	64	24 D's & 12 E's (or higher)	4 D's in top 8 & 4 E's (or higher) in top 12	1-4	C
				5-8	D
				9-16	E
Group B1	15	2 B's & 2 C's & 2 D's (or higher)	2 B's & 2 C's & (or higher) in top 8	1	B
				2-3	C
				4-6	D
				7-9	E
Group B4	64	24 C's & 12 D's (or higher)	4 C's in top 8 & 4 D's (or higher) in top 12	1-4	B
				5-8	C
				9-16	D
				17-32	E
Group A1	15	2 A's & 2 B's & 2 C's (or higher)	2 A's & 2 B's & (or higher) in top 8	1	A
				2-3	B
				4-6	C
				7-9	D
Group A4	Division I-A Only	NONE	n/a	1-4	A
				5-8	B
				9-16	C
				17-24	D
				25-32	E
Group A8	64	12 A's & 12 B's & 12 C's (or higher)	4 A's in top 8 & 4 B's (or higher) in top 12	1-8	A
				9-16	B
				17-24	C
				25-36	D
				37-52	E

Division I National Championships are always Group A8 events.
 Division I-A National Championships are always Group A4 events.
 Division II National Championships are always Group B4 events.
 Division II North American Cups are always Group B4 events.
 Division III National Championships are always Group C4 events.
 Division III North American Cups are always Group C4 events.

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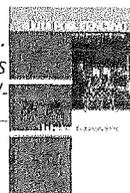
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NAC DIVISION II/III/CADET/WHEELCHAIR | Sandy, UT, October 5-8**DIVISION II MEN'S EPEE**

(65 Competitors)

Group B4 competition

1. Hagan, Kenneth H (KENTUCKY)
2. Habermann, Blake J (COLORADO)
- 3.T Horanyi, Andras M (COLORADO)
- 3.T Meidell, Philip R (ARIZONA)
5. Oakley, John-Rolf (WESTERN WA)
6. Hsu, Jerone L (CENTRAL CA)
7. Moneymaker, Colin T (KENTUCKY)
8. Brooks, Ronald B (S. JERSEY)

DIVISION II WOMEN'S EPEE

(60 Competitors)

Group B4 competition

1. Brown, Jessica J (CENTRAL CA)
2. Rose, Alexa D (NEW JERSEY)
- 3.T French, Kayley A (NORTH TEX)
- 3.T Scarborough, Evelyn L (AK-LA-MISS)
5. Cabot, Heath (NORTH CA)
6. Willock, Lauren W (KENTUCKY)
7. Nacey, Marla (WESTERN NY)
8. Burrill, Elia S (COLORADO)

DIVISION III MEN'S EPEE

(58 Competitors)

Group C4 competition

1. Brooks, Ronald B (S. JERSEY)
2. Sanford, Dana C (INLAND EMP)
- 3.T Linton, Ronald A (COLORADO)
- 3.T Wright, Neal P (COLORADO)
5. Matteson, Myles B (NORTHEAST)
6. Rodriguez, Preston (NORTH TEX)
7. Strafaccia, Anthony D (MINNESOTA)
8. Morich, Matt T (ILLINOIS)

DIVISION III WOMEN'S EPEE

(52 Competitors)

Group C4 competition

1. Jennings, Jessica P (CENTRAL CA)
2. Gerriets, Kimberly L (MT. VALLEY)
- 3.T Cabot, Heath (NORTH CA)
- 3.T Hughes, Kristen M (NEWENGLAND)
5. French, Christa M (NORTH TEX)
6. Flounders, Christine (METRO NYC)
7. Rising, Merideth A (NEW MEXICO)
8. Rush, Allison A (COLORADO)

CADET MEN'S EPEE

(66 Competitors - top 32 earn points)

1. Adjemian, Aaron E (BORDER TEX)
2. Habermann, Blake J (COLORADO)
- 3.T Bratton, Benjamin E (METRO NYC)
- 3.T Hohensee, Douglas G (NORTHEAST)
5. Howard, Greg E (INDIANA)
6. Pearce, Michael A (NORTH CA)
7. Ferrer, Alex R (N.CAROLINA)
8. Wright, Neal P (COLORADO)

CADET WOMEN'S EPEE

(42 Competitors - top 16 earn points)

1. Schirtz, Alli M (WESTERN NY)
2. Byerts, Keri L (WESTERN NY)
- 3.T Orlando, Amy E (OREGON)
- 3.T Rubin, Alexie A (SO. CALIF.)

DIVISION II MEN'S FOIL

(103 Competitors)

Group B4 competition

1. Brooks, Ronald B (S. JERSEY)
2. Stauble, Andrew Co (KENTUCKY)
- 3.T Chinman, Nicholas S (COLORADO)
- 3.T Horanyi, Andras M (COLORADO)
5. Wunderlich, Sam R (KENTUCKY)
6. Marchuk, Nick D (PHILADELPH)
7. Dussault, Benjamin L (VIRGINIA)
8. Hamilton, Ian (METRO NYC)

DIVISION II WOMEN'S FOIL

(58 Competitors)

Group B4 competition

1. Willette, Doris E (NORTH CA)
2. Glasser, Allison D (NORTH CA)
- 3.T Abdikulova, Zoya (ILLINOIS)
- 3.T Walker, Lauren C (SO. CALIF.)
5. Wise, Annie (MT. VALLEY)
6. Wang, Natalie (CENTRAL CA)
7. T Pike, Julia R (GULFCST TX)
- 7.T Roell, Ashley E (COLORADO)

DIVISION III MEN'S FOIL

(79 Competitors)

Group C4 competition

1. Baran, Payton R (CAPITOL)
2. Kennard, Henry B (NEWENGLAND)
- 3.T Hamilton, Ian (METRO NYC)
- 3.T Wang, Jonathan (CENTRAL CA)
- 5.T Masters, Richard (NORTH CA)
- 5.T Tucker, Dan D (CENTRAL CA)
7. Kim, Isaac J (SO. CALIF.)
8. Kramer, Kepler K (UTAH/S.IDA)

DIVISION III WOMEN'S FOIL

(54 Competitors)

Group C4 competition

1. Pillsbury, Dana M (METRO NYC)
2. Gresham, Carolyn N (OKLAHOMA)
- 3.T Liebing, Rachel (UTAH/S.IDA)
- 3.T Mazorol, Natalie F (NEW MEXICO)
5. Snyder, Aliyah R (GATEWAY FL)
6. Hausmann, Jennifer C (NORTH CA)
7. Masters, Lara A (PHILADELPH)
8. Smith, Natalie C (UTAH/S.IDA)

CADET MEN'S FOIL

(79 Competitors - top 32 earn points)

1. Meyers, Brendan J (METRO NYC)
2. Galligan, Michael J (GULFCST TX)
- 3.T Anderson, Meade H (SO. CALIF.)
- 3.T Kershaw, Clinton E (MT. VALLEY)
5. Kirk-Gordon, Dimitri (CENTRAL CA)
6. Woodhouse III, Enoch O (NEWENGLAND)
7. Habermann, Blake J (COLORADO)
8. Stauble, Andrew Co (KENTUCKY)

CADET WOMEN'S FOIL

(55 Competitors - top 24 earn points)

1. Leahy, Jacqueline (METRO NYC)
2. Glasser, Allison D (NORTH CA)
- 3.T Finkel, Kelsey J (METRO NYC)
- 3.T Rush, Allison A (COLORADO)

DIVISION II MEN'S SABER

(49 Competitors)

Group B4 competition

1. Gritsaev, Konstantin (UTAH/S.IDA)
2. Angert, Adam T (OREGON)
- 3.T Berkowsky, Jonathan E (S. JERSEY)
- 3.T Tracey, Douglass M (S. JERSEY)
5. Zich, Matthew D (METRO NYC)
6. Williams, Maximilian (MT. VALLEY)
7. Liberman, Isaac B (NEWENGLAND)
8. Zagunis, Merrick H (OREGON)

DIVISION II WOMEN'S SABER

(47 Competitors)

Group B4 competition

1. Vincent, Angela M (OREGON)
2. Schuepp, Tiga K (NEWENGLAND)
- 3.T Keltner, Mera H (OREGON)
- 3.T Sherry, Katelyn P (NEW JERSEY)
5. McCoy, Belinda G (MT. VALLEY)
6. Wieronski, Anna (NEW JERSEY)
7. Jordan, Margaret R (NEW JERSEY)
8. Smith, Natalie C (UTAH/S.IDA)

DIVISION III MEN'S SABER

(51 Competitors)

Group C4 competition

1. Gritsaev, Konstantin (UTAH/S.IDA)
2. Miner, Parker J (UTAH/S.IDA)
- 3.T Jackson, Bryan C (MT. VALLEY)
- 3.T Miner, Nigel S (UTAH/S.IDA)
5. Tracey, Douglass M (S. JERSEY)
6. Garney, Benjamin J (OREGON)
7. Lathrop, Frederic W (COLORADO)
8. DeWees, Alexander (MINNESOTA)

DIVISION III WOMEN'S SABER

(29 Competitors)

Group C4 competition

1. Jellison, Eva (NEWENGLAND)
2. Schuepp, Tiga K (NEWENGLAND)
- 3.T Pernice, Robin J (NEWENGLAND)
- 3.T Rasmussen, Jamie P (COLORADO)
5. Barroso, Audrey A (GEORGIA)
6. Rogers, Lowery A (AK-LA-MISS)
7. Berman, Cecelia F. (COLORADO)
8. Siebert, Lillian (COLUMBUSOH)

CADET MEN'S SABER

(58 Competitors - top 24 earn points)

1. Friend, John F (KANSAS)
2. Krul, Alexander (SO. CALIF.)
- 3.T Angert, Adam T (OREGON)
- 3.T Farr, Ian G (OREGON)
5. Thanhouser, William (B (OREGON)
6. Zich, Matthew D (METRO NYC)
7. Williams, James L (MT. VALLEY)
8. Miner, Nigel S (UTAH/S.IDA)

CADET WOMEN'S SABER

(24 Competitors - top 12 earn points)

1. Parker, Sarah J (GEORGIA)
2. Thompson, Caitlin A (OREGON)
- 3.T Eiremo, Annika M (MT. VALLEY)
- 3.T Vincent, Angela M (OREGON)

- Kercsmar, Anne B (NORTH OHIO)
- Brendler, Kaela J (SO. TEXAS)
- Brown, Jessica J (CENTRAL CA)
- Brinlee, Michelle E (NEVADA)

WHEELCHAIR MEN'S EPEE

(7 Competitors)

- Rodgers, J. Scott (GEORGIA)
- Day Jr., Roy E (GEORGIA)
- Collman, Peter D (GEORGIA)
- Lovejoy, Curtis (GEORGIA)
- Shumate, Sean (KENTUCKY)
- Sikorsky, Steven A (KENTUCKY)
- Boatright, Tony K (GEORGIA)

WHEELCHAIR WOMEN'S EPEE

(4 Competitors)

- Hickey, Carol A (GEORGIA)
- Gilmore, Susan E (OKLAHOMA)
- Alexander, Kristine A (GEORGIA)
- Lanier, Lisa D (GEORGIA)

- Walker, Lauren C (SO. CALIF.)
- Kohn, Elizabeth (NEBR-S.DAK)
- Florendo, Jessica S (METRO NYC)
- Willette, Doris E (NORTH CA)

WHEELCHAIR MEN'S FOIL

(5 Competitors)

- Rodgers, J. Scott (GEORGIA)
- Rodriguez, Mario (GULFCST TX)
- Van Der Wege, Gary M (SO. TEXAS)
- Day Jr., Roy E (GEORGIA)
- Moreno, Gerard E (SO. CALIF.)

WHEELCHAIR WOMEN'S FOIL

(4 Competitors)

- Hickey, Carol A (GEORGIA)
- Gilmore, Susan E (OKLAHOMA)
- Lanier, Lisa D (GEORGIA)
- Alexander, Kristine A (GEORGIA)

- Providenza, Valerie C (OREGON)
- Liebing, Rachel (UTAH/S.IDA)
- Rake, Madeline O (KANSAS)
- Siebert, Syvenna B (COLUMBUSOH)

WHEELCHAIR MEN'S SABER

(7 Competitors)

- Moreno, Gerard E (SO. CALIF.)
- Rodriguez, Mario (GULFCST TX)
- Collman, Peter D (GEORGIA)
- Lovejoy, Curtis (GEORGIA)
- Van Der Wege, Gary M (SO. TEXAS)
- Shumate, Sean (KENTUCKY)
- Sikorsky, Steven A (KENTUCKY)

SENIOR WORLD CHAMPIONSHIPS | Nîmes, France, October 26-November 1

MEN'S EPEE (149 FENCERS)

49 Nations

- ITA MILANOLI Paolo
- SUI HOFFMANN Basil
- FRA JEANNET Fabrice
- GER LUECKE Oliver
- FRA OBRY Hugues
- GER STRIGEL Daniel
- FRA DELHOMME Remy
- EST KAABERMA Kaido
- USA HANSEN Eric
- USA GREENHOUSE, Rashaan
- USA BURKE, Nathaniel
- USA MATTERN, Cody

WOMEN'S EPEE (125 FENCERS)

46 Nations

- GER BOKEL Claudia
- FRA FLESSEL-COLOVIC Laura
- SUI HABLUTZEL-BURKI Gia
- SWE ISAKSSON Maria
- RUS LOGOUNOVA Tatiana
- CAN SCHALM Sherraine
- ITA UGA Elisa
- POL CYGAN Olga
- USA SPILMAN Elisabeth
- USA LESZKO Julia
- USA JAMES Kamara
- USA SUCHORSKI, Kristin Foellmer

MEN'S EPEE TEAM

- Hungary
- Estonia
- France
- Spain
- South Korea
- Germany
- Ukraine
- Portugal
- Switzerland
- Russia
- United States

MEN'S FOIL (115 FENCERS)

40 Nations

- ITA SANZO Salvatore
- FRA ATTELLY Loic
- FRA BOIDIN Franck
- FRA GUYART Brice
- POL MOCEK Slawomir
- POL KRZESINSKI Adam
- GER SCHLECHTWEIG Christi
- CUB GREGORY GIL Elvis
- USA DUPREE Jedediah
- USA TIOMKIN Jonathan
- USA KELLNER, Daniel
- USA CHANG, Timothy

WOMEN'S FOIL (87 FENCERS)

34 Nations

- ITA VEZZALI Valentina
- GER BAU Sabine
- ROM SCARLAT Roxana
- RUS YOUICHEVA Ekaterina
- ITA TRILLINI Giovanna
- ROM SZABO-LAZAR Reka
- HUN MOHAMED Aida
- UKR LELEIKO Olga
- USA ZIMMERMANN Iris
- USA CROSS Emily R
- USA SMART Erinn
- USA MARSH Ann

MEN'S FOIL TEAM

- France
- Poland
- Cuba
- Germany
- Austria
- Russia
- South Korea
- Japan
- Italy
- Hungary
- United States

MEN'S SABRE (83 FENCERS)

30 Nations

- RUS POZDNIAKOV Stanisla
- FRA PILLET Julien
- FRA GOURDAIN Matthieu
- POL SZNAJDER Rafal
- RUS CHARIKOV Sergej
- GER KOTHNY Wiradech
- FRA TOUYA Damien
- UKR LUKACHENKO Volodimi
- USA SMART Keeth T.
- USA LEE Ivan J.
- USA RAYNAUD Herby
- USA ROGERS Jason N

WOMEN'S SABRE (80 FENCERS)

25 Nations

- FRA TOUYA Anne-Lise
- ITA BIANCO Ilaria
- AZE JEMAYEVA Elena
- ITA MARZOCCA Gioia
- FRA ARGIOLAS Cecile
- RUS BAZHENOVA Irina
- USA JACOBSON Emily
- CHN TAN Xue
- USA ZAGUNIS Mariel L.
- USA JACOBSON Sada M.
- USA MUSTILLI Nicole

MEN'S SABRE TEAM

- Russia
- Hungary
- Romania
- Germany
- France
- Belarus
- United States
- Poland
- Ukraine
- Great Britain

WOMEN'S EPEE TEAM

1. Russia
2. Switzerland
3. Hungary
4. Italy
5. Belarus
6. Germany
7. South Korea
8. Poland
9. Estonia
10. France
21. United States

WOMEN'S FOIL TEAM

1. Italy
2. Russia
3. United States
4. Germany
5. Romania
6. Hungary
7. France
8. Poland
9. Japan
10. South Korea

WOMEN'S SABRE TEAM

1. Russia
2. Romania
3. Germany
4. Azerbaijan
5. United States
6. China
7. Hungary
8. Italy
9. France
10. Venezuela

FIE CUP OF NATIONS

1. France
2. Italy
3. Germany
4. Russia
5. Hungary
6. Poland
7. Ukraine
8. United States
9. South Korea
10. Romania

REPORT FROM THE SENIOR WORLD

CHAMPIONSHIPS | Nîmes, France, October 26-November 1 | special USFA report from Carl Borak, Chief of Mission, 2001 World Championship Team

In this very difficult period of time in our country's history, serving as Chief of Mission of the 2001 World Championship team was particularly meaningful and significant to me. Our team's participation in the championships in Nîmes, France, spoke volumes for our athletes, our sport, the USFA, our coaches/cadre, and our country. The United States' participation was, among other things, very

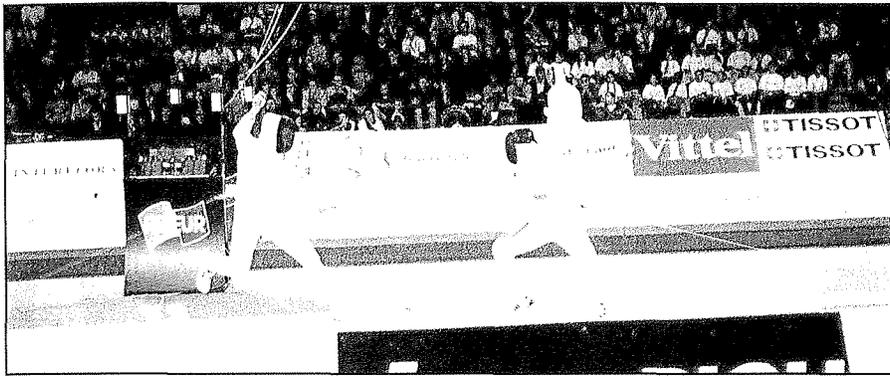
symbolic and it seemed particularly fitting to end these championships with a hard-fought and richly deserved bronze medal for the Women's Foil team. The veterans, Dr. Ann Marsh and Felicia Zimmermann, led the women's team to their first ever world championship team medal and perhaps put behind them the bitter taste of their controversial loss to Germany in the Sydney Olympic Games. Their perseverance has finally paid off. Amazingly, at the medal ceremony there was a contingent of French club fencers who chanted "USA, USA" as new IOC President Rogge placed the medals around the necks of Ann, Felicia, Erinn Smart, and Iris Zimmermann.

What a perfectly wonderful ending to these championships, particularly since we almost didn't send a team.



▲ U.S. Women's Foil Team vs. Romania. Scarlet (left) and Dr. Ann Marsh. Photo: Lisa Blake.

Prior to our departure, it had been a strange period in our nation and the world's history, and the decisions and preparation for traveling to and competing in the 2001 Championships were complex and greatly impacted by the recent events and the uncertainties of the future. The USFA, the administration, professional staff, cadre, and athletes traveled a troubled and tortuous road while trying to come to the proper decision about competing in these championships, and executing proper due diligence necessary to secure our team's safety. These were (and still are) fragile times and Americans are still in shock over their changing world. Emotions are raw. There was a lot of hostility, tension, and angst that preceded the 2001 Senior World Championships. In all my years of team leadership nothing matches the chaotic environment we faced prior to leaving. There were serious security questions and issues; concerned parents; nervous



▲ U.S. Women's Foil Team vs. Russia. Felicia Zimmermann, right. Photo: Lisa Blake.

coaches and high-strung athletes who trained hard for this event; nervous athletes trying to balance school and an ill-timed world championships; the poorly timed resignation of our national team director, the withdrawal of our women's epee head coach a few days prior to departure; the withdrawal of an athlete. These were just a few of the dynamics that depicted the environment preceding the team's departure. You could smell chaos brewing and visions of a runaway train in the making; no one knew what to expect as we ventured out into this new world.

Our hard-working and under-appreciated USFA president, Stacey Johnson, did a Herculean job of leadership: taking control of the situation, getting all the right questions asked and answered, rallying the troops, calming fears, and protecting our athletes and cadre. Executive Committee members, staff, coaches, cadre, athletes, and parents all had their input as we moved down the path towards the decision and the subsequent launch of our team and this large delegation into competition. It was an enormous group—the largest contingent of athletes, coaches, cadre, and parents that has ever accompanied a senior team. A tremendous amount of logistics had to be handled. The normal world championship workload, so capably handled by Carla Mae Richards and Bob Largman, was greatly increased by the sheer numbers and responsibility of keeping track and control of a large group. The USFA called upon the services of Russell Wilson to provide a security assessment and to travel with the team as "Head of Security" and we moved forward.

So it was in this environment that our U.S. team fought its 2001 World Championships and, happily, we achieved some terrific results to accompany the women's foil bronze medal and witnessed a number of terrific "comeback" bouts in the team events.

Strong performances in Nîmes signalled great potential for the future. The young Women's Saber team took a fifth place, only losing to Russia (the eventual winner) 45-42 in the round of eight. They defeated all their other opponents and continued their terrific record over the last two Senior World and Jr. Championships Team events, having only one team loss by three touches. The Men's Saber team showed wonderful comeback performances by Ivan Lee and Keith Smart, who fought their way to a seventh-place finish for the team. Fifteen-year-old Emily Jacobson took seventh place in Women's Sabre Individual, while another 15 year old, Emily Cross, powered her way into the round of 32 in her first World Championships.

Allow me to dwell a little on the bronze medal—the first ever for a U.S. women's foil team. It came on the last day of the championships. The team started their day by defeating the Romanians, 45-42—a terrific victory for the team. In the round of 4, we drew Russia and lost a hard fought match 45-42. As fate would have it, to win their medal the women had to defeat Germany in a rematch of the Sydney bronze medal pairing—which, as you will all recall, ended on a controversial "red card." I'm sorry some of the other members of the team had to leave and

missed the opportunity to witness this event. In a stunning comeback from a nine-touch deficit, Dr. Ann Marsh overcame her German opponent with a decisive 45-42 victory. Ann was simply amazing, but the whole team performed well all day and each picked the other up when the road got tough. Ann and Felicia provided terrific leadership for Iris and Erinn.

I have traveled to many championships with this women's foil team. I have photographed, videotaped, and documented many of their achievements—and a few disappointments—along the way. I feel an affinity for this group having been on three Olympic teams with Ann, two with Felicia, watching Iris's successes while growing up and becoming a force, and Erinn's maturation from successful junior to talented and promising senior.



▲ Coach Buckie Leach (third from left) tries to inject a lighter moment into an intense match with Romania. Photo: Lisa Blake.

I watched the flag fly and cried when Iris won her first cadet world championship in '95, and as the U.S. anthem played for the first time at the World Fencing Championships. I cried again when she won her junior world championships, and when she medaled in Korea in '99 and once again in Nîmes when the team received their medals. I guess I'm just a sentimental softy; however, it's been a long and arduous road for these women, and of course, for Buckie Leach, so it was nice to be there to share the moment.

The wonderful "comebacks" from large touch deficits for a number of our athletes in the team events were gratifying to watch and spoke volumes for the potential of our future teams. As the saying goes, "We've come a long way, baby."

TOURNAMENT highlights

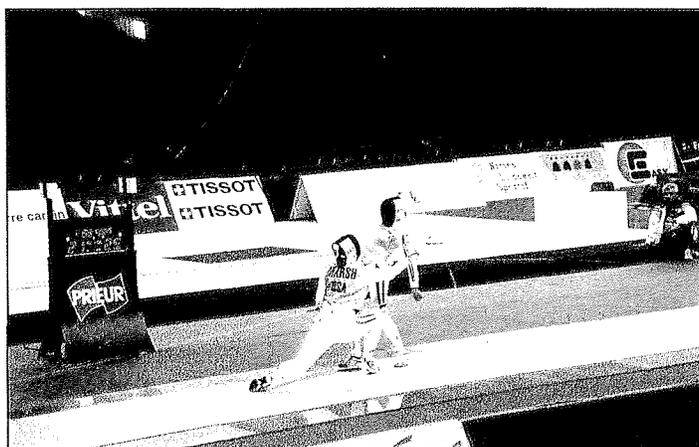
I have had the pleasure and honor of watching the U.S. fencers at some of the most significant moments of our history over the last 17 years. When not shepherding our own tribes, I was behind the lens of some form of camera documenting our sport. (Actually, in many cases, captaining and documenting have had to peacefully co-exist side by side.) I've watched (and documented) our fencers grow and flourish, and a culture transcend from loser to winner. As I survey past images of Iris, Erinn, Cliff, Felicia, Nick, Sarah, Terence, Jeremy, Keith, Aki, Monique, Dan, Soren, Sada, Mariel, and a number of other terrific cadet and junior fencers with significant results since 1994, the transition and change in attitude and culture is clear to see. U.S. fencers believe they can win and they've proven it. We have a new brand of athlete with a new attitude and mentality—they believe they can win. Winning ways from the cadet/junior ranks have started to carry over to the senior ranks.

There are a number of factors to the growth of the USFA and its impact on our athletes/results: greater financial support of the USFA; the revised World Cup competition formula; greater awareness, consciousness, and participation in international competition; and most important, better coaching. The type of results our athletes have been achieving are a clear indication of the increase in quality and quantity of good coaching. The prolif-

eration of coaches from the former Soviet bloc countries was a terrific "jump start" to the talent pool. The emergence of quality "home-grown," U.S.-bred coaches combined to push the envelope and raised the stakes for our athletes. We have not yet fully tapped our coaching resources. We have an incredible talent pool that needs to be harnessed, taking advantage of their collective skills, wisdom and expertise. We have yet to maximize this force. When we do we can expect to see better, more consistent results in the senior ranks.

We are at the beginning of a new horizon for U.S. fencing, but the path is a difficult one and we are going to need team unity, leadership, vision and cooperation as we try to get our teams and athletes qualified for the Olympic Games (whichever events end up being in the Games). We are in the embryonic stages of becoming a major force in the fencing world. There is much work to be done, however, in

areas such as: coaches' education; athletes' tactical preparation/education; incentives for athletes to remain in



▲ Marsh, left, faces Monika Weber of Germany during the battle for the bronze. Photo: Lisa Blake.

competition; referees' education and development; proper financing of our athletes and coaches; image building with the USOC and IOC; fund raising; proactive agenda in the international federation; and more enlightened team management and handling of our athletes.

We have come a long way and the difficult path we have traversed serves as a testimonial to the hard work of the athletes, coaches, USFA staff, cadres, and administrations to get us to a world class level.

Hopefully, this is just the beginning!

NAC CADET/JUNIOR | Dallas, TX, November 9-12

JUNIOR MEN'S EPEE

(103 Competitors - top 32 earn points)
Group A8 competition

1. Solomon, Benjamin J (NORTH OHIO)
2. French, Timothy L. (SO. TEXAS)
- 3.T Ranes, Jackson M (NEVADA)
- 3.T Ungar, Benjamin N (METRO NYC)
5. Verigan, William R (NEW JERSEY)
6. Henderson, Jason V (NEW JERSEY)
7. Lee, Martin J (CENTRAL CA)
8. Dussault *, Phillipe (CANADA)

JUNIOR WOMEN'S EPEE

(93 Competitors - top 32 earn points)
Group B4/A1 competition

JUNIOR MEN'S FOIL

(120 Competitors - top 32 earn points)
Group A8 competition

1. McGuire *, Joshua J (CANADA)
2. Sigouin *, Jean Franc (CANADA)
- 3.T Gerberman, Steven B (GULFCST TX)
- 3.T Woodhouse III, E. (NEWENGLAND)
5. Landreville *, Alexis (CANADA)
6. Dunn, Ryan M (KANSAS)
7. Kirk-Gordon, Dimitri (CENTRAL CA)
8. Schlaepfer, Ian F (MT. VALLEY)

JUNIOR WOMEN'S FOIL

(95 Competitors - top 32 earn points)
Group B4/A1 competition

JUNIOR MEN'S SABER

(102 Competitors - top 32 earn points)
Group A8 competition

1. Rogers, Jason N (SO. CALIF.)
2. Hagamen, Timothy (METRO NYC)
- 3.T Ghattas, Patrick E (OREGON)
- 3.T Krul, Alexander (SO. CALIF.)
5. Crompton, Adam C (NJ)
6. Parker, G. Colin (GEORGIA)
7. Momtselidze, M. (COLUMBUS OH)
8. Douville, David A (GEORGIA)

JUNIOR WOMEN'S SABER

(63 Competitors - top 32 earn points)
Group A1 competition

1. Walton, Kerry E (NORTHEAST)
2. Schirtz, Alli M (WESTERN NY)
- 3.T Hohensee, Kira L (NORTHEAST)
- 3.T McGlade, Jasmine A (COLORADO)
5. Goto, Jean M (METRO NYC)
6. Byerts, Keri L (WESTERN NY)
7. Chin, Meredith M (NEWENGLAND)
8. Ferrer, Ivana R (N.CAROLINA)

CADET MEN'S EPEE

(78 Competitors - top 32 earn points)
Group C4/A1 competition

1. Bratton, Benjamin E (METRO NYC)
2. Ungar, Benjamin N (METRO NYC)
- 3.T Adjemian, Aaron E (BORDER TEX)
- 3.T Weiner, Matthew G (SO. CALIF.)
5. Seguin *, Jean-Pierr (CANADA)
6. Howard, Greg E (INDIANA)
7. Hohmeister, Eric J (MT. VALLEY)
8. Henderson, Jason V (NEW JERSEY)

CADET WOMEN'S EPEE

(65 Competitors - top 32 earn points)
Group C4/A1 competition

1. McGlade, Jasmine A (COLORADO)
2. Schneider, Ruth B (WESTERN NY)
- 3.T Schirtz, Alli M (WESTERN NY)
- 3.T Willock, Lauren W (KENTUCKY)
5. Byerts, Keri L (WESTERN NY)
6. Orlando, Amy E (OREGON)
7. Park, Rachael A (KENTUCKY)
8. Cillo, Anna K (COLORADO)

1. Foldi, Julia (ILLINOIS)
2. Thompson, Hannah M (WESTERN NY)
- 3.T Cavan, Kathryn M (METRO NYC)
- 3.T Florendo, Jessica S (METRO NYC)
5. Cross, Emily R (METRO NYC)
6. Stinetorf, Chloe L (NORTH CA)
7. Leahy, Jacqueline (METRO NYC)
8. Willette, Doris E (NORTH CA)

CADET MEN'S FOIL

(98 Competitors - top 32 earn points)
Group B4/A1 competition

1. Kirk-Gordon, Dimitri (CENTRAL CA)
2. Woodhouse III, E. (NEWENGLAND)
- 3.T Landreville *, Alexis (CANADA)
- 3.T Meyers, Brendan J (METRO NYC)
5. Galligan, Michael J (GULFCST TX)
6. Hennig, Tommy A (VIRGINIA)
7. Anderson, Meade H (SO. CALIF.)
8. Patterson, Hunter K (WESTERN WA)

CADET WOMEN'S FOIL

(66 Competitors - top 32 earn points)
Group C4/B1 competition

1. Leahy, Jacqueline (METRO NYC)
2. Florendo, Jessica S (METRO NYC)
- 3.T Emerson, Abigail A (NORTHEAST)
- 3.T Nott, Adrienne M (WESTERN NY)
5. Delahanty, Amy T (KENTUCKY)
6. Mendelsohn, Alisa R (LONG ISLND)
7. Willette, Doris E (NORTH CA)
8. Walker, Lauren C (SO. CALIF.)

1. Jacobson, Emily P (GEORGIA)
2. Gelman, Julia (METRO NYC)
- 3.T Parker, Sarah J (GEORGIA)
- 3.T Providenza, Valerie (OREGON)
5. Gaillard, Amelia F (GEORGIA)
6. Phillips, Lauren (NEW JERSEY)
7. Brosnan, Heather J (OREGON)
8. Baratta, Emma L (NEW JERSEY)

CADET MEN'S SABER

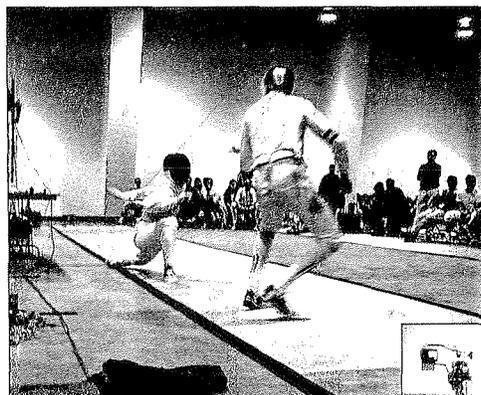
(70 Competitors - top 32 earn points)
Group C4/A1 competition

1. Ghattas, Patrick E (OREGON)
2. Farr, Ian G (OREGON)
- 3.T Angert, Adam T (OREGON)
- 3.T Igoe, Benjamin D (METRO NYC)
5. Friend, John F (KANSAS)
6. Vodjansky, Matthew L (COLO.)
7. Diacou, Alexander (METRO NYC)
8. Kragh, Sam E (MINNESOTA)

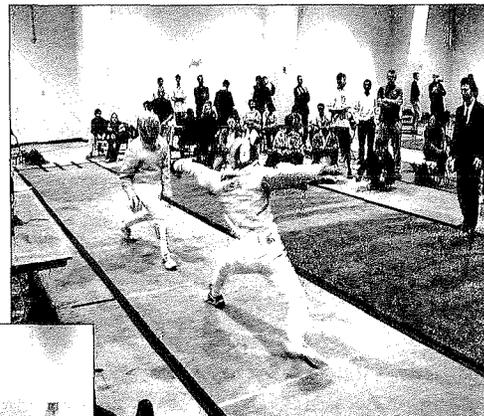
CADET WOMEN'S SABER

(40 Competitors - top 16 earn points)
Group B1 competition

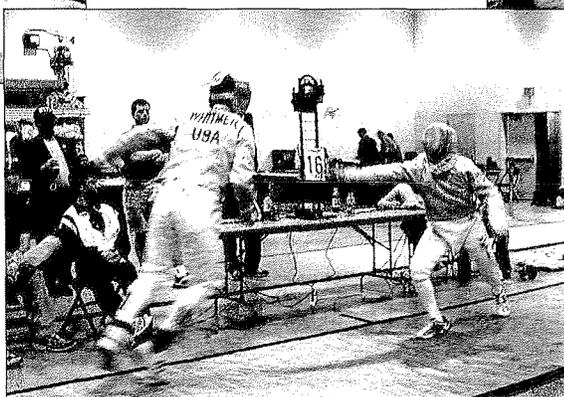
1. Providenza, Valerie C (OREGON)
2. Phillips, Lauren (NEW JERSEY)
- 3.T Liebing, Rachel (UTAH/S.IDA)
- 3.T Ovtchinnikova *, Olga (CANADA)
5. Rake, Madeline O (KANSAS)
6. Wright, Carolyn M (VIRGINIA)
7. Vincent, Angela M (OREGON)
8. Wozniak, Dagmara (NJ)



▲ Steve Gerberman versus Joshua McGuire in the Junior Men's Foil semifinals. Photo: Cindy Bent.



▲ Jason Rogers versus Colin Parker in Junior Men's Sabre semifinal. Photo: Julie Smith.



▲ "It's not a fleche!" Darren Whitmer, left, during the Junior Men's Sabre direct elimination. Photo: Cindy Bent.



FINAL REEL

OUR LAST INSTALLMENT ON REEL TIPS

by Joe Byrnes

Now it's time to go deeper into the reel mechanism, beyond just the cable. This job can get mighty messy, so be sure you are wearing old clothes, and, if you are really fastidious, have a pair of gloves (at least disposable latex) on hand for slopping around with the spring or inside a spring pack. (Those things tend to be really greasy, the older the greasier.)

If you are only installing a new cable, that's a fairly clean effort; there isn't all that much to worry about: the new one is soldered to the same points that you removed the old one from. Follow the knot pattern, or other strain relief, of the original. Be sure to wind the cable the same way on the drum; put a magic marker arrow on it to remind you of the direction. (Reversing the winding will prove very embarrassing.) Installation of a wire is essentially the same for both the rotating contact models and the "fishing spool" types. Just be sure, if your old and new wires have the same color coding, that you strictly follow that scheme. If they are not the same, then be sure that the "A" lead goes to "A" and "B" to "B" and "C" to "C"—no matter what the colors are at either end.

If the reel has a rotator, remove it and examine it carefully. If the contact pads are too worn, you will need to get replacements, but since that degree of wear takes a l-o-n-g time to happen, this is more likely to be true of very old reels. The pads must be clean, of course, so must the rotator rings that the pads press onto. With recent Leon Paul model reels, the rings are stainless (shiny, silvery) and though they may look as clean as a whistle, and you may just have scrubbed them down with an electronic cleaning solvent, they can still be electrically high-resistance; check them directly with a meter. What to do? Buff them up vigorously with a

piece of fine emery cloth; the improvement will be astounding.

You want to start fooling around with reel springs only if you have determination and a genuinely inquiring nature. In any case, one's first foray into a reel's spring system is best carried out under guidance of someone who has (successfully) been there before. Probably the easiest to work on are the Leon Paul types, which have been rationally engineered to let you get into them and clean and replace parts easily. There's a trade-off: they will also require more frequent service (cleaning and tightening) than many others, but you are not required to open nearly sealed compartments to get at what you have to work on—which, unfortunately, is the case with most other brands.

In going after the spring side of any reel, make the approach from the front, the floor cord plug-in side. Going direct to the back, the spring side, is likely to "let it all hang out" in ways you will not like. If the springs are fastened together as a unit, you will need guidance, or guts, going after them.

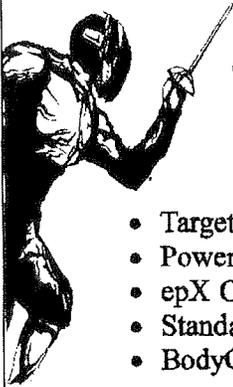
This is where the Paul reels earn their user-friendly reputation. With them, each spring is separately packaged into a plastic (these days) shell, with a metal cover: a spring pack. Each such pack interconnects from the center piece; they are totally interchangeable. To form the pack, the outer end of the actual spring drops down onto a slot in the edge of the shell and the center end, which has a hole in it, is attached by a small machine screw to the center piece that slides over the axle, intended to lock onto the next spring pack or the case. The whole drum easily slides up and off the axle—or the axle slides out of the drum, take your choice, exposing the three spring packs. If the axle

resists coming off, *hold it* right there. Carefully, turn the thing over and examine the spring packs: if one, or more than one (that's even more grief), of them has partially jumped from its housing, you will need to remove the packs very slowly and carefully from the drum and (here's where the gloves come in) let the spring out to its full length and then carefully coil it back (the right direction, natch) into the shell, and replace the cover.

If the spring has broken, it will usually have done so right near an end, more likely at the axle than at the outer edge; springs almost never break in the middle of their length. It's the inconsiderate fencers who let reel cables run back from a distance who cause this sort of trouble: the center of the spring is so stressed that it actually doubles back on itself, and, eventually, goes *snap*. You do not have to replace such a broken spring—not for the first few breaks, anyway. A new hole can be put into the end of the spring and it can be reattached with the machine screw already on the center piece. You will note that I said "put" a hole in it, I did not say *drill* one. Trying to drill spring metal will merely ruin the temper of the steel and cause the thing to break again, very quickly. You need to punch in the proper hole. That means you need access to a powerful metal punch—of course, not to be found in everybody's hall closet.

I have no advice for you about other kinds of springs in other kinds of reels; that is not a topic for a simple column; it would take a handbook.

Before you close up any reel that you have had occasion to open, you should always clean it up: get the dust and dirt out of it, make sure that all screws, etc., are nice and tight, and that everything is back the way it is supposed to be.



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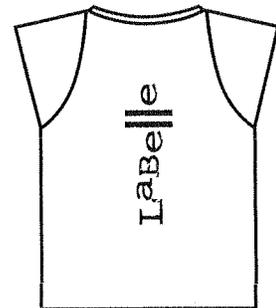
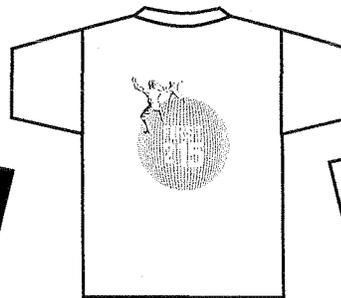
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FRANKENFENCER:

What Genetic Engineering Can Do for Your Game by Bob Block

*I thought no more was needed
Youth to prolong
Than dumb-bell and foil
To keep the body young*

—W.B. Yeats, "A Song"

Some sports change dramatically when technological advances are introduced. No one who has followed sports for any length of time can forget the impact of fiberglass on pole vaulting, the aluminum bat on college baseball, or graphite laminates on tennis and golf. More recently, the clap skate transformed speed skating and the superstretch bodysuit was worn by many of the record-breaking swimmers at the Olympic Games in Sydney. Such technological innovations tended to be performance-enhancing for the athletes who used them.

In fencing, our technological changes are usually not performance-enhancing. The FIE establishes Newton standards for clothing and punch tests for masks as a reaction to safety concerns. It mandates a shift to the 2000 saber blade and tries to develop a "flickless" foil tip, not to enhance fencing performance but to modify or control the style of the sport. We experiment with plexiglass masks and wireless scoring systems—again not to enhance performance but in an attempt to make the sport more crowd-pleasing and marketable to our elusive television audience. If you follow certain discussions found in Internet chat rooms, you might be led to believe that the advent of electrical fencing over a half-century ago was more of a deterrent to "real fencing" performance than an enhancement. But I'll leave that up for you to decide.

In this magazine you frequently find advice on enhancing your fencing performance by various methods such as improving speed and endurance, weight

training, psychological preparation, better eating habits, weapon maintenance, etc. You also get some very specific advice from the USFA and U.S. Olympic Committee on how not to attempt to enhance your athletic performance. To wit, from the Drug Testing section of the Official USFA Entry Form: "...CALL THE USADA HOTLINE, 800-233-0393, FOR QUESTIONS ABOUT MEDICATIONS AND BANNED SUBSTANCES OR PRACTICES."

Each of us who wants to compete in a national competition is required to sign the drug testing release on the entry form. We are warned that failure to pass or comply with drug testing can result in loss of any national points earned and suspension from the sport for up to two years. By signing the release we also acknowledge that we understand there are over-the-counter medications which may contain banned substances and it is the fencer's responsibility to avoid such medications. Unlike some of the other Olympic sports, the intentional use of banned substances in fencing appears to be a rarity. I would guess that most of the substance abuse cases found in fencing today are due to inadvertent use of the wrong (according to the USOC) over-the-counter or physician-prescribed medications.

If you are around a veteran fencing event for very long you are bound to hear comments about "needing to take some ibuprophen" after the day is over. It's probably safe to say that a lot of veterans start out the morning with a hot cup of caffeine and supplement their diets with vitamins and sports drinks. Presumably, all of this is done in moderation and within the approved substance parameters (caffeine in substantial quantities, greater than 12 mcg/ml in the urine, can cause you to fail a drug test).

To my knowledge no veteran fencer

has ever failed a tournament related drug test. Aha!, the cynic might say, that is because no veteran has ever been tested. Touché! Call me naïve if



you want to, but I'd like to believe that veteran fencing, like the sport as a whole, is relatively free of intentional substance abuse. The issue has been discussed internationally at veteran meetings, but this was out of concern that older fencers are more likely to need prescribed medications that could be on the banned list and there may be a need for approved medical exemptions.

However, new and potentially more serious performance enhancement issues are looming on the horizon. According to the International Olympic Committee (IOC), genetic engineering in sports might be only a decade away. Not so, say other sources that warn it is more likely only one to five years from now that we will see the first genetically engineered athletes secretly competing in sports. An article titled "Unnatural Selection" that appeared earlier this year in *Sports Illustrated* (May 14, 2001) focused on some of the significant physical and ethical issues surrounding the use of genetic engineering in sports.

One particular piece of information in the *Sports Illustrated* article caught my attention. This involved a synthetic gene that can be injected into muscles and cause the muscle cells to produce more IGF-1 (insulin-like growth factor). Apparently, IGF-1 is a protein that makes muscles grow and helps them repair themselves if they become damaged. It is indispensable for strong bodies and muscle growth when we are younger. Vigorous exercise when we

are under 30 causes our bodies to produce plenty of IGF-1, which promotes stronger muscles. However, as we get older, our bodies stop producing as much IGF-1 and our muscles sag and can't repair themselves as well as they used to. We lose strength and speed even if we train harder.

Experiments on young animals have shown that a onetime injection of the synthetic gene can produce larger muscles that resist change as the animal ages. An experiment at the University of Pennsylvania created a genetically altered mouse with a muscle mass 60% greater than normal. According to Dr. H. Lee Sweeney, the head of the research team who was interviewed by *Sports Illustrated*, "The muscles maintain their size throughout the whole life of the animal."

The ramifications of this procedure if successfully applied to humans would be earthshaking for the entire sports world: Athletes with stronger and larger muscles who are able to maintain their strength and speed indefinitely throughout life and, theoretically, perform at an optimal level long after their normal prime. As far as testing goes, the experts say the only way to prove that an athlete is cheating with altered genes is by performing a muscle biopsy, and that type of test is highly unlikely to occur.

Besides the obvious ethical and moral questions raised by the potential use of such genes, there are also physical risks, most of them involving unknown side effects to the human body and the fact that control mechanisms in genetic engineering have not yet been perfected. For example, a gene can be injected into the body to increase EPO, which boosts the production of red blood cells, but the process can't be shut off. According to Dr. Bengt Saltin of the IOC's World Anti-Doping Agency (WADA), the only reason humans are not using these genes today is the control problem. The question doesn't seem to be if, only when, such control technology will be developed.

What sort of impacts would genetic engineering of this kind have on the sport of fencing? Some of the fallout could be positive, especially for fencers who are injured. Certain types of tissue,

tendon, ligament and cartilage injuries that are slow-healing could have recovery times that are significantly shorter through the application of gene therapy. But it also seems possible that the current order of our fencing establishment with cadet, junior, senior and veteran categories could become irrelevant in the era of synthetic genes. Artificially induced strength factors (remember the 60% more muscular young mouse) could drastically affect all age groups. And if a fencer doesn't lose any strength and speed after reaching the age of 40, 50, or 60 and beyond, why even have a category for veteran fencers?

Come to think of it, in this gene-altered environment it might be necessary to give the older fencers handicaps in open competitions since many of them would have decades of training and competitive experience combined with a body that is still functioning in its prime. It just wouldn't be fair to the 20 and 30 year olds to have to face such an experienced and formidable older opponent. It's interesting to speculate on the possible composition of future national teams. Fencers might not stand a chance of making an Olympic team until they are well over 40, with 20 or 30 years of fencing experience under their belts!

This is an admittedly unscientific synopsis of one aspect of genetic engineering based primarily on a single article in a sports magazine. Nevertheless, it is an issue that all sports, including fencing, must address soon.

Even with the inherent risks and unknowns, some athletes will take the chance to enhance their performance, just as they have done in recent years with EPO, steroids, blood doping, and human growth hormones. As Dr. Sweeney told *Sports Illustrated*, "The public will accept genetic interventions because it will want them...I see a day when this is going to be commonly used in the population because the population does not like getting old and weak...Once society accepts it, the Olympic committee is going to have to deal with it. The days that it can try to stop it are numbered."

Okay, maybe I can accept this argument, but before I shake your hand after our next bout would you mind signing a release for a muscle biopsy? It should have been in your registration packet, probably on the backside of your official entry form just below the waiver of liability. And you thought genetics was all about fruitflies.

Just one more thing, is that a bolt I see sticking out of the side of your head and why are those stitches all over your neck?

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ADHD & FENCING

By Dr. John Heil and Carla Mae Richards

Question: For the fencer with ADHD (Attention Deficit-Hyperactivity Disorder) what are the rules regarding the use of prescribed medication?

ADHD is a fairly widespread problem affecting an estimated three to five percent of adolescents. It seems to occur about as frequently in athletes, as well. This problem is best managed by a combination of medication and psychological treatment.

The medications most commonly used are stimulants (such as Ritalin and Cylert). These medications have proven to be beneficial in helping improve classroom performance, and for this reason are widely prescribed. Based upon survey research conducted by Lewis-Gale Clinic, the use of stimulants also helps limit the impact of ADHD on sport performance. However, there is also reason to believe that stimulants can be used by healthy athletes as a way of gaining a competitive advantage. In addition, stimulants are a dangerous "substance of abuse" when used improperly. For these reasons, stimulants are banned by the IOC, the NCAA, and virtually all sports governing bodies.

This is quite unfortunate for the athlete with ADHD. But in recognition of its proven medical use, some special allowances have been made. The United States Anti-Doping Agency (USADA), the organization now responsible for all drug testing of American athletes associated with Olympic sports, states, "Where the applicable IF [the International Federation] tests for stimulants in competition only, athletes prescribed these medicines should, in consultation with their physician, discontinue use in advance of competition in order for the medication to clear their systems" (*The USADA Guide*, p.11). This means that the athlete is technically allowed to use

stimulants during training. In keeping with this provision, stimulants are *not* included in the "No Advance Notice" Testing Program (also known as "Out of Competition Testing").

This still leaves open the question, "What if the athlete innocently fails to stop the medication soon enough before competition and turns up with a positive drug screen?" The USFA

The USFA recognizes the dilemma faced by the ADHD athlete, and has made this information available so the athlete can prepare to take the best course of action.

Sports Medicine Representative to the FIE (the international governing body for the sport of fencing) will raise this concern on behalf of all athletes at its next meeting.

In similar fashion, the NCAA recognizes legitimate medical uses of some banned substances, including stimulants for the treatment of ADHD. The NCAA also allows for "exception to be made for those student-athletes with a documented medical history" and recommends that "the institution should maintain in the student-athlete's medical record on campus a letter from the prescribing physician that documents

that the student-athlete has a medical history demonstrating the need for regular use of such a drug" ("Statement on NCAA Drug-Testing Exceptions Procedure," p.1).

This situation is reminiscent of that previously faced by athletes with asthma before a wider range of approved medicines were available for the treatment of that condition. The USFA recognizes the dilemma faced by the ADHD athlete, and has made this information available so the athlete can prepare to take the best course of action.

Any further questions you have should be directed to either the USADA (800-233-0393; usada@anti-doping.org) or to the NCAA (which recommends that you contact the National Center for Drug-Free Sport at 816-474-8655 or <http://www.drugfreesport.com>).

The USFA Sports Medicine & Science Committee has created a technical report on ADHD that includes a variety of information on the identification and management of this condition, including a medication guide. It is intended for use by athletes, coaches and medical providers. This guide is available from the USFA web site—www.usfa.org. In addition, the Fall 1997 issue of *American Fencing* magazine includes recommendations for the use of sport psychology methods as an alternative to medication.

This is the first installment of the "Sports Medicine 'Q & A' Column," which will be a regular feature in the American Fencing. If you have a question you would like answered, please direct it to Dr. Peter Harmer, Associate Chair of Sports Medicine & Science, at pharmer@willamette.edu.

faces of fencing



DEREK COTTON

by Barbara Anderson

Derek Cotton, 36, began fencing in 1983 at Falcon Studios in Hollywood, one of Southern California's most enduring theatrical schools, with legendary swordsman and coach Ralph Faulkner. He trained at the hands of Ed Richards and Hezaburo Okawa from 1986 until 1989. In 1989, with a zest for fencing, Cotton headed for Europe to train with Sandor Beliczay of Budapest, Hungary. Upon returning to the United States after six months of vigorous training and an appetite for more, he returned again in 1991 for another six. Cotton attributes his own Hungarian technique and style of coaching to Beliczay. In 1992, he moved to San Francisco and trained with Cole Harkness until 1996 before returning to his native habitat of Los Angeles.

Cotton was a winner of the 1986 Southern California Collegiate Fencing League, with a 44-4 record; a member of the Stanford Fencing Club 1995 U.S. Men's Foil National Championship Team; a three-time U.S. National finalist and five-time member of U.S. Olympic Festival Team from 1989-1991, 1993 and 1995. A true foilist, he credits his back-to-back 1994 and 1995 Pacific Coast Sabre Circuit titles to having a good time with friends.

Perhaps best known for his work as a referee, Cotton's performance as one of the country's best earned him an invitation to the Pan American Games, Junior World Championships and Senior World Championships as a U.S. referee from 1998-2001. He is an internationally rated B referee in all three weapons and was the only U.S. referee selected for the 2000 Olympic Games in Sydney.

Cotton's coaching career originated in 1995 at Halberstadt Fencers Club in San Francisco. He was the 1999 coach of the Pacific Coast Men's Foil Championship team from Gascon Fencing and the 1999 coach of the bronze-medal Gascon Fencing Women's Foil Team at the U.S. National Championships. He is the co-founder of San Diego State University's fencing team and Pacific Coast Circuit Events.

As a graduate of San Diego State University in 1987, with a major in economics and a minor in naval science, and a 2001

graduate of Pepperdine University, with an international MBA, Cotton found himself unemployed following September 11th. Amid its incalculable devastation, the terrorist attack also brought the financial services industry to its knees.

Cotton, single, currently resides two miles from Dodger Stadium in Hollywood, Calif., and coaches foil at Swordplay Studios in beautiful downtown Burbank.

American Fencing: Why fencing?

Derek Cotton: I dislocated my shoulder playing football and I needed something to rehab it. I was tired of swimming and tennis, so I thought maybe fencing would do something for it. It didn't, but it was intriguing. It is the only sport I've played where an old guy can be evenly matched with a young guy. And not because he is physically or mentally equal, but because he is superior.

AF: What word best describes each of the following mentors in your life: Faulkner, Richard, Okawa, and Harkness? And how have they contributed to your own genre of coaching?

DC: Faulkner: Inspiring. Ralph contributed inspiration only. He was at such an advanced stage [at the age of 91] when I started taking lessons that he was only giving "hand" lessons. I was a beginner and didn't understand what he was doing, so I took the "moving" lessons from someone else in his studio. Richards: ONE word for Ed? Oh God. Enlightenment. Ed taught me everything about the sport of fencing, especially the process behind coaching. To him I owe everything. Okawa: Unique. Hezaburo gave me super, super detailed technique. He showed me the importance of minuscule things in fencing and how they make a difference when applied. Harkness: Friend. Cole taught me "how" to coach. I learned the absolute "nuts and bolts" of coaching from him.

AF: What advice would you give to fencers who want to live and train in Europe?

DC: Set up and negotiate how many lessons a week you are going to get before you go. If you don't, things may change when you get there and it's very frustrating. Plan to do something educational like learning the language of that country or teaching English to help support you. I was able to live and train on \$400 a month, which include: lessons, food, lodging and spending money. Nowadays, you probably couldn't do it for under \$800.

AF: As a foil fencer without an individual foil title, what was it like winning the men's Pacific Coast Sabre Circuit individual title, back-to-back?

DC: I was playing around with sabre. I would take the train to San Jose and Bruce Capin, Chris Warlick, Keith Early and I would get together on Saturday mornings in Bruce's gym at San Jose State and fence sabre. That was a really good time. That's what gave us the idea of starting the Pacific Coast Circuit events. Winning the individual sabre was cool because they knew I wasn't a sabre fencer. I enjoyed letting them know that a foil fencer beat them and that God forbid I actually took

this weapon seriously. I took lessons and owned everything one would need to fence sabre, but I'm not sure I would consider myself a true sabre fencer.

AF: What word best describes your first time as an Olympic referee?

DC: Cool...I guess. I mean, what "word" best describes something like *that*?

AF: As the only U.S. fencing referee at the 2000 Olympic Games in Sydney, what intimidating experience stands out the most for you?

DC: When they told me I was doing men's sabre. I refereed sabre at one international tournament prior to the Olympics. One thing I always say to myself, no matter where I am, when I walk out onto the strip feeling nervous: It's just fencing.

AF: As a referee who deals with the inappropriate "tongues" of coaches, why do you continue to bump heads with other referees while coaching your student at the strip?

DC: That's my job. People don't realize that a coach's job is to give his students the best opportunity to win. Only in fencing do we assign the blame to the coach who is just doing his job. If the referee can be influenced by harsh words or an intimidating stare, it's not the coach's problem. If the ref can be intimidated, why wouldn't you?

AF: What advice would you give to a rookie referee who wants to achieve the same stage presence that you so eloquently illustrate at the strip?

DC: Everything I do as a ref I've been taught: where I stand, how I speak, how I address the fencers, etc. Earning the coaches' respect regarding the application or non-application of rules is also part of the time-consuming process. You need the time and experience. You need to referee a bout or two that makes your heart race.

AF: What suggestions do you have for executing proper clarification of the hand signals?

DC: Put the clipboard down. Watch George Kolombatovich or Atilio Tass. They put little hash marks on small pieces of paper. After the bout they write down the score on the score sheet. The professionals will tell you that's the way to go. Anyone who is inspired to referee internationally better know their hand signals—be able to do them at all times, on demand, in training sessions, etc. If you can't do them well, they won't ask you back ... seriously.

AF: In one sentence how would you, Derek Cotton the competitor, describe Derek Cotton the referee?

DC: He lets the fencers fence. And he makes some mistakes, but he's no cheater.

AF: What sports figure, other than fencing, would you trade places with if you could? Why?

DC: Ali. He has an unbelievable way of communicating with anybody on the planet. His magnetism draws people to him. He is as impressive out of the ring as he is in the ring, if not more, regarding his stances on racism and Vietnam. I don't care whether he was right or wrong about Vietnam, the point is he gave up a lot to follow what he believed in. That's what's important. I respect his principles the most. I can't think of any other athlete who could use his athletic prominence to help further other people. Maybe Jackie Robinson, but Michael Jordan sure

hasn't. Michael Jordan is all about Michael Jordan. Yeah, yeah, yeah, OK, Jordan gives money to charities and that's great, but if you make \$40 million a year you may as well give some of it away because you're never going to spend it all. Would Michael Jordan have been willing to give up the Chicago Bulls in the middle of their championship run for a personal issue? I don't think so. Ali is the man of the 20th century. If you want to talk about a man who has an impact inside and outside of his sport, I think it would probably be Muhammad Ali.

AF: What rule/s would you like to see changed or added?

DC: (Jokingly) I'd like to see epee eliminated from the game. Seriously, I'd like them to leave foil alone. There's talk about getting rid of the off-target light; changing the length of time you have to hit; making the bib and arms target because (being off-target) they slow the fencing down and make foil unattractive. It won't be foil anymore. Good foil fencing is a simple process to understand. It has the right tempo and enough movement to keep your interest. I hope they don't change—don't "break" foil.

AF: What would be your solution for "perfecting" the running of NAC events?

DC: OK, here goes! I know they [the bout committee] do about as good a job as they can up at the table. Having said that, it is inexcusable the way some of the tournaments are run. The waiting goes on for hours and hours because they can't get their stuff together. They need to get somebody who knows how to run the computer or go back to the cards because it was faster and with fewer errors. They need to make sure the people up at the desk are trained before and not AT a tournament. You don't train someone to be a referee in the finals, so why train someone to run a computer in the middle of an NAC?

I would like to get rid of repechage. It's always the same people who go through repechage because they're the best fencers and if they happen to fence poorly they always come through the backside. The excuse from the coach is that they need more fencing. Get the fencers to the club and/or arrange training camps for them. Fencing at tournaments against people who are superior is not training. This is a tournament. OK, you've paid your money, you've entered, now good luck. There's no extra chance here. Get up there and fence and if you don't make it, you don't make it. Come back the next time.

What people have to understand is that this is burning the referee core down to nothing. These guys already volunteer and if they think \$40 a day isn't volunteering, it is. This is what I'd like to see happen: Back away from the control up there at the table. Hand the referees working the direct elimination table a copy of their section of the table and blank bout sheets and let them run their sections of the tableau from the floor, without having to send the fencers on the famous "shuttle run" back and forth from the bout table. Even the slower referees will finish in less time than they take at the table. Then, they can do the reseed for repechage.

AF: As a coach, what is the first thing you tell your new students?

DC: Cut your grip down, it's too big. And bend your knees.

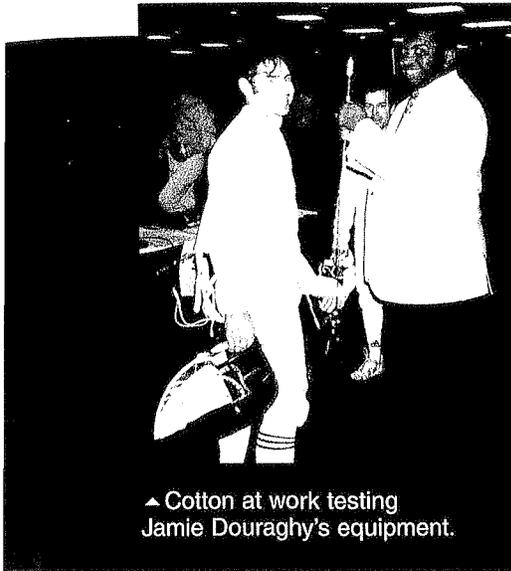
AF: What coaching strategy did you use to lead your men's foil team to the 1999 PCC title?

DC: More than anything else I knew our competition very well. As a referee, I watch other people fence and gage their reactions to different situations, so I know what they do well and what really bothers them. Then it is only a question of knowing what your own fencers can do and seeing if you can find something that will work against your opponent's weaknesses. If your fencers cannot change and execute a game plan, then all the strip coaching in the world will not help, so a lot of the credit goes to the fencers. I'd like to think my observations and pre-match strategy did make a difference.

AF: What are your concerns, if any, regarding the 2002 Winter Olympic Games in Salt Lake City following Sept. 11?

DC: I hope Felicia Zimmermann is going to be safe because she'll have some official position there. I believe there is some intelligence behind bin Laden's madness. He does things in a very calculated manner and maybe if he could be guaranteed that he would wipe out just the U.S. team, then he might just do it. But considering that to get to the U.S. team he'd probably have to kill a lot of Europeans, Asians, and people like the neutral Scandinavian countries, who have nothing to do with him. He's crazy, but I don't think he wants the kind of heat that would come from, even within the Arab circle, killing a bunch of athletes. Hopefully, I'm right. That's [Olympics] a huge target and there's nothing we can do about it.

AF: What international measures need to be addressed to



▲ Cotton at work testing Jamie Douraghy's equipment.

insure the highest level of security for all athletes traveling abroad?

DC: I think it's a fallacy to assume that we are in more danger when we leave the country than when we stay in it. Thus far, the terrorists actions committed against Americans have been done on American soil. The idea that it is more dangerous going to a world championship in France than it would be to go to an event in Oklahoma City is ludicrous. I think Americans need to be wise just like every place else. As an individual you're too small a fish to harbor the fear that a multinational terrorist group is targeting you as you walk down the street in Bordeaux. The biggest fear when traveling, still, is getting mugged.

AF: After living in Salt Lake City, San Francisco and Budapest, why do you consider being back home in Los Angeles as, "... the place where I belong?"

DC: L.A. is the best place on earth. I leave the top down on my car year-round. It's a beautiful, brilliantly sunny day today. It's all about survival back east. There, they have to MAKE it through the winters. We don't have to MAKE it through any season. And when they do get decent summer weather ... they get eaten alive by mosquitoes!

AF: What's really underneath the "thick skin" of Derek Cotton?

DC: I really, really like fencing. I think it's the best sport there is in terms that it helps young children mature and old people stay young.

AF: I was fishing more for: What makes you cry?

DC: Um ... what makes me cry? Not a lot makes me cry. Obviously the death of a relative, but that's a little too obvious. Really good movies make me cry, like Awakenings. God, that was a great movie! Schindler's List ... that's another one.

AF: What would you do with \$10 million?

DC: I'd pay off my mom's house and buy her a new car. I'd open my own fencing center and fund U.S. fencing athletes, but they'd have to train. I'd set up a training and regimented place in L.A. and try to make U.S. fencing a powerhouse, at least competitively.

AF: If you were viewing your future through a crystal ball, what would you like to see?

DC: (Laughing) Is this my obituary? I would like to see someone who made a difference in whatever they did whether it'd be coaching, refereeing or fundraising for the USFA. Someone who would be able to balance that, a job and a family and somehow miraculously do it all well.

AF: A family?

DC: Definitely.

Barbara Anderson began fencing in 1980 in Los Angeles and is now a nationally-rated referee. She is a freelance writer living in Michigan, where she also serves as a substitute job coach for the handicapped

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THE RUSSIANS HAVE LANDED!

the russians have landed?

written and photographed by Joseph S. Streb

World class Russian fencing coaches have landed in The Ohio State University athletic department, where old timers still see the ghost of Woody Hayes pacing the halls looking for strapping boys with stout hearts to thrust footballs over the goal line, not swords at opponents' hearts. Move over grid-iron glory, let fencing take over.



The Russians have brought sheaths of Old World acumen to the hinterlands of Columbus, Ohio, to teach an art more martial than football and with a tradition just as rich. Some of the best young sword-fighters in the country are coming to Ohio State in hopes of learning the key to Olympic success from two special coaches who have been there and done that. Three-time Olympic gold medallist and OSU Head Coach Vladimir Nazlymov says proudly, "We have some of the top male and female fencers in the country here this year."

Both Jason Rogers, whose entire family moved to Columbus, and Colin Parker were accepted at Stanford University but

chose Ohio State instead. Two additional top junior fencers, freshmen Metta and Hannah Thompson, also moved from Rochester to be part of the team. "Young fencers know we are creating the best collegiate fencing program in the country and they also can receive top academic training here," he says.

In addition to heading the program, Coach Nazlymov provides master saber instruction. He is eminently qualified to do so, having won gold medals in saber at the 1968, 1978 and 1980 Olympics. Ilgar Mamedov is assistant coach and master foil instructor. His Olympic golds came in 1988 and 1996. Though focused on foil, Mamedov believes that coaching is more

dependent upon the fencer's attitude than the weapon. "(Coaching) is the same for all weapons," he says. "Once a fencer reaches the open division, it is all about who has more in his or her head; they win."

Anyone familiar with Columbus knows that OSU football is the city's sacred sport. Nazlymov isn't afraid of conflicts with OSU's vaunted football program. "I believe fencing can learn from football with respect to the underlying organizational structure, which allows certain universities to recruit the best talent year after year," he says. "Ohio State Athletic Director Andy Geiger has been very supportive of what we are trying to do. He is building a new facility for fencing and some other sports."

The coach has a vision for the development of a national fencing center in Columbus where he intends to build a tradition of winning top-level competitions, training top coaches, and providing a developmental framework for fencers of all ages. "There is no question that our ultimate goal is to win Olympic medals. In the entire history of U.S. Olympic fencing, only two medals have been won, both bronze. This is not good enough!"

He doesn't hesitate to respond when asked about what he views to be most important for continued improvement of U.S. fencing: "Coaching is the most important thing, followed by development of athletes, followed by provision of a home or homes for fencing." He worries that some top U.S. coaches are not involved enough in international competition, and attributes this partly to the lack of recognition for coaches. "In the Soviet Union, especially toward the end of my time there, we did not get much money, but at least I got a pin which says 'Best Coach,'" he jokes. "And there, such awards were publicized, so people knew about it."

Nazlymov elaborates on the need for development for what he called a "home for fencing"—a place where top coaches could share fencing philosophies and work with talented young fencers from an early age. "It is not enough to receive a fencer as an incoming freshman at age 18 and be limited to four years of top level training," he laments. "We need a place independent of the university where we can provide continued coaching and high level competition for fencers from at least age 13 or 14, since national team membership starts then." But he adds that fun fencing for youth must start at ages six or seven to provide a proper foundation.

When asked whether fencers might suffer burn-out after college, the coach says, "Fencing is as much a game of intellect and mastery of emotions as it is physical technique, and often people do not master emotions until their mid-20s or later, so as long as a fencer feels he or she is making progress, this is not a problem." Nazlymov also says that the increasing popularity of age-category events helps provide incentives for fencers of all ages.

"After all, a top-eight finish in a national or international competition is impressive, regardless of age, and it helps draw needed media attention to the sport." The coach says that having older fencers involved with a center will help establish a



Though the coach's English is still broken, his ambition is intact—and his enthusiasm for the sport of fencing and concern for his fencers needs no translation.

tradition and provide support for younger fencers.

Nazlymov arrived in the United States in December 1991, after the economic collapse of the former Soviet Union, and though unable to speak English, took a job with the Kansas City schools providing after-school athletic training to disadvantaged youth.

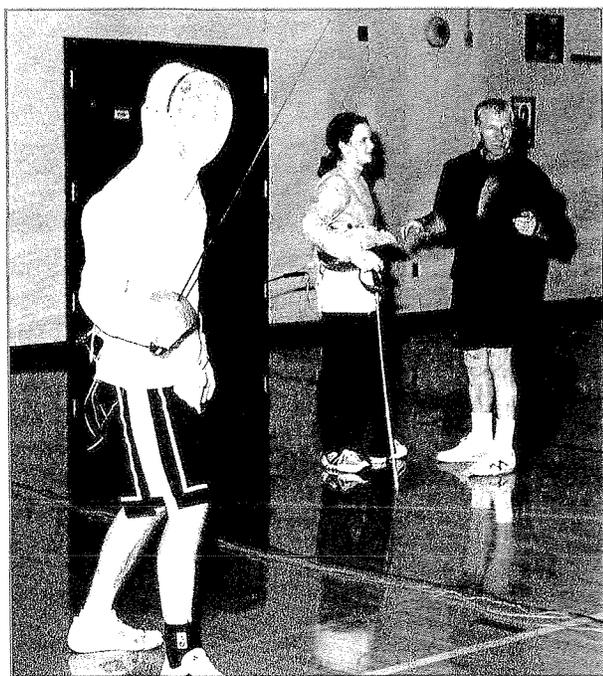
"They helped me learn English, and I helped them learn a discipline and to have a sense of belonging," he says of his early years there. "They would come with guns and drugs, and it was very hard at first, but the competitor in me would not let me quit."

Though the coach's English is still broken, his ambition is intact—and his enthusiasm for the sport of fencing and concern for his fencers needs no translation. "When I was at Kansas City, working with inner city youth," he says, "I never charged fees to the best fencers, especially if they had little money."

Despite the early hardships, there were also rewards—out of these early efforts sprang five-time U.S. national saber

champion Terrance Lasker, who, like many of Coach Nazlymov's early students, followed him to Columbus. In ten short years, Nazlymov found his place. The last time he was in Moscow, he woke up one day and thought, "You know, it is time to go home." Nazlymov was recently sworn in as a United States citizen.

The Ohio State positions are Nazlymov and Mamedov's first university coaching jobs, and they expect much of their team members. Practice is held five days per week, starting each morning with one hour of strength and conditioning training, followed by a two-hour group practice consisting mainly of bouts among team members. In the afternoon, fencers receive an hour of individual instruction, provided it fits in with their class schedules. Fencing team members are expected to excel both athletically and academically. "Everybody wants to win and be number one," Nazlymov says. "It's a matter of tapping into each person's psychology to bring out his or her best."



Nazlymov has big dreams that complement his collegiate coaching. He intends to establish "The Ohio Fencing Alliance" that, along with the Ohio State program, is designed to be the fountainhead for a national fencing center in Columbus. It would appear that he is borrowing a page from legendary Ohio football coach, Paul Brown, who invented the football feeder system. In his early days at Massillon High School, Coach Brown started youth programs in multiple middle schools so a large pool of talented and trained youth would be fed into his high school program. Of course, such programs are seen throughout many sports development initiatives.

"Columbus is ideal for a national fencing center," Nazlymov says. The metropolitan area is the largest in Ohio and features many fine academies and high schools that have basic

"Columbus is ideal for a national fencing center," Nazlymov says.

fencing; in those that don't, Nazlymov hopes to establish programs. In addition, several large metropolitan areas with fencing clubs are within 200 miles of Columbus—including Cleveland, Cincinnati, Indianapolis, Pittsburgh, Detroit, and Louisville. "We don't mind if some of our [high school] fencers go to college somewhere else because we know some fencers will be coming here," he says confidently.

Nazlymov also was instrumental in persuading the USFA to hold the upcoming 2002 Junior Olympics in Columbus. While the process of applying to host the JO's was begun by members of the USFA's Columbus Ohio Division and the Greater Columbus Convention and Visitors Bureau, Nazlymov's influence most likely secured the event for the city. He expects Columbus to host many top competitions in the future.

Nazlymov believes that developing a fencing culture is central to raising funds for fencing. "The Soviets were nothing special in fencing until after 1952; yet, by 1960, they started to dominate." When it was suggested this was the result of governmental planning and financing designed to win as many Olympic medals as possible to impress upon the West the alleged success of the Soviet system, the coach says, "Even so, it was done in a very short time. Why shouldn't we be able to do the same here? It is not so much about having money as about how the money is spent—coaching, athletes, and national or regional fencing centers are the key elements in that order." He admits, though, that for now at least, the families of fencing prodigies must expect to bear a considerable economic burden in promoting youthful hopes and dreams of Olympic gold.

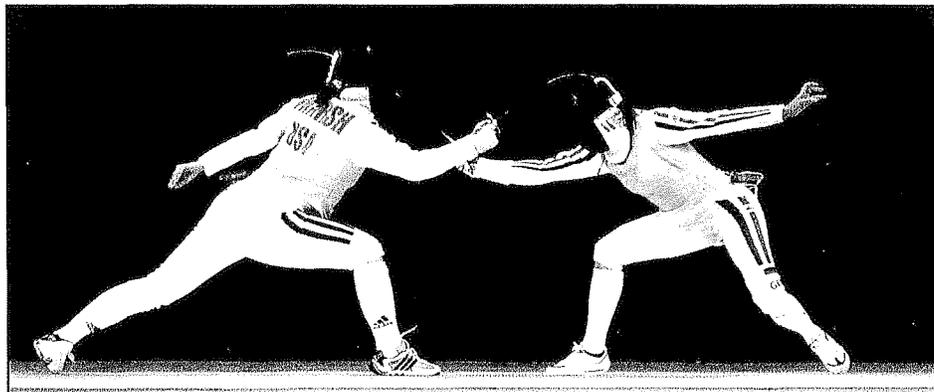
"We will make a showing in 2004, but in the 2008 Olympics, we will really shine," he says with a smile.

Joseph S. Streb is a Columbus-based attorney and is a member of the Columbus Fencers Club. In 1999, he took first place in the men's veteran foil competition at the Summer Nationals. He competes in sabre, as well. Copyright 2001, Joseph S. Streb

THE BATTLE for INSPIRATION

five top fencers offer you tips on staying focused and motivated

by Sybil Hunter



“It’s easy to say ‘have confidence in yourself and concentrate,’ but it’s another thing to actually do it,” says Cliff Bayer, Pan Am and 2001 Olympic foil competitor. “It really comes down to experience.”

As fencers, we all step on the strip with the desire to win. How we get there, however, is a whole different game.

In the end, “it feels much better to come back from being down 10 points than have an opponent overtake you,” says Bayer. “It’s more valuable, too. It’s as important as sealing off a bout where you’re ahead.”

Rest assured Bayer knows the trials and tribulations the average fencer encounters. “When I first started I wasn’t this talented phenomenon,” he explains. “It’s a question of working hard and making the right sacrifices. It all comes with confidence over time. One day it just clicks. You have to have patience until it happens.”

So what gave Bayer the drive to excel to the level of Olympian? “I will only do it if I can do it right,” he says. “What I really like is when people think something can’t be done and it is done.” Bayer is referring to other countries’ attitudes regarding an American’s ability to place in national competitions—he placed 10th in foil at the 2001 Sydney Olympics.

“Don’t let other people tell you what you can and can’t do,” he advises.

One of the other Americans fencing alongside Bayer at the Pan Am games and the Sydney Olympics was sabrist Keeth Smart. He relates to fencing this way: “At first it was really frustrating, it was just something to do. I just kept trying.” He adds, “It wasn’t until I was invited to the Olympic Training

Camp that I realized, ‘Hey, I’m not that bad!’ This gave me the motivation to keep fencing and training.”

As for competition on the strip: “It’s all about who I’m fencing, what competition I’m at, what stakes are involved. There are many variables,” that give him his motivation to win.

If your concentration is off, Keeth suggests, “Delay the bout. Use stall tactics. Fix a weapon. Change it. Untie a shoelace and tie it again.” He says the higher level fencers know all the tactics. “I’ve even seen opponents talking to the ref about a touch they clearly know was against them.” The bottom line? “Don’t get on guard until you’re absolutely ready.”

Then when the bout is tight, “you just have to focus on what you’re doing right so far to break their rhythm, then rely on that and keep driving at it,” Keeth says.

And one last word of advice from Keeth: “I’m a big advocate for taking breaks. I’ve seen so many careers run short because of burnout.”

“Vacation breaks are nice but I miss competing and working out,” Erinn Smart admits. Erinn was the woman’s foil team alternate at the Sydney Olympics and is Keeth’s sister. Her father signed her up for fencing lessons after reading about a new club in a newspaper article. “I enjoyed it from the beginning. At the time, I went to learn something totally new. I’m a pretty competitive person so I just kept working at it.”

Erinn gets her inspiration to fence from her family. “They are always there for me,” Erinn says. “But my brother is why I enjoy fencing the most. We are close in age and have something in common.”

On the strip her motivation comes from within. “Staying

focused is the main goal. Take it one touch at a time. Try to stay focused on just getting the next touch," she says. "In a bout a touch doesn't mean much. If you are down 12 and come back, a touch or two doesn't make any difference. Always try to fence like it's the first touch."

Ann Marsh, two-time Olympic foil fencer, agrees. "I try very hard to stay focused, but sometimes strange, unexpected things cause one to lose concentration. It can be anything from a referee making a bad call to being tired of your coach. Bad calls are going to happen. How it affects the fencing is up to the athlete."

Marsh keeps coming back to fencing because "I just love to hit the target. The feeling of hitting is just phenomenal." Despite this, Marsh stepped back for a couple of years. "I just didn't enjoy it anymore. It seemed like a job. I came back because I missed the excitement of the competition and the people."

Marsh credits Iris Zimmermann with giving her that extra little bit of motivation she needs on the strip. "She recognized my inability to train these past few years, due to my medical career, and she always tells me how great I am still fencing and that I can still beat everyone. She's been wonderfully insightful and considerate."

But what gives Iris Zimmermann her tenacious drive out on the strip? "My will to win. I have always wanted to win, ever since I started."

Iris, a foil fencer at both the Pan Am games and Sydney Olympics, and whose older sister, Felicia, is a fellow Olympian, explains, "I love fencing because it is a mental and physical challenge. I love that it is just you and your opponent out there. You are problem-solving in a very short time."

She adds, "I don't think about the score. I just concentrate on what my next action is."

Like Marsh, Iris knows that even Olympians can lose their concentration on the strip. "Sometimes I catch that I am not paying attention. My coach helps me get it back but sometimes it is too late. At times I can pull myself out of the game when I allow myself to become afraid or doubt my abilities rather than just focusing on the situation."

According to Iris, Felicia is her biggest influence. "My sister helps me with my motivation. When she watches me on the strip she gives me hints and drives me to work harder. She has been my mentor since the beginning," Iris says. After all, "little sisters always want to be like their big sisters."

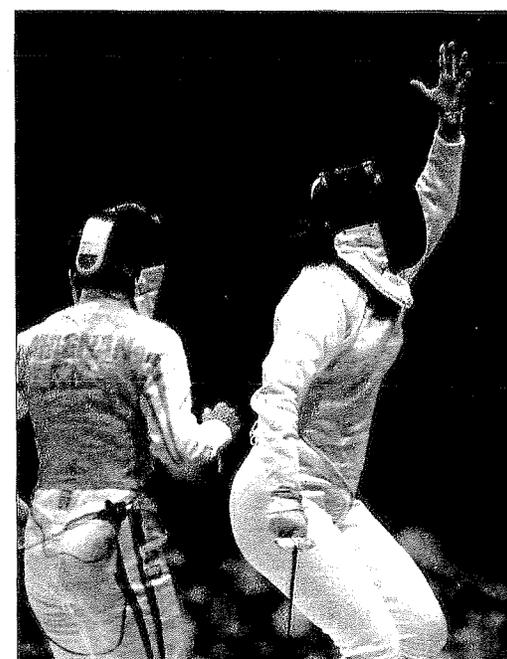
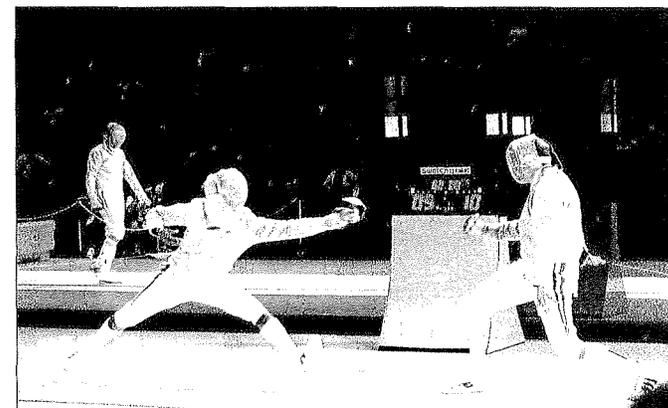
When asked about coming off a recent period of recovery, Iris says, "I feel fencing is something I am meant to do. That is what brings me back time and again."

She adds, "I missed winning. Not just winning that medal but finding a resolution to the problem—that moment when you figure someone out."

Sybil Hunter is an avid writer, artist, and fencer. She resides in Michigan where she is pursuing a second degree in secondary education.



Images from Olympics past: left, Felicia Zimmermann at Sydney (photo: William Murphy); middle, Keeth Smart lunges at his opponent at Sydney (photo: Carla Mae Richards); bottom, Ann Marsh at the '96 Olympics.



PROMOTING FENCING EXCELLENCE & THE WELL-BEING OF FENCERS:

USFA Sports Medicine & Science

by Dr. John Heil

The "Tooth to Tail" ratio is a military analogy that relates to the varied support functions required to put a soldier into the field of combat. Similarly, putting an elite fencer effectively into the field of play at an international competition also requires a substantial support system. In the early part of this quadrennium, *American Fencing* articles have focused on two of the many essential support elements, namely, parents and referees. This article describes the USFA Sports Medicine and Science Programs, whose mission statement is reflected in the title above.

The foundation of the current program was laid in the late '80s and early '90s. Several individuals were responsible for the current program: Dr. Marius Valsamis, who was a member of the FIE Medical Commission for a number of years; Peter Harmer, who established a sports medicine program and initiated the establishment of athletic training services at world championship events; and Cynthia Carter, who established research of safety and equipment issues. In 1995, Stacey Johnson, then USFA vice president, sought to establish a more comprehensive set of programs and directly address the goals the USFA's High Performance Plan.

Since this time, the Sports Medicine & Science Programs have worked to meet two distinct but related goals: (1) provide consultation to elite fencers to facilitate international competitive success; and, (2) develop programs and services for USFA membership (athletes, coaches, officials, etc.). These goals are complementary in that direct consultation with elite athletes is the basis for development of programs for USFA members at large—such as, *The Psychological Skills Training Manual* and Sport Psychology Test Profiling. Outlined here are the various programs and projects dedicated to fencing's sports medicine and science that you may find useful for reference purposes.

Sports Medicine

This segment of the committee includes an Athletic Trainers Group and a Medical Group, which focus on injury treatment and prevention, and serves as an anti-doping advocate for athletes. Its programs are presented below.

International Athletic Training Program. This program places highly qualified medical staff with our U.S. teams at international championships. After over 10 years of service to international teams, Peter Harmer has turned this task over to Lonnie Sellers, who now serves as head athletic trainer. Peter continues as associate chair of the Sports Medicine & Science Committee, and is currently a member of the FIE Medical Commission and the Pan American Games Medical Commission.

National Athletic Training Program. As the international program

has solidified, efforts have turned to improving the quality and consistency of medical support at national events. As of the 2001 competitive season, specially qualified athletic trainers will be on site throughout each event, evaluating and treating activity-related injuries, and coordinating the activities of other staff (such as physicians, nurses, massage therapists and EMTs) provided by the Local Organizing Committee (LOC). The goal is to provide high quality sport-specific care. This renews and extends Julie Moyer's initial work of the early '90s.

The National Athletic Training Program is looking for volunteers to add to its existing staff. Trainers for the international teams will be selected from this group. If you are interested in participating in this program, please contact Dr. Peter Harmer at pharmer@willamette.edu.

Wheelchair Medical Program.

Dr. Donald De Fabio works as the medical provider for the wheelchair athletes, meeting the unique needs of these athletes. This includes providing medical services and classifying wheelchair fencers according to their level of disability in accordance with the rules of the Paralympic Games.

Safety. Recently, Sports Medicine & Science teamed with the Armorers' Committee to address safety issues related to masks that fail weapon control. Dr. Cynthia Carter, in collaboration with the internationally recognized ASTM Committee on Sports Equipment and Facilities, played a leadership role in developing safety standards for uniforms and for strips. If your club or program needs information on injury risk or other safety related issues, materials are available from Dr. John Heil at jheil@rev.net.

Sports Medicine Q & A Column.

This is a new *American Fencing* magazine feature that is designed to respond directly to members' questions about sports medicine. In this issue, we discuss the USADA Anti-Doping Program

that has been of concern to our top-level athletes. Take a look at the column in this edition, and send in your questions for future columns.

Work in Progress. Through a

generous donation, the Sports Medicine Group is arranging for an AED (Automatic External Defibrillator) to be available at national events to provide prompt care in case of a heart attack.

Sport Science

Sport Science includes specialists on sport psychology, biomechanics, and exercise physiology. Among its staff are USFA coaches Dr. Nat Goodhart, Dr. Aladar Kogler, Nikki Franke and Ro Sobalvarro. Women's Foil team member Dr. Ann Marsh is the athlete representative. The committee also includes Dr. Rich Gordin of Utah State University whose consulting experience includes PGA golfers, USA Track and Field, and U.S. Gymnastics. An overview of programs follows.

PROGRAMS & SERVICES

Elite Athlete Consultation. Direct consultation is provided to international-level athletes and coaches at selected competitions and at training camps, as well as by phone and email. While I provide most of these services, additional consultation is available through the Sport Psychology Network (a group of sport psychologists around the country, who work pro bono in conjunction with the USOC Sport Psychology Registry). Services include: goal setting, time management, mental training, injury management, communication skills and team building, as well as personal and career counseling.

Sport Psychology Test Profiling.

This evaluation process was initially developed for elite athletes and is now available to the membership. Testing is mailed to the athlete, completed, and returned for interpretation. Through phone consultation and a written report, the athlete receives individualized recommendations for mental training. Because of the time and cost involved this requires a fee. For more information contact Dr. John Heil at jheil@rev.net.

Information, Triage and Referral.

Requests from the general membership for sport science information and for referral to sport science specialists are forwarded from the national office after which athletes, coaches and parents are guided in finding the expertise they need.

Sport Science Seminars. Training seminars have been provided on occasion at national competitions for athletes, coaches and parents, and at the Coaches College. An International Sport Science seminar was held in conjunction with the 2000 Junior/Cadet World Championships in South Bend, Ind.

RESEARCH & PUBLICATIONS

The goal of research has been to develop sport-specific information for fencers, and to make it available through user-friendly publications. Athletes and coaches have been critical of sport science research because of its failure to return information back to the fencing community. To counter this deficiency, research will be described in a brief summary of published articles in *American Fencing* magazine, while more detailed technical reports will be available for coaches and other interested persons at the USFA web site. Scholarly research presentations and articles are available to sport science professionals.

The biomechanics and sport psychology research grants were awarded in the last quadrennial by the USOC through a competitive sport science grant program. Dr. John Heil and his colleagues at Lewis-Gale Clinic in Roanoke, VA, have prepared the following list of publications:

Psychological Skills Training Manual. This 30-page training manual on sport psychology will be available to fencers at no charge through the USFA web site. The manual has also been excerpted for publication in the *Swordmaster* and in *TFA (Online) Magazine*. It includes sections on goal setting, relaxation training and concentration, sport imagery and self-talk, and on developing competition routines.

Technical Report on Attention Deficit-Hyperactivity Disorder (ADHD). To help address the particular concerns of athletes with ADHD, a technical report has been prepared that will be available to USFA members through the web site. This report is intended for medical providers, as well as athletes, coaches, and parents. It includes information on prescribed medications and on the use of sport psychology as an adjunct to medications.

Biomechanics Research—Women's Epee. The study was conducted by Sport Science Committee member Dr. Mark Geil of Georgia Tech. It compared body movements and footwork in Junior Elite Women's Epee fencers with less skilled fencers. As expected, better fencers moved more smoothly and consistently. One surprise was the discovery of a "flight phase" (a period where both feet were off the ground), which enabled the better fencers to close distance more effectively. The study also pointed to the benefit of orthotics in reducing the impact of the foot strike from the lunge and fleche, deemed important because of the frequency of leg injuries in fencing.

Sport Psychology Research—Women's Foil. Conducted by a team lead by Sport Science Network member Dr. Dale Pease of the University of Houston, this study examined mental states associated with best performance in elite women's foil. Athletes were videotaped at an NAC, and then interviewed the next day as they watched themselves fence on video. The key elements of success included: (1) maintaining focus, primarily by resisting distractions; (2) keeping intensity level high, whether ahead in the bout or behind; and, (3) being ready to accept and tolerate the tension and discomfort of competition.

Referee Research. In keeping with the goal of serving the full USFA membership, a survey was conducted of national-level referees. It asked questions about motivation and ways of coping with the tremendous stresses that come with this work. Their responses show that the experience of fencing referees is very similar to that of officials in

other sports. What is most interesting is the extent to which referees rely on the same methods for coping with stress that they learned as athletes. John Heil and Brian Buford of DRI Consulting in Minneapolis performed this study.

WORK IN PROGRESS

A variety of projects are under way. For example, a "guide to strip-side coaching" is in preparation. It is a blend of coaching principles with sport psychology and communication skills.

A research program has also begun on jet lag and travel stress. Earlier survey data has been collected on stress and enjoyment in international travel. The research now getting under way will be taking a more direct look at the effects of international travel on changes in sleep patterns. Currently, we are seeking support from a company that has developed a light portable sleep monitor.

New Book. Dr. Aladar Kogler, a Sport Science committee member and coach, has recently published a new work on sport psychology entitled *One Touch at a Time*. It is available from Swordplay Books, www.swordplaybooks.com.

The next time you notice a fencer's success on the international stage, think of the support that is required for this result. Think not only of the coaches, parents, referees, and sport medicine professionals, but also of the national office and the volunteer administration, and of the club owners and local organizers. Most importantly, think of yourself, and how you may be able to contribute.

Dr. John Heil is the chair of USFA Sports Medicine & Science. He can be reached at Lewis-Gale Clinic, 4910 Valley View Blvd., Roanoke, VA. (email: jheil@rev.net).

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DOES THE USFA HAVE ENOUGH ELITE, EMERGING, AND GRASSROOTS REFEREES?

referee Jeff Bukantz offers some statistics & invites you to help

Two of the most common complaints lobbed at the Fencing Officials Commission (FOC) regard concerns about: 1) The quality of the referees at national competitions. 2) The alleged dearth of new referees at the grassroots level throughout the country.

Before responding to those complaints, let me first set the table. The FOC is currently comprised of the following 15 highly qualified members: Chaba Pallaghy, Sam Cheris, Bill Goering, Gerrie Baumgart, Gay Jacobsen, Greg Massialas, Peter Burchard, Luis Casado, George Kolombatovich, Francisco Martin, Atilio Tass, Bill Oliver, Jon Moss, Sharon Everson (vice chair), and yours truly (chair). In addition, our executive committee liaison is Ralph Zimmerman.

Of this group, seven have served as a chair of the FOC, seven have refereed at the Olympic Games, every member has been internationally rated, and four currently serve on FIE Commissions. Cheris is a member the FIE Executive Committee, and Pallaghy is a former FIE vice president and chair of the Arbitrage (Referee) Commission, as well as a charter member of the 1972-formed FOC.

Now that I've given the FOC its due, let's deal with the aforementioned complaints.

The first one—which deals with the quality of our refereeing corps—is easy. I recently hired the referees for the Palm Springs NAC. Amazingly, 29 of the 32 refs I hired had officiated in the finals of previous national competitions. There is no question that the USFA has as deep a field of quality referees as any country in the world. In fact, we have 43 internationally licensed refs, which is equal to long-time fencing powerhouses Italy and Germany, and just behind France and Cuba. Currently, there are approximately 400 nationally rated referees in the USFA. We've been gaining about

150 new refs each year, which has slightly exceeded the amount we've lost due to inactivity. About 75% of the refereeing force either earned a rating or had their rating increased in the last year. Significantly, around 50% of the referees are rated '3' or higher in at least one weapon. The FOC takes pride in this, but always has an eye on promoting the emerging refs, as opposed to resting on its laurels.

In order to expand the ranks, the FOC instituted a policy where fencers would be able to not only referee on days they weren't competing, but also have their expenses covered on a pro-rata basis. This was logical, as the overwhelming majority of the top referees come from the competitive ranks. The FOC must harvest from this fertile ground, especially in sabre, where, for some unknown reason, very few competitors from the last generation have become referees.

Naturally, the national calendar is packed, and the highest rated referees have to prioritize which events they can attend. However, while the Palm Springs cadre might have been abnormally top-heavy, there is a huge group right behind, as proven by the fact that the Summer Nationals employed over 100 rated referees. The FOC will not compromise the integrity of any event, regardless of level or age group, by hiring unqualified referees. The up-and-coming (developmental) referees need to earn their wings (cards?) as they climb the ladder, and the reality is that age-group and Div II/III events provide the most viable proving grounds. However, each FOC Head Rep is mandated to complement these referees with a representative group of more experienced and higher-rated refs. Regardless, the referees hired must be at a level worthy of officiating at whatever competition they're invited to. In response to second complaint, the FOC has made tremendous strides in developing new talent at

the grassroots level. And—make no mistake about it—without this infusion, the FOC would not likely be able to provide enough referees for all of the national events. Led by the extremely passionate trio of Moss, Baumgart, and Burchard, seminars have been offered to every division. Only those certified by the FOC can give these seminars, which provide an all-encompassing syllabus developed by Moss. After attending the seminar, it's up to the potential referees to learn the rules and practice their refereeing skills before taking the written and practical exams. These seminars, which have been held in areas of the country most in need of new referees, have born fruit, as scores of new referees have earned their ratings. In addition, many have been eventually invited to officiate at the national competitions. The FOC has made this available to everyone; now it's up to the USFA divisions and its members to take advantage of it!

I consider the number one priority of the FOC to be the development of the next generation of referees. In order to succeed, the FOC will need the cooperation of the coaches. The coaches must help identify those fencers in the clubs who have an "eye" for refereeing, and encourage them to pursue it.

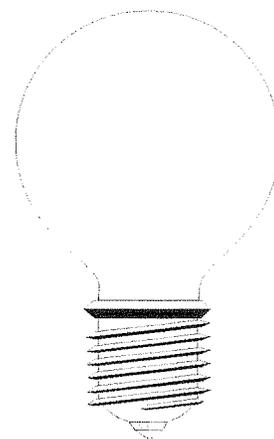
I urge all active and recently retired competitors who are interested in refereeing to contact the FOC. After your fencing career winds down, refereeing provides the perfect avenue to remain active in the sport. It gives you the chance to travel, hang out with your old friends, stay young at heart, and, most importantly, give back to the USFA. Without a doubt, refereeing helps build character (as you have to deal with so many characters!).

Jeff Bukantz is the chair of the FOC and its Rules Subcommittee, and is a member of the FIE Rules Commission.

CALL ME “WHITE LIGHT”

(fencing because you love it)

by Sarah Bronson



I started fencing two years ago, at 27. I'd never been involved in sports before, and quickly discovered that my hand-eye coordination leaves much to be desired. Week after week, I hook up the electrical equipment, salute my opponents—and lose every bout. On a good day, I lose 15-4.

Touché.

I initially blamed my losses on inexperience, but I now suspect I'm just untalented. My footwork is fine, but wholly disconnected from the bladework. My disengages are too big. I hesitate when I lunge. I forget to parry before counter-attacking. Instructors and colleagues say I should keep practicing, that someday it will all click. But what chance have I against opponents who have been fencing so long that their foils seem like extensions of their arms?

For two years I considered having “Loser” printed on my lame, and wondered what place I have in the fencing community. I fence in New York City, where one is either competitive or eaten for breakfast. To me it seems that virtually everyone at my club is,

was, or will be a champion. It's depressing to lose to an 11-year-old aiming for a college fencing scholarship. Here I am, a busy adult who can only fence once or twice a week, whose middle name could be “White Light.” Sure, everyone is friendly and offers constructive criticism when asked. But what role do I have here? What kind of fencer am I, when my fencing is an exercise in masochism?

Certainly, there's much to be said for a fencer who shows up week after week to face her doom. I fence because I love it, no matter how many points I win, or don't. But fencing is a lonely sport. It takes guts to get onto that strip and fight the good fight. Many adults, realizing they cannot be Zorro in a few easy steps, give up and disappear. By not quitting, I'm winning, even when I lose.

There are no easy labels for we who picked up blades after college. We're not necessarily recreational fencers—even I competed in a foil Open once, placing 12th. Out of 12. We may be beginners, but so are the 9-year-olds, who have a different journey ahead. Even the USFA membership application conspires against us: Should I identify myself as a Senior fencer, and pay ten extra dollars for the privilege of joining competitions I'm not ready for? The alternative is to indicate that I'm “fencing for fun.” But that's not accurate: I'm actually on a mission from God.

I know, of course, that there are ways even white-light fencers serve the community. Our participation keeps clubs alive, and gives serious competi-

tors a venue. We cheer each other on, drive each other to competitions, and write articles for this page. Our membership in the USFA is no less valid because we'll never reach the Olympics. We are maintaining an historic and vibrant athletic tradition.

Most important, by virtue of our fencing, we are sportsmen, regardless of the final score. To my friends, the fact that I fence makes me unique. They think it's cool, and so do I. They don't need to know that my blade lands flat every time. I fence; therefore, I am a fencer.

Recently, a friend inspired me to drive my angst into a final retreat. Beth has a life outlook called Bethnocentrism. According to her philosophy, no one notices anything about Beth as much as Beth does. If her hair looks lousy, no one else notices, because, like Beth, they are all busy worrying about their own hair. So why be self-conscious? Likewise, there's no reason to feel humiliated when I lose, since no one else truly cares. No one ever thinks “Oh, darn, I have to fence her now.” They're too busy strategizing their way into winning. We try our best, they win, we shake hands and move on. The only one relying on me to fence well is me.

Plus, there's always the hope that next week, by golly, I'll lose 15-5.

Since writing this essay, Sarah Bronson competed in a tournament for unclassified fencers. In the direct elimination round, she lost to the silver medallist. The score was 15-14.

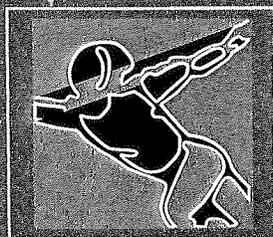
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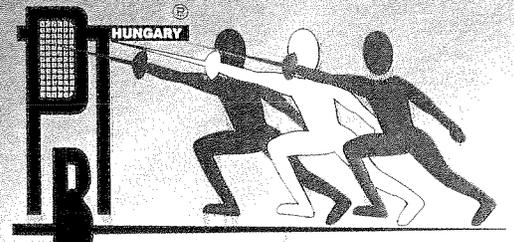


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