



BRITISH FENCING

Affiliated Club



Membership Pack

2017 Edition / Version 2

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Welcome

Introduction

Welcome to Watford Fencing Club. We cater for fencers of all abilities and tastes, so whether you have just joined us via one of our regular beginners courses, are moving up the national rankings, or enjoy fencing for a bit of relaxation and exercise, we are the club for you.

We train every Wednesday from 20:00 to 22:00 and are lucky enough to be the only fencing club within Hertfordshire to operate 50 weeks of the year, only closing for a fortnight over Christmas and New Year.

We offer training by qualified coaches to fencers aged 16 and over for all levels of fencing and in all three weapons (Epee, Foil and Sabre).

We hope that this members' pack will provide you with all the information you could possibly want about the club.

If you still have questions, please feel free to ask a committee member or contact us via the methods listed below.

Contact Details

Member Enquires: members@watfordfencingclub.co.uk

Telephone **07966542226**

(Jonathan White – Club Secretary)

Website: www.watfordfencingclub.co.uk

Club News, Dates (Club Nights, League Matches, Local & National Competitions)

Facebook Group: www.facebook.com/WatfordFencingClub

Come and join our on-line community

Twitter **@watfordfencing**

Club Membership

Watford Fencing Club offers a number of membership subscription options to enable flexibility to our members:

- **Over 20's Annual Membership - £256**
 - Payable in four quarterly instalments of £64
- **Under 20's Annual Membership - £216**
 - Payable in four quarterly instalments of £54
- **Monthly Flexi - £24.00**
 - Non-annual agreement with rolling monthly instalments
- **Nightly/Visitors - £9.00**

Quarterly membership is an annual membership/subscription paid in four quarterly instalments to Watford Fencing Club. If you would prefer a more flexible option there is the ability to pay in paying your membership fees the "Monthly Flexi" option is available.

Quarterly and monthly fee payment is by Standing Order, Details below.

Standing Order Details

Bank:	The Cooperative Bank
Account Name:	Watford Fencing Club
Sort Code:	08-92-99
Account No:	65540518
Ref:	Your Surname and Date of Birth (Example: Smith010484)

British Fencing Membership/Insurance

Affiliation with the British Fencing requires all club members to have a membership with them. For this reason, British Fencing membership is a **mandatory** requirement to fence at Watford Fencing Club.

British Fencing membership provides you with personal accident and civil liability insurance, which protects you and other members in case of any accidents.

The British Fencing offers two types of membership, full and social, and these are described below.

Members who join via one of our beginners' courses get their Starter membership for **FREE**, Watford Fencing Club arranges this for you. After the first year, you need to take out either British Fencing Recreational or Compete membership to continue fencing at the club. If you would like to upgrade to British Fencing Compete membership please speak with a member of the committee who will let you know how you can upgrade.

If you have any questions about British Fencing membership please feel free to ask a committee member or e-mail us at members@watfordfencingclub.co.uk

To join: <http://www.britishfencing.com/membership/join-now/>

Recreational British Fencing Membership

- Basic Recreational for Fencers in Clubs **NOT** for members who wish to enter competitions
- Cost for full (aged over 18) £24 per annum
- Cost for full (aged over 16 but under 18) £15
- Personal accident (cover ceases at 75 and is limited for U16) & civil liability insurance cover
- Covers you for any UK club session and in recreational (non-competitive) events.
- Members Over 18: Notices of general meetings; right to vote at general meetings and right to vote in ballots for election of directors

Compete British Fencing Membership

- For fencers who wish to compete
- Cost for full (aged over 18) £48 per annum
- Cost for full (aged over 16 but under 18) £36
- Personal accident (cover ceases at 75 and is limited for U16) & civil liability insurance cover
- Cover as for Recreational plus Regional/County/National training and competitive events in UK and abroad.
- Members Over 18: Notices of general meetings; right to vote at general meetings and right to vote in ballots for election of directors

Committee

We have an elected volunteer committee at Watford Fencing Club in accordance with our club constitution. Elections happen every April at our Annual General Meeting. They are here to help, so if you have a question? Simply ask one of them!

Executive Committee

Chairman – Florent Boyer



Florent joined the committee in 2011 and, after becoming our Chairman in 2017, is responsible for the smooth running and development of the club.

Florent is a skilled foilist.

Treasurer – Dorota Matuszewska

Dorota joined the committee in 2016. Dorota is not a fencer but has been a regular at the club since 2014, where her son fences. He is a keen épéist and a foilist from time to time.

Dorota is responsible for all financial matters



Secretary – Jonathan White



Jonathan joined the committee in 2015, and is the person to speak to in regards to most things within the club, if he does not know, he will know who to point you in the direction of.

He is a Foil fencer having learnt on one of our Beginners' Courses. He won the Hertfordshire Senior Novice Foil competition in 2015.

Membership Secretary – Chris Nicholls

Chris joined the committee in 2015.

As membership secretary Chris is the single point of contact for new membership entries from our website, he also processes new membership applications in addition to chasing members down for their latest membership instalments.



Safeguarding & Welfare Officer & Club Captain – Michael Lown



Michael joined the committee in 2016 after having fenced with WFC for close to five years. He looks after all the members' welfare ensuring we can fence in a safe and friendly environment. He also makes sure the club meets the safeguarding standards set by British Fencing. Michael is also our Club Captain, organising and picking teams for matches.

Michael is mainly a foil fencer but is more than happy to pick up any of the three weapons

Press Officer – Hefin Rhys



Hefin Joined the committee in 2016 after having joined WFC in 2014. He is a foil fencer and as Press Officer is responsible for publicising the activity of the club. He is also the point of contact between WFC and any press outlets.

Member Representative – Mike Ellis

Mike joined the committee in 2017 after a previous term as Chairman of Three Rivers Young Blades (now FCL Herts). He started fencing a few years ago on the Beginners' Course at WFC after a successful TRYB Parents taster session!

He aims to represent the voice of the members on the WFC committee as well as representing the club with Herts Fencing Association.



Member Representative – Kysia Zalewska



Kysia joined the committee in 2015, having joined WFC in 2014. She is a foil fencer and as a Member Representative on the committee and brings the views of the members to the committee, to ensure that they have a voice when decisions are made.

Member Representative – Liz Webster

Liz joined the committee in 2016. She is a sabre fencer and as a Member Representative on the committee and brings the views of the members to the committee, to ensure that they have a voice when decisions are made.

Member Representative – Harry Neville



Harry joined WFC on the Beginners' Course at the end of 2016 and fences foil. He joined the committee as a member rep in July 2017 and helps to bring the views of the members to the committee with particular focus on newer members at the club.

Club Officers - Non-Executive Committee

Social Secretary -	Vacant
Armoury Coordinator -	Vacant
Professional Armourer -	Steve Hyman (<i>London 2012 Olympic Armourer</i>)

Coaching

Coaching & Training Programme Introduction

Watford Fencing Club has a fantastic team of great coaches who help members develop their skills, from a beginners' level up to experienced fencers, catering for those that are doing competitions, and for those who just enjoy fencing for a bit of relaxation but want to enhance their weapon skills.

All our coaches are registered coaches with our national governing body, British Fencing, and hold recognised coaching qualifications.

Each Wednesday session consists of the following schedule:

- **20:00** – Sign In
- **20:00 to 22:00** – Individual Lessons (*Full Members Only*)
- **20:05 to 20:20** – Group Warm-Up
- **20:20 to 21:00** – Group Lessons
- **20:20 to 21:50** – Electric Free Fencing / Sparring
- **21:30 to 21:50** – Footwork Training
- **(21:40** – Last shower)
- **21:50 to 22:00** – Tidy-up

2017 Coaching Timetable

The 2017 coaching timetable can be found on our website: <http://www.watfordfencingclub.co.uk/wfc/timetable/>

Please note that Head Coach Lajos Fazekas attends every session throughout the year (This is subject to change due to coaches holidays etc):

Professional Coaches

Head Coach - Lajos Fazekas



Lajos has over 47 years of fencing experience and has been coaching the sport for over 28 years. He was the leader of the Hungarian Modern Pentathlon Talent Programme between 1980 – 1990.

He was also the Head Coach of the Junior Hungarian Modern Pentathlon team at the World Championship in 1990.

Lajos holds a British Fencing Level 4 Epee and Level 1 Sabre qualification, however coaches all three weapons within the club.

He coaches at the club every week of the month and offers individual lessons. He also runs various group sessions throughout the year.

Sabre Coach – Daren Tee

Daren has fenced both nationally and internationally for over 20 years and has won Gold medals at the British Polytechnics Championships, National Sabre Team Championship and Venlo International Tournaments (The Netherlands).

He also coaches at North London Sabre Club, which is one of the leading Sabre clubs in the United Kingdom and is also a long term member and coach of Bedford Fencing Club.

Daren holds a Level 4 Sabre and Level 3 Foil coaching qualification from British Fencing.

He coaches at Watford Fencing Club as a semi-regular coach and attends 17 sessions throughout the year.



Volunteer/Club Coaches

Chris Gregory



Chris has over 35 years fencing experience, winning a number of medals at county level. Chris holds a Level 3 Foil, Level 2 Sabre and a Level 1 Epee coaching qualification from the British Academy of Fencing.

As well as coaching with us, Chris also coaches at our sister club Three Rivers Young Blades (TRYB).

Chris helps coach the beginners' as well as the intermediate Silver Foil and Bronze Sabre courses following the completion of the beginners' course.

Andrew Ross

Andrew has been coaching fencing for more than 15 years and is the lead coach on our regular beginners' course. He has been privileged to watch many of his novice fencers go on to win open competitions.

Andrew has been coached by Iron Maiden frontman, Bruce Dickenson as well as appearing alongside Pierce Brosnan and Madonna in the highly acclaimed fencing scene in James Bond's Die Another Day.

He holds a Level 1 Foil coaching qualification from the British Academy of Fencing and is one of the longest serving members of the club.



Florent Boyer

Florent holds a Level 2 Foil coaching qualification from British Fencing. He has fenced at regional level in France, Channel Islands and the UK and takes part in national competitions both in the UK and abroad.

Although modern fencing is his main discipline, he has also been an Eishin-ryū student for several years.

Florent is one of the coaches that conducts the Achievement Award Grading's.



Armoury

Watford Fencing Club employs the services of a professional armoureder to maintenance the clubs stock of weapons and scoring equipment. In addition to this he attends the club at least once a quarter to offer his services to members.



- London 2012 Olympics and Budapest 2013 World Championship Armourer
- Background in electronic engineering
- Been doing armoury repairs for around 10 years. Services and repairs equipment for many individuals and clubs within Hertfordshire, London and surrounding area.
- Registered Armourer with the Guild of Armourers.

Price List (Labour Only)

- **Foil Rewire (*Includes Wire, Grub Screws & Spring*)**
 - £12.00*
- **Epee Require (*Includes Wire, Grub Screws & Springs*)**
 - £14.00*
- **Weapon Service**
 - £3 to £5* depending on fault

*Prices subject to change

Equipment Requirements/Recommendations

Mask	Minimum 350 Newton Bib. For Foil competitions, a lame' bib is now compulsory.
Under Plastron	Minimum 800 Newton for electric fencing.
Breeches	This is mandatory for fencing electric, minimum 350 Newton.
Socks	Socks which fully cover the legs up to the breeches are a mandatory requirement in conjunction with breeches.
Jacket	Minimum 350 Newton.
Chest Protector	This is mandatory for female fencers.
Lamé	This is required for Electric Foil and Sabre; there are two types depending on the weapon.
Glove	350 Newton for Foil and Epee. An 800N glove with a lame cuff/overlay is mandatory for Sabre.
Shoes	Trainers are fine although you can buy specialized fencing shoes which provide special padding and are great for lunging.
Bodywire	Either Bayonet or Two Pin connector for Foil or Sabre, or three pin for Epée.
Weapon	This really comes down to personal taste and style, probably one of the most personal choices you can make when it comes to fencing equipment. We recommend that you speak to the club coaches and other members about their weapons, and don't be afraid to ask them for a go with their's. Most members will be more than happy to let you have a try.
Bag	You will need something to carry this all in; there are loads of choices from different suppliers. Again ask to see what other members have.

NOTE: *Newton is the means that the clothing has been tested to withstand at least a set amount of newtons of force. This comes in two types 350 newtons (350N) and 800 newtons (800N). All protective equipment must be a minimum 350N with the exception of the under plastron which must be a minimum 800N for electric fencing. This is governed by the World Governing Body of Fencing Fédération Internationale d'Escrime (FIE).*

Fencing Kit/Equipment Suppliers

There are a number of different suppliers around the UK that produce fencing kit. There can be a big difference in quality between them.

Below is a list of the three main UK suppliers, along with other suppliers; they all offer a full range of low cost to very expensive kit. Most suppliers also have lightweight versions of most clothing.

We recommend speaking to other members to see what kit/equipment they have so that you can see the different types, which might make your choices a bit easier.

Three Main UK Suppliers

- Leon Paul www.leonpaul.co.uk
Shop: Hendon
- Allstar UK www.allstar-fencing.co.uk
Shops: Slough
- PBT Fencing www.pbt-uk.com
Shop: Surrey

Other Fencing Suppliers

- Duellist www.duellist.com
- Sword Price Fighters www.swordpricefighters.com
- Blades Brand www.bladesbrands.co.uk
- Enlighten Fencing www.enlighenfencing.com
- Athos Fencing (UK) www.athosuk.com

DISCLAIMER: *Watford Fencing Club does not recommend or endorse any specific brand. We do not control the content of non-Watford Fencing Club websites. In view of recent controversy regarding safety of cheaper brands, please check the current status on the BFA web site regarding bans. Also if buying second hand equipment, ensure that the appropriate label is present, and that the item is not one of the banned ones. If in doubt please ask a committee member.*

Club Merchandise

We are pleased to finally be able to offer a range of club branded merchandise for your wearing pleasure. We have been able to keep the costs down to an affordable level but still provide you with a quality garment to wear; all items are sold at cost price so no profit is being made by the club on the sale of these items. If you would like to place an order please speak to the club's Treasurer.

T-Shirts (Grey Material with Printed Logos) -

- Adults - £8.40
- Kids - £7.00

Hoodies (Grey Material with Embroidered Logos) -

- Full Front Zipped - £26.40
- Over Head - £24.00

Polo Shirts (Grey Material with Embroidered Logos) -

- Adults – £13.20

All prices include VAT and are based on Unisex Non-Fitted Sizes.

Fitted Sizes:

If you would like any fitted t-shirts it will be an additional £1.80 per item.

Sizes Available:

<u>Adult Unisex Sizes</u>					
S	M	L	XL	XXL	XXXL
35" – 37"	38" to 40"	41" to 43"	44" to 46"	47" to 49"	50" to 52"

<u>Kids Sizes</u>			
5 to 6 Years	7 to 8 Years	9 to 10 Years	11 to 13 Years
26"	28"	30"	32" to 34"

ORDER FORMS: Order forms can be located at the club notice board or by asking a committee member.

Competitions & Socials

Watford Fencing Club - Competitions

Watford Fencing Club runs a yearly Club Championship which, was resurrected in 2012 and is scheduled to return again each year and is normally held in either June or July.

We also organise various inter-club friendlies with local Hertfordshire and London clubs from Welwyn-Hatfield through to Camden Fencing Club.

Watford Fencing Club - Socials

Throughout the year there are various club socials organised by members of the committee and club ranging from our annual Christmas Dinner in through to wine tasting or a simply bowling trip down the local bowling ally.

We are always looking for suggestions so if you have one or would like to take the lead in organising a event simply email events@watfordfencingclub.co.uk where our Events Officer will help coordinate communications to the membership.

Three Counties League

We are involved in an inter-club league with Bedford, Dacorum, St Albans, Milton Keynes, Luton and Stevenage.

This is a two weapon competition with a team of six, three Epee and three Foil fencers. There is always a home and away match versus each club. A leaflet and poster of the match dates will be posted around the time of the league which is normally the last and first quarter of each year.

We always need people for away matches and normally run a car pool between members to save on fuel costs.

Hertfordshire Fencing Association

Hertfordshire Fencing Association organises a large number of county competitions, including the senior and junior County Championships, as well as a number of performance training days.

As our very own Club Chairman James Dicker also Chair's Hertfordshire Fencing Association, we are always kept up to date with the happenings of Herts Fencing. Sometimes before it is even known by the rest of the county!

- www.hertsfencing.co.uk