



JUNIOR CLUB

The junior club has a structured programme where members progress between coached groups according to their ability.

Once members are proficient at foil they may choose to take up sabre or epee. Our aim is to prepare juniors for the senior club and also to ensure they achieve their potential in the sport.

Juniors start between the ages of 8 and 14. The club holds two courses for junior beginners throughout the year. The courses last 10 weeks and give a grounding in fencing with the foil. At the end of the course the fencer can join the club.

A Junior may be invited to attend the Senior Club where they can get individual tuition and a greater competitive environment. The Senior Club membership rate is then due.

Juniors are recommended to transfer to the Senior Club as soon as they are sufficiently proficient.

CLUBMARK

The Club has the ClubMark accreditation, a quality standard applied to sports clubs with a junior section. Parents can be assured that their children belong to a safer club. Members can be sure their club is a well managed club, striving to offer the best in coaching and sports development.

COACHING PROGRAMME

The Club provides a structured coaching programme for junior members.

All juniors start with a beginners class lasting 10 weeks. The course includes the following topics: safety, footwork, fencing strokes, parries, game situation, sparring and judging.

At the end of the course a theory and practical examination is taken based on the BF Grade 2 Achievement Award.

Juniors who pass the exam can then become full members of the Club and join the Intermediate Group where they develop their competition skills and are introduced to Epee and Sabre.

Individuals are regularly assessed and when they are ready they will be assigned to longer term groups based mainly on their chosen weapon: Foil, Epee or Sabre.

The pattern of the junior session is:

- games to warm up, improve reactions, promote team building
- class work for skill improvement
- challenge ladder for improvement of fighting skills

Juniors are regularly assessed for membership of the senior club. A member will be promoted to the senior session based on their ability. The major coaching difference between the sessions is that the junior sessions are class based whereas the senior session is based on individual lessons.

The move to the senior club means fencing with people who are older, more skilled and more experienced. To make the transfer as painless as possible, there are Mentors in the Senior club who are assigned to make sure that juniors are welcomed to the senior club and that they enjoy their fencing in a new environment.

PURCHASING EQUIPMENT

Birthdays and Christmas are ideal opportunities to build up personal fencing equipment.

This is the suggested order in which to purchase:

- Plastron
- Glove
- Breeches, socks
- Jacket
- Weapons
- Mask

Equipment may be purchased from the professional coaches or on-line from suppliers. There are not any shops in the area where one can buy equipment unfortunately. The Junior Club Administrator can give advice.

Having purchased the equipment, the next stage is to check it regularly to ensure that it is safe. The club has guidelines when checking its own equipment, you can follow the same procedure.

Finally, a problem with juniors is that they grow out of things so quickly. The club has an equipment exchange where items of equipment can be bought and sold.

DROP OFF AND COLLECTION POLICY

All Junior Club fencers are to be dropped off and collected from the Sports Hall.

The Club adopts and adheres to the Collection and Late Collection Policy published by British Fencing which is available to view on their website.

In summary, on the odd occasion that parents or carers are delayed or are unable to collect their fencer we expect them to contact the club's welfare officer, Bruce Dyer, on 07944 972 226 as soon as possible to let us know and would ask them to give us clear guidance as to what arrangements they will put in place for their child to be collected. If this involves them going home with someone else we need clear consent for this to happen.