



# Club Newsletter

*Edition 1, April 2008*

## **Special Interest Articles:**

- A hearty welcome goes out to all our new fencers.
- Taking care of your equipment.
- Warming-up is the key to avoiding injury.

## **Articles:**

Care of Equipment  
Fencing History  
Warm-ups  
Club Website  
Fencing Competitions

## **A message from the President: Welcome To All Our New Recruits!**

A hearty welcome goes out to all our new fencers who have joined us this year at the Mountains Fencing Club. We got off to a late start this year as we had to find new digs for the club. This gave us a great opportunity to sort out a few minor bugs in the club helping to make us a stronger entity in the fencing scene. I hope you are not feeling too sore and stiff after these first few training sessions, I

promise as you get stronger in your legs, it will ease. Remember if you have any questions about fencing or the club feel free to chat to me at training, I will be happy to answer (or try to answer) any of your questions. All of the committee is here to make you feel welcome in the club.

During the year we will have some social events so you can all get to know each other a little better.

We will have some organized fencing competition within the club also, this will help you and the trainers gauge your ability, and give you a taste of what a real fencing competition is like.

Until next month keep practicing those lessons at home. Remember extend first, and then lunge!

*Ben T.*

## **Taking Care Of Your Equipment**

Now that you are responsible for club equipment, you need to know how to take care of it.

One of the first rules of equipment care is: Never mistreat it! Throwing, tossing, dropping, or otherwise beating up the gear will leave you with a pile of junk that is liable to break when you need it.

### **Taking Care of Your Foil**

Your foil should be stored separately from your other equipment. Since fencing is a very sweaty sport,

throwing your wet jacket on top of your metal foil is going to cause rust. An easy way to prevent this is to buy a length of PVC pipe long enough to cover the blade. Not only will this prevent rusting, it will protect the blade and keep it from breaking once it is in your bag.

You should check your foil for rust periodically, as all weapons get rusty after a while. To clean the blade, use a piece of sandpaper and rub the rust away. Not only will this keep your blade rust-free and safe, it

will keep it from leaving brown marks on your friend's nice, clean, jacket.

Every time you pull out your foil to fence, check your blade to make sure that it doesn't have any sharp bends or crooked places in it. Sharp bends are only a few steps away from breaks. Don't try to correct the bend, show it to one of the trainers and they will fix it for you.

Check that the safety tip is secured to the end of your foil; they have a habit of flying off.

## Taking Care Of Your Equipment Continued.




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*“Do not drop your mask!  
Dropping the mask  
causes damage,  
whether you can see it  
or not.”*

*“Bleach will whiten the  
jacket, but it breaks  
down the fibers in the  
fabric, which  
compromises the  
jacket’s integrity.”*

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*“The great mistake is to  
anticipate the outcome  
of the engagement; you  
ought not to be thinking  
of whether it ends in  
victory or defeat .Let  
nature take its course,  
and your tools will strike  
at the right moment.”  
- Anonymous*

### Care of Your Jacket

Jackets should be washed in cold water with a little bit of detergent. Do not use bleach. Bleach will whiten the jacket, but it breaks down the fibers in the fabric, which compromises the jacket’s integrity. Frequent washing will also start to wear out the jacket, so wash when necessary, but don’t over wash. When you get home, if you don’t need to wash your jacket that evening, hang it on a plastic hanger and let it air out. You can also air out your glove at the same time.

### Care of Your Mask

Your mask is the most important piece of equipment you have. Remember the rule about dropping equipment? This is especially true about masks. Do not drop your mask! Dropping the mask causes damage, whether you can see it or not. When you get home, take

your mask out of your bag and set it out to dry. Leave it overnight before packing it away again.

Masks are washable.

There are several different methods online, but the one I’ve used is this: Fill a bucket with water and add a little bit of Woolwash. Dunk the mask in and squish the water through the padding. Rinse with water, squeezing the padding to get all the soap out. Squeeze out the rinse water. Take it inside and dry it with a towel and blowdryer until it is almost completely dry. Set it somewhere it can air dry for a couple days before packing it back in your kit.

### Care of Your Glove

Most gloves are washable, but check the tag on yours to be sure. Since most gloves have a dark color on the palm, you will not want to wash it with your jacket or it will stain it.

You can fill a sink with cold water and a little bit of Woolwash, and wash it by hand. Rinse well and remove it to a towel on the counter. Roll up the glove in the towel and press it. Avoid wringing or twisting the glove, as that will stretch and distort the fabric. You can hang the glove to air dry.

Remember you are the custodian of your kit, you need to keep it in good condition for the club, and most importantly for your safety.

If you follow these steps and you decide to buy your own equipment later on, it will last much longer.

## Fencing History

The history of fencing parallels the evolution of civilization, back from the days of ancient Egypt and Rome, to the barbaric Dark Ages, to the fast and elegant Renaissance, up to the modern, increasingly popular

fencing of today. Fencing has always been regarded as more than a sport; it is an art form, an ancient symbol of power and glory, and a deeply personal, individual form of expression. Fencing is and always has been an

intrinsic part of life, from the dueling and battle of yore to the widely captivating movies and facets of popular culture such as Zorro and The Princess Bride.

## Warming up Before Fencing

Did you know that warming up helps your body prepare itself for fencing both mentally and physically, and reduces the chance of injury.

Warm ups concentrate on the muscles and allow them to stretch and actually 'warm up'. Use this warming up time to help prepare yourself for the exercises to follow.

The aim of warming up is to increase circulation around the body, in a gradual manner, as not to put any pressure onto the body. During the warm-up any injury or illness you have can often be recognized, and further injury prevented.

Extra clothing can be worn, to help increase the body temperature, which in turn will make your muscles more pliable, and ready to be stretched.

The warm-up can be a combination of rhythmic exercise, such as those shown in aerobic videos, or a slower version of the aerobic activity to come.

For example, you might want to walk prior to doing a light home circuit.

What is important is that you warm up and do some static stretching. The body will take time to warm up properly; i.e. shut down areas such as the digestive system, in order

to supply the muscles with more blood.

Aim for a minimum of 5 minutes for a warm-up and the same for stretching. When working out, take into consideration that it may take a good 30 minutes for your body to be working at its best.

During cold weather, and certainly if you're going to do an activity like fencing which requires sudden bursts, make sure you spend more time warming up.

We will discuss stretching in the next edition.



*"The aim of warming up is to increase circulation around the body, in a gradual manner."*

## Your Club Online

Mountains Fencing Club has its own web site which can be accessed by typing in [www.mountainsfencing.com.au](http://www.mountainsfencing.com.au). On the site you will find the latest club news including competitions and training updates. You will also find a full history of fencing as well as a full section you can use to refresh your training, with links to training videos.

If you wish to post replies to articles posted on the site you will need a log-in. Email Ross at [rossandkaren@wcby.com.au](mailto:rossandkaren@wcby.com.au) and he will give you a username and a password.

The site also contains links to valuable fencing resources both in Australia and overseas, including results for fencing competitions and

rankings around the world.

There are links to fencing suppliers and to the NSWFA which is the governing body for fencing in NSW. The online club calendar will let you know about upcoming training and social events.

So what are you waiting for? Jump online and keep up-to-date with all things MFC!



*"That's Tron. He fights for the Users."*

# NSWFA Competition Timetable 2009.

Date	Event	Venue	Competition Start Times						Notes
			MF	WF	ME	WE	MS	WS	
19-Jan-09 to 23-Jan-09	Summer Camp	Five Dock Leisure Centre							Details on website
08-Feb-09	President's Cup Open Foil & Sabre U17 Foil President's Cup Veteran Foil	Marrickville	9:00 13:00 14:00	9:30 13:00 13:45			13:30 13:30		
15-Feb-09	Tex Clark Open Epee Novice #1 Tex Clark U17 Epee Tex Clark Veteran Epee	Marrickville	11:30	11:30	9:00	8:45			See note 3 below
22-Feb-09	City of Sydney Open Foil City of Sydney Veteran Foil Paul Rizzuto Sabre	Marrickville	9:00 14:00	9:30 13:30			13:30 13:30		
15-Feb-09 to 21-Feb-09	Commonwealth Junior Championships (Penang)								
01-Mar-09	Gilt Under 20 Foil & Epee U11 & U13 Foil F/F No.1	Marrickville	9:00 12:30	9:30 12:30	14:00	14:30			
07-Mar-09	Canberra Epee Canberra U20 Epee Canberra Novice Foil	Canberra (Tuggeranong)			9:00 12:00	9:00 12:00			See NSWFA website for important details.
08-Mar-09	Canberra Foil Canberra U20 Foil	Canberra (Tuggeranong)	9:00 12:00	9:00 12:00					See NSWFA website for important details.
15-Mar-09	NSWFA Annual General Meeting	Sportshouse							Start 14:00
22-Mar-09	Tony Dominguez Memorial Epee (Open) U17 Sabre Tony Dominguez Memorial Epee (Veteran)	Marrickville			9:15	9:00			See note 3 below
29-Mar-09	NSW Schools Roberta Nutt Shield U/15 NSW Schools Roberta Nutt Shield U/11 & U/13	Marrickville	9:00 12:30	9:30 12:30			12:00 13:30		
04-Apr-09 to 13-Apr-09	Cadet & Junior World Championships (Belfast)								
05-Apr-09	Italian Relay #1 Novice #2	Marrickville	9:00 13:00	9:30 13:30					
17-Apr-09 to 19-Apr-09	Reserved for AFF #1 (Canberra)								Closing Date 27 Mar
26-Apr-09	Marconi Cup Epee Marconi Veteran Epee	Marconi Club			9:30 12:30	9:15 12:30			See note 3 below
02-May-09	Schools Championships U11/U13/U15 Individual	Newington							see separate schools timetable
03-May-09	Gilt Open Foil Gilt Veteran Foil	Marrickville	9:00 13:30	9:30 13:15					
09-May-09	Schools Championships Senior Individual	Newington					13:30	13:15	
16-May-09	Schools Championships Teams	Newington							see separate schools timetable
17-May-09	Gilt Open Epee Gilt Veteran Epee	Marconi Club			9:00 13:30	8:45 13:15			
22-May-09 to 24-May-09	Reserved for Challenge Australia (Sydney)								
30-May-09	Schools Championships Teams Final	Newington							see separate schools timetable
31-May-09	U/16 State Championships Foil & Epee U17 State Championships Sabre Allyson Schofield Open Sabre Novice #3 Coaching Course day 1	Marrickville	9:00 11:00	9:30 11:30	13:30	13:30	12:00 14:00	12:30 14:00	
06-Jun-09 to 08-Jun-09	Reserved for AFF #2 (Adelaide)								Closing Date 16 May
14-Jun-09	U/17 State Championships Foil Epee U11 & U13 Foil F/F No.2	Marrickville	9:00 12:30	9:30 12:30	13:00	13:30			
27-Jun-09 to 28-Jun-09	Winter development camp & coaching course	TBA							
06-Jul-09	Mixed teams event Novice #4	Marrickville	9:00 13:00	9:00 13:30					See Note 5 below
09-Jul-09 to 13-Jul-09	Australian Under15/17 Age Nationals (Brisbane)								Closing Date 20 June
The Remainder of Season 2009 Will Be Published After Further Venue Considerations									

- NOTES: 1 For details of entry, clothing and other requirements, please see the 2009 Information Sheet on the NSWFA website.  
 2 All times shown are competition start times. To ensure on-time starting, all competitors MUST be present & entered 10 minutes beforehand.  
 3 If there are less than 8 entries to Womens Epee events, they will be merged with the Mens Epee event.  
 4 B finals will not necessarily be held at events.  
 5 Updated versions of this timetable may be published on the NSWFA website throughout the year.

## Club Contacts

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## Last Riposte

