

# HARRISON HIGH SCHOOL FENCING CLUB



## Club Handbook

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## INTRODUCTION

### About HHSFC

The Harrison High School Fencing Club is a chapter organization of the Tria Gladius Fencing Foundation operating at and affiliated with William Henry Harrison High School. The club consists of students from Harrison.

Our club has a mixture of members with different backgrounds, interests and goals. In general “Competitive Fencers” see fencing as a competitive outlet for their personal goals. In comparison “Recreational Fencers” see fencing as a fun game to play while also getting great exercise. However, both types of fencers have a lot in common because we are all playing the same game under the same set of rules with the same short-term goals, such as scoring the next touch. Success may be measured through tournament results or level of an individual’s game. A successful youth competitor can potentially earn a respectable rating in the USFA that may become a vehicle to a prestigious college scholarship. With great discipline and hard work a fencer could travel on the World Cup Team and may even compete in the ultimate arena of sports, the Olympics.

Coaches organize students to work in practice together. The organization of practices is crucial to the development of individual fencers. Practices are an opportunity to gain experience in bouting as well as physical exercise, conditioning and social time. A club is only as strong as its fencers.

### About the Tria Gladius Fencing Foundation

We base our instruction on:

- **Safety** – first and foremost
- **Respect** – for ourselves and those around us
- **Responsibility** – for our own actions, on and off the fencing strip
- **Inclusiveness** – everyone is more than welcome

The Tria Gladius Fencing Foundation (TGFF) is a 501(c)(3) nonprofit organization. We are an ALL VOLUNTEER organization that teaches fencing in Tippecanoe County. Our coaches and board of directors are dedicated to teach the sport because we love fencing!

All our coaches are members of either the United States Fencing Association (governing body for fencing in the USA) or the United States Fencing Coaches Association (accreditation board for professional fencing coaches), or both.

TGFF is open to all ages and ability levels from beginners to veterans’ division fencers. We support fencing for recreation, fitness, preparation for college and competition at all levels. Just let our coaches know what your goals are, and we will put you on the right track.

## **FENCING SAFETY RULES AND GUIDELINES**

Fencing is a very safe and lifelong sport. Fencing is often said to be safer than golf. Whether or not this is true, it is an extraordinarily safe sport considering its heritage and nature. The following common-sense safety rules and guidelines help make this sport one of the safest and most enjoyable experiences.

### **Safety Rules**

1. Mask, jacket, long pants, and glove must always be worn when fencing.
2. The weapons are to be treated with respect and awareness at all times. Weapons must be carried point down at all times. They are not toys. A weapon is only pointed at another person when that person is fully masked and ready to fence or drill.
3. Fencers must always be masked when weapons are raised, point forward. This means on all occasions, including discussion of actions and during drills.
4. Violent fencing actions are not permitted. Fencers must control parries and attacks so that the opponent is not injured by whipping or hard stabbing actions of the blade. Do not cause body contact nor use the unarmed hand against your opponent. Do not turn your back on your opponent.
5. Stop fencing instantly if you think something is wrong or if your opponent retreats and waves the unarmed hand or gives any sign of wanting to stop.
6. If you think a weapon is broken, stop fencing instantly.
7. If you counterattack, you are responsible for preventing body contact, injury, and weapons breakage.
8. If you feel a fencer is behaving in a dangerous or uncontrolled fashion, report it to an instructor immediately. They will speak to the fencer without disclosing your identity.
9. Inspect your weapons and mask each time you use them. If you are using borrowed gear and find any problem please report it to an instructor. Do not put the item in question back into club storage without reporting it.
10. Wear proper shoes for fencing (court, cross-training or fencing shoes). Please be sure that shoes are clean when entering the fencing floor to avoid dust and moisture build-up which make the floor slippery.
11. Fencers on the floor have right of way. Persons not fencing are obligated to keep themselves and their gear clear of fencers on the floor.
12. Report injuries immediately to an instructor.

### **Guidelines for Clubs & Classes**

The goal is to teach the art and science of fencing in a safe environment of mutual respect and self-discipline. Just as in a martial arts dojo, the traditions governing behavior in a fencing club

have developed over the centuries. These traditions promote respect for one's self, one's opponent, the instructors, the weapons, and the tradition itself, as well as promoting safety. Repeated or egregious violations of protocols safety or sportsmanship will not be tolerated. Violators may be removed from class at the coaches' discretion.

- It is expected that each student enter and exit the venue respectfully. The instructors are to be addressed as Coach by the students. Students will respond to a coach's request promptly and respectfully.
- Each fencer will salute his drill partner before and after every encounter. Each fencer will salute his opponent, the referee, and his/her clubmates before every bout, and salute his/her opponent and shake hands after every bout.
- When we are playing games or having team contests, cheering for your team is encouraged, but name-calling and displays of poor sportsmanship will not be tolerated.
- Food and beverages are never allowed on the fencing floor. Students are expected to clean up after themselves on the fencing floor, outside the fencing area, and while visiting other teams or clubs. In a club, each student is responsible for maintaining a clean, safe environment for learning. We all depend on one another for the maintenance of the club venue.
- Respect for one's self and others is also a major goal of good sportsmanship and discipline. Profanity, racial, religious, or sexually degrading comments and coarse joking will not be tolerated. Persons receiving such comments should report them to the Coach immediately.

The sport of fencing is by its very nature competitive. In any given encounter, one person will be victorious, and one will be defeated. Learning to accept victory gracefully is at least as important as learning that defeat can be a lesson. Thus fencing by its very nature teaches sportsmanship, resilience, and mental toughness.

The heart of a fencing club is its students. By following these guidelines, students and instructors can create a safe, fun learning environment.

Coach Schafer

# Club Communications

## Social Media

HHSFC Website

<http://hhsfencing.wordpress.com>

Facebook Group: The Harrison High School Fencing Team

<https://www.facebook.com/groups/246710495457944/>

(Facebook account required)

HHSFC Team App

<https://www.teamapp.com/clubs/5364>

Can be viewed from any mobile iOS or Android device, or you can view the website version

## Contacts

Coach Anita Schafer

Email: [abschafer@gmail.com](mailto:abschafer@gmail.com)

Phone (mobile): 765-421-1025

Phone (office): 765-237-3390 ext. 101

Facebook: <http://www.facebook.com/abschafer>

LinkedIn: <http://www.linkedin.com/in/anitaschafer/>

Team Parent

TBD

Assistants

Jacob Banes (Class of 2014)

## **CLUB OFFICERS**

HHSFC serves to promote the sport of fencing. It provides the opportunity to do so in a number of ways, including recreational fencing and many levels of competition. The HHSFC also promotes the camaraderie, sportsmanship and competition that have long been associated with fencing. HHSFC is managed by its officers (see below). Candidacy for all positions is open to all Harrison High School student members of the Fencing Club. The membership body will vote to choose its officers; nominated members up for candidacy must be in good standing (membership paid, waivers and forms signed and submitted, no safety violations) with the club.

The following are the roles and responsibilities for each officer:

### **President**

- Represent the club to Harrison Administration and student body
- Formulate agendas and preside at all club meetings
- Facilitate officers' meetings
- Meet with the school sponsor and Coach
- Be aware of all money matters
- Promote fundraising events
- Help coordinate club programming with the officers
- Direct constitutional updating or reversion
- Recognize club members for achievements

### **Vice President**

- Preside at organization meetings on behalf of the president
- Perform other duties as directed by the president
- Coordinate all club programming with help from the president and the rest of the officers
- Promote club activities to external audiences

### **Treasurer and Fundraising Coordinator**

- Prepare the club budget as stipulated by school policy
- Prepare purchase orders, requisition forms, supply requests or equipment orders
- Maintain a financial history of the club
- Collect club dues
- Report to club officers/members on the status of funds

### **Secretary**

- Keep the club informed about all activities and meetings
- Maintain attendance at all meetings and practices
- Maintain a calendar of events
- Maintain and phone and email directory of all members
- Perform other duties as directed by the president
- Arrange for a replacement if unable to attend a meeting
- Take minutes for each meeting and maintain records
- Work with the vice president to notify members of upcoming activities

### **Public Relations Officer**

- Raise the profile of the club in the community through information, publicity and promotion
- Responsible for advertising the club, its activities and to highlight the community involvement of its members
- Create and maintain a local media contact list
- Coordinate match and tournament reports for all squads to be forwarded to local press
- Invite local press and media to events
- Undertake the role of club webmaster ensuring the website and other social media are constantly updated

### **Historian**

- Keep a record or history of the club's activities and achievements during the year
- Take pictures at projects, social and special events, and competitions
- Prepare end of year awards nominations
- Compile statistical records of competitive events for the club and individual HHSFC competitors

### **All Officers**

- Seek new members and work to maintain the current membership
- Remain open to new ideas and criticisms
- Greet members at meetings and make them feel welcome
- Make preparations for new officers at the end of the term, including ample time for mentoring

## **HARRISON HIGH SCHOOL FENCING CLUB CERTIFICATE REQUIREMENTS**

The following basic criteria must be met in order to earn a HHSFC certificate for fencing:  
(Criteria may be updated as school or club regulations require.)

1. Student must attend and actively participate in 50% of the club practices for the school year (unless approved by coach or sponsor).
2. Any student who competes in a tournament representing HHSFC will automatically qualify for a certificate.
3. Dues must be paid in full for current fencing year.
4. All fencers must exhibit good sportsmanship by:
  - a. Wearing appropriate attire to practices and tournaments.
  - b. Respecting fellow fencers, parent volunteers, Fencing Coach, Staff, etc.
  - c. Displaying team spirit.
  - d. Helping other members of the team.
  - e. Maintaining dignity and appropriate behavior during practices and tournaments.
  - f. Maintaining good citizenship on and off campus.
  - g. Remaining until end of Tournament to receive award if at all possible.
  - h. Assisting with Set-up and Clean-up, before and after Tournaments/Practices when possible.
5. Fencers must maintain the minimum GPA required for participation in intramural sports per the HHS Student Handbook.
6. Fencers must obey all rules in the HHSFC Code of Conduct.



# What is Fencing?

Fencing has been said to be many things: “It’s the sport of distinguished ladies and gentlemen.... It’s physical chess.” These statements are all true. Because the sport of sword fighting (Fencing) is inherently an individual’s sport, it’s pretty much whatever you want it to be. Some people use it as a sport to challenge their minds while others find cathartic benefits (nothing relieves stress like swordplay). Because the margin for error is very small it takes a lot of practice and self-control to see a mastery level. In other words, to make sure what you want to do is what actually happens, it takes a lot of practice.

Of course there’s recreational and “I like to compete every now and then,” fencing too. This is one of the great things about sports. You can choose to be as competitive as you want to be. You can fence in tournaments in your spare time, and you can go to the Olympics. The choice is really up to you.

So, what is fencing?? Modern fencing? The sport we compete in?

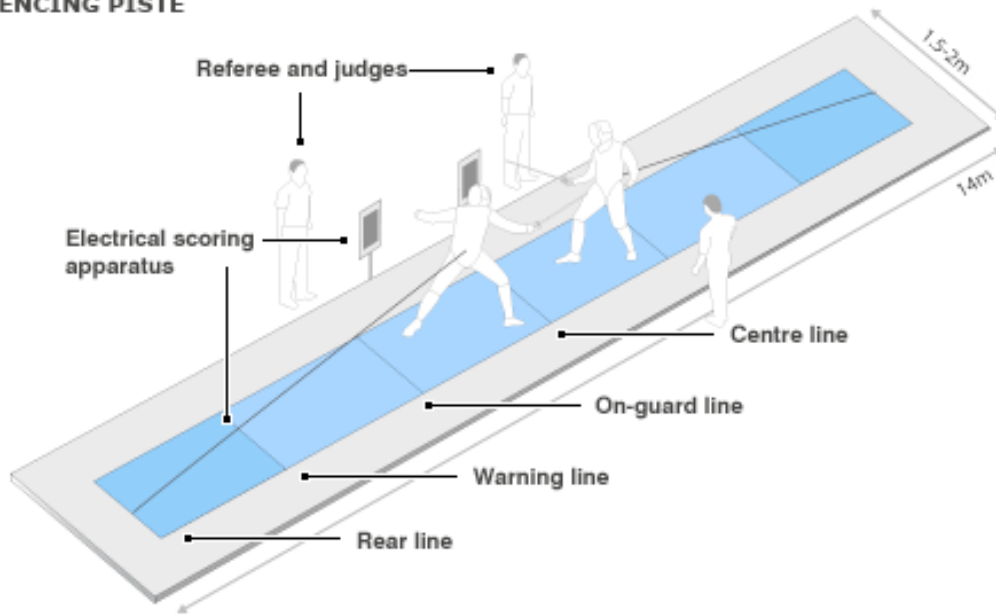
Essentially, it’s the sport of competitive sword fighting. Imagine your favorite duel scene from your favorite movies, but with swords (light sabers are included in this category as well). Once upon a time people used swords rather than revolvers and pistols to settle disputes in what are called duels. Swords and pistols were used in duels but swords were there first. This was seen as a code of honor and usually reserved for nobility. Duels had a set of mutually agreed upon rules (sometimes to the death was included).

So what modern fencing has done is created a universally accepted set of parameters by which athletes compete and not risk serious injury. Every rule (explicitly stated or universally understood) for fencing is for safety and sportsmanship.

(Source: Fencing Quickstart Guide, Indiana University Fencing)

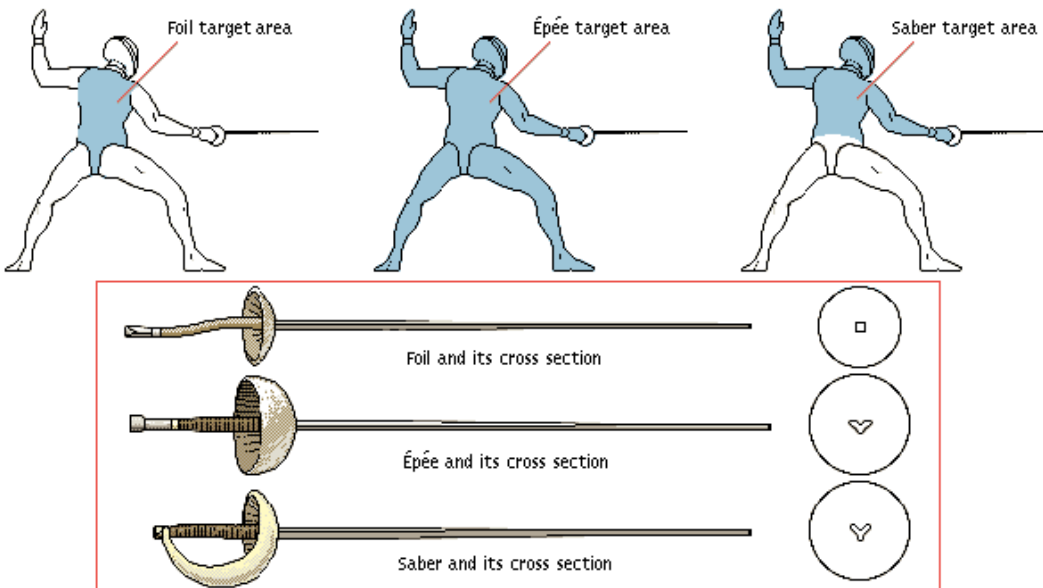
## BASIC GUIDE

### FENCING PISTE



**Fencing has been around since the ancient Greek and Roman times. It's a fantastic way to improve balance, coordination and flexibility.**

There are three types of fencing (weapons) – foil, epee and sabre. As well as the three different types of weapons, fencers also need protective clothing, including a wire mesh face guard (mask). A metallic vest is also worn. This is placed over the scoring area and conducts electricity. Every time a valid hit is scored a lamp lights up on the scoring equipment.



## THE THREE WEAPONS: FOIL, SABRE, AND ÉPÉE

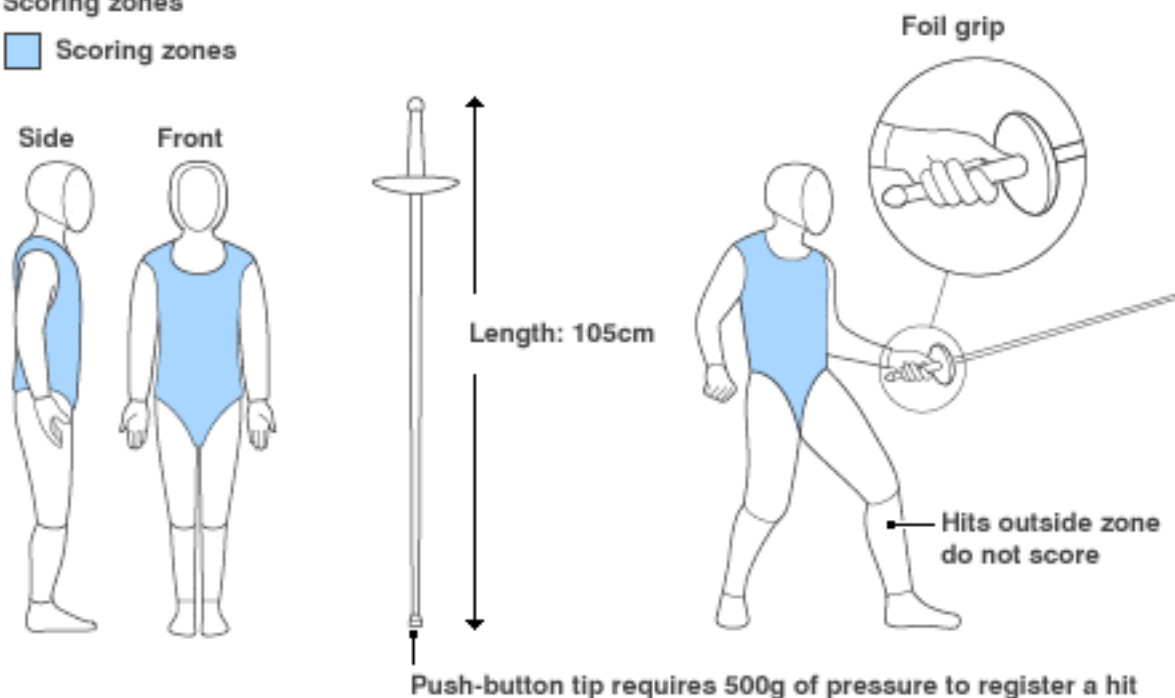
There are three types of fencing – epee, foil and sabre. In all three, weapons are wired electronically to record when a hit is scored.

### The Foil

#### FENCING: FOIL

Scoring zones

 Scoring zones



The foil is a descendent of the light court sword used by nobility to train for duels. It has a flexible, rectangular blade about 35 inches in length, and weighing less than a pound. Points are scored with the tip of the blade on valid target: the torso from shoulders to groin in the front, and to the waist in the back. The arms, head, neck, and legs are considered off target.

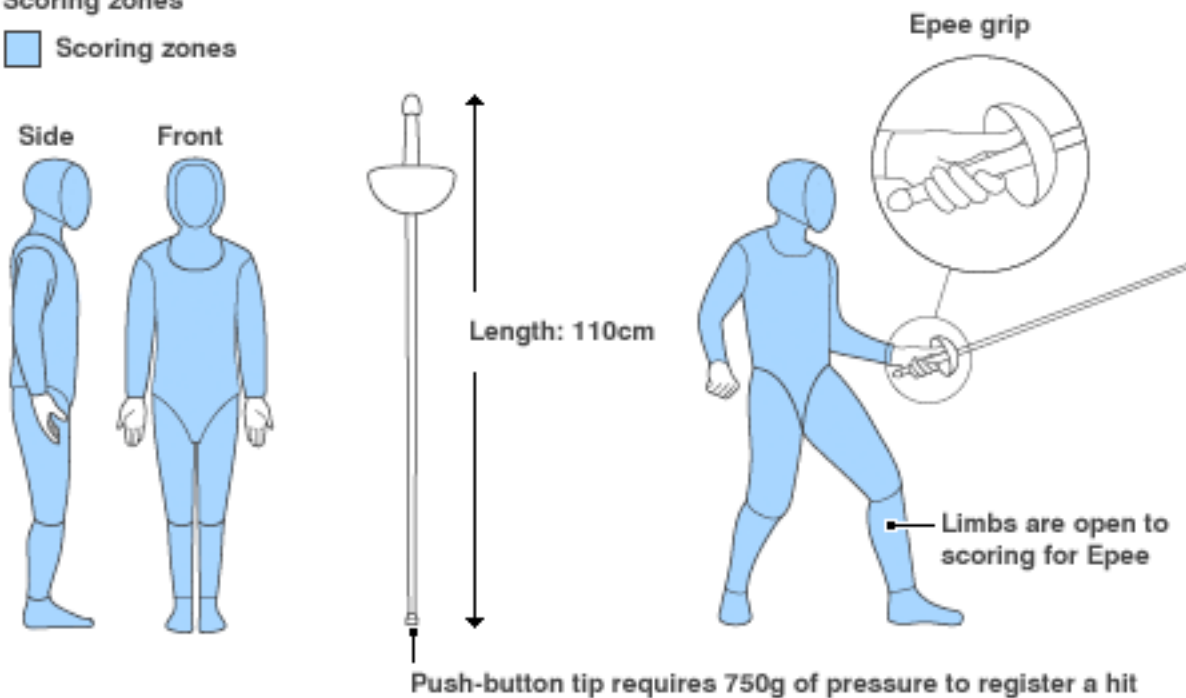
Because foil actions often occur at blinding speed, an electrical scoring system was devised to detect hits on valid target. Each foil has a blunt, spring-loaded button at the point of the blade that must be depressed to register a hit. The foil fencer's uniform features an electrically wired metallic vest called a lamé - a hit to the lamé causes the scoring machine to display a colored light on the side of the fencer that scored the touch. Meanwhile, a hit off target - on the arms, legs or head, which are not covered by the lamés - causes the machine to display a white light. Off target hits stop the action of the match temporarily, but do not result in a touch being awarded. Your turn to attack is determined by using the right-of-way\* system. (See "Right of Way" note on page #####)

## The Epee

### FENCING: EPEE

Scoring zones

■ Scoring zones



The epee (pronounced “EPP-pay” - literally meaning "sword" in French) is the descendant of the dueling sword, but is heavier, weighing approximately 27 ounces, with a stiffer, thicker blade and a larger guard. You can think of epee as dueling to first blood, the dueling style that stepped in when authorities decided that they didn’t want duelists killing each other.

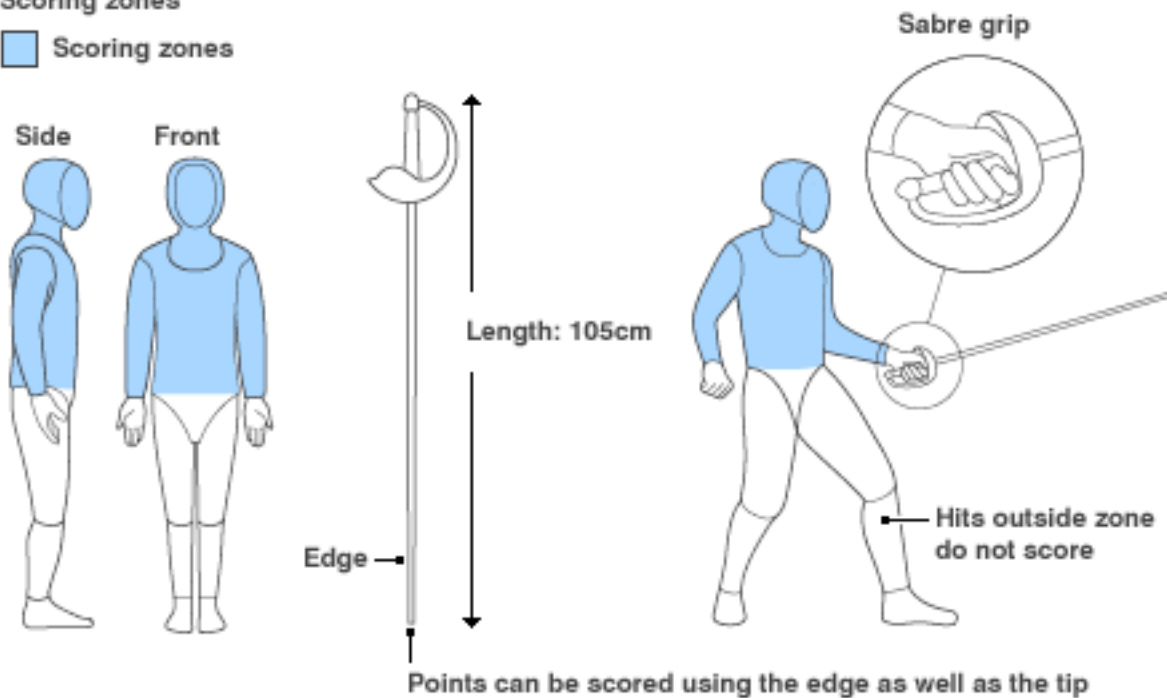
As in foil, touches are scored only with the point of the blade, however in epee the entire body, head-to-toe, is valid target--much like in an actual duel. Similar to the foil, the point of the epee is fixed with a blunt, spring-loaded button. However, the epee tip requires force than in foil to register a touch with the scoring machine (basically, epee fencers have to hit harder). Because the entire body is a valid target area, epee fencers do not have to wear a metallic lamé. There is no concept of "off-target" in epee - anything goes.

## The Sabre

### FENCING: SABRE

Scoring zones

■ Scoring zones



The sabre is the modern version of the slashing cavalry sword. As such, the major difference between sabre and the other two weapons is that sabreurs or sabreists can score with the edge of their blade as well as their point. In sabre, the target area is the entire body above the waist, excluding the hands. The lower half is not valid target, which is meant to simulate a cavalry rider on a horse.

As in foil, the sabre fencer's uniform features an electrically wired metallic lamé, which fully covers their valid target area. Because the head is valid target area, the fencer's mask is also electrically wired. One significant departure from foil is that off-target hits do not register on the scoring machine, and therefore do not halt the fencing action. Sabre fencing is also the first of the three weapons to feature a wireless scoring system.

**\*Note – Right of way** is a system used to determine who's turn it is to attack. The person to start his/her attack is said to have "right of way" and it ends when he/she stops. During this attack, the opponent must either evade to keep from being attacked or must parry (block) the incoming attack.

Once your attack ends, it is now your opponent's turn to attack and you must adhere to the same rules as before.

## EQUIPMENT AND GEAR

Purchasing fencing equipment can be tough in the beginning. So let's begin with the two types of modern fencing equipment. If you need help, speak to a coach to help you out.

Electric – Electric fencing is used in competitions. Weapons are electrified and a scoring machine is present. This developed because fencing was too fast to track everything that happens between touches. To compete in any competition, you must bring electric equipment.

Dry – Also called “steam.” Equipment contains no wiring and used typically in practice. Instructors find it effective to start out beginners with dry equipment to learn the basics and then work them up to fencing each other with electric equipment. Dry weapons usually have rubber tips, also.

### Equipment



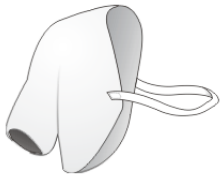
**Mask** – Most important piece of equipment. It covers and protects your head and neck region. Masks are required for fencing. These masks can be divided into three types (one for each respective weapon category). They are metallic finish (exposed metal) for sabre, small metallic section on the bib for foil, and no metal for epee.



**Fencing Jackets** – Thicker jackets made to keep the athlete's torso from being punctured. These can be unisex or gender specific. Can also be made right- or left-handed. Practice or competition, you must use a jacket if you desire to fence.



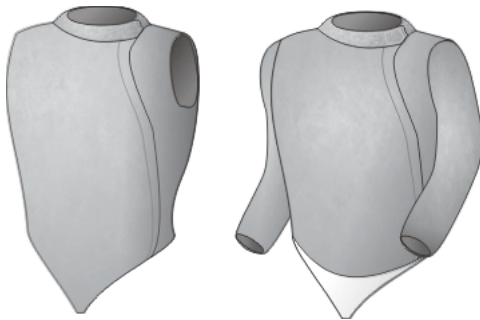
**Fencing Pants (Knickers or Breeches)** – Designed for the same purpose as a fencing jacket, but for the waist down. They cover the knees. They can be unisex or gender specific. Right- or left-handed as well. Not required for practice but required for competitions.



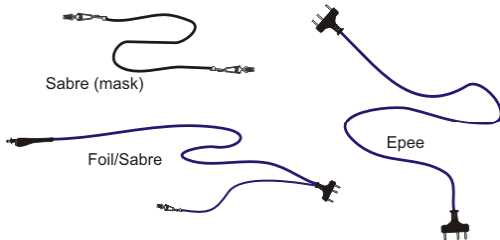
**Underarm Protector (Plastron)** – Worn inside the fencer’s jacket on the weapon arm (the hand you fence with) for added protection. Right- or left-handed, some are reversible. They can be unisex or gender specific also. These are required for practice and competition.



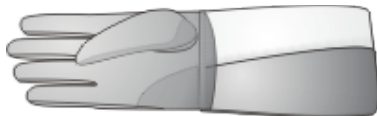
**Chest Protector** – Hard plastic covering for your chest. These are gender specific. Also they are a requirement for female fencers. Good for dispersing force of impact from weapon strikes. Chest protectors are typically the most affordable form of protection available.



**Lamé** (for foil and sabre) - Pronounced like "la-MAY"- it’s a metallic jacket used for marking the target area (legal area to hit to gain a touch) on the opponent. For sabre - full jacket; area is the upper half of the body. For Foil - a vest; area is just the torso and not the arms. Jackets are made right- or left-handed as well.



**Bodycords** - Essential to electric fencing. The weapon doesn't work without the body cord. They are made weapon-specific. Bodycords are worn under the jacket for epee and foil fencing and under the lamé for sabre fencing and hook from the weapon to the scoring system.



**Fencing Glove** - A fencing glove for your fencing hand is required for practice and competition. Fencing gloves provide the necessary protection for your hand while fencing. Please use a fencing glove for fencing every time.

## HHSFC REQUIRED EQUIPMENT CHECKLIST

Recreational Fencers		
must have the following:	<input type="checkbox"/> Fencing jacket <input type="checkbox"/> Plastron <input type="checkbox"/> Practice weapon <input type="checkbox"/> Glove <input type="checkbox"/> Mask <input type="checkbox"/> T-shirt <input type="checkbox"/> Sweatpants or other long athletic pants <input type="checkbox"/> Knee-high gym socks <input type="checkbox"/> Gym shoes (cross trainers, tennis shoes, etc.) <input type="checkbox"/> Water bottle  Not required but highly recommended – Equipment bag	
Competitive Team Fencers (Electric Equipment)		
must have the following:	All items listed above plus  <input type="checkbox"/> Knickers <input type="checkbox"/> HHSFC Team Patch (for jacket) <input type="checkbox"/> 1 pr. HHSFC Team Socks  ↓ see also weapon-specific requirements below ↓	
<i>Foil (Electric)</i>	<i>Epee (Electric)</i>	<i>Sabre (Electric)</i>
<input type="checkbox"/> Foil Lamé <input type="checkbox"/> Electric Foil <input type="checkbox"/> Foil Bodycord	<input type="checkbox"/> Electric Epee <input type="checkbox"/> Epee Bodycord	<input type="checkbox"/> Sabre Lamé <input type="checkbox"/> Electric Sabre <input type="checkbox"/> Sabre Bodycord <input type="checkbox"/> Sabre Mask cord <input type="checkbox"/> Sabre Mask (electric) <input type="checkbox"/> Sabre Glove or Overglove

We currently have a short supply of electric weapons that can be borrowed for tournaments and matches. Availability is on a first-come first-serve basis—those who sign up first for competition events will be able to borrow TGFF club equipment while supplies last. On a limited basis, Coach Schafer may be able to arrange for use of electric equipment for competition through collaborations and agreements with other fencing clubs. As a result, Coach cannot guarantee availability and sizes.

**In all cases, fencers are responsible for proper care and use of borrowed equipment. Fencers are responsible for returning all borrowed equipment as soon as competition is done and in the same or better condition as when they were borrowed. If any damages (broken blades, etc.) should occur, the fencer borrowing the equipment is responsible for repair or replacement costs.**



## EQUIPMENT: PRICING AND VENDORS

Most fencing equipment vendors have an online store, so you can easily purchase what you need directly from them. Unfortunately, none of them have a brick-and-mortar store in Greater Lafayette, so take your measurements carefully. Each vendor provides different instructions on sizing information based on measurements (most will also tell you exactly what to measure and how), so read these directions carefully before picking and ordering sizes.

The club also gets a small discount on equipment and gear, so you can place your order through the club if you prefer. We cannot take credit cards for payment, so orders will require cash, check or money order for payment.

Here is some pricing information to help you with your equipment shopping:

<b>Beginner Fencing Equipment – Estimated Pricing</b>		
Item	Cost	Comments
Jacket	\$50-75	Stretch nylon or cotton; personal preference determines which
Knickers	\$35-50	Stretch nylon or cotton; personal preference determines which
Plastron	\$25-35	An inexpensive one is sufficient; specify right- or left-handed. Girls and women will also need a plastic chest protector (\$30)
Glove	\$15-25	Right-handed or left-handed
Mask	\$90-125	This is the most important item. Buy a good one.
Weapon	\$35-45	Non-electric, French grip; No. 5 size blade
Socks	\$10	Long white socks that reach the knees (or at least come up to the knickers). Get these at a sporting goods store, not a fencing store
Shoes (optional)	\$50	Tennis or racquetball shoes are fine. You can also buy inexpensive fencing shoes (Victory \$55) or expensive ones (Adidas \$125-200)
Bag (optional)	\$30	Recommended but not essential
<b>Total</b>	<b>\$340-445</b>	<b>Buying a <b>package</b> will cut this cost to approx. \$150-175</b>
<p><b>Note:</b> There are two categories of clothing (uniforms):</p> <ul style="list-style-type: none"> <li>• <i>FIE</i> – Required or international tournaments and is usually constructed of a fabric such as ballistic nylon. It is rated to withstand 800 Newtons of force. Not recommended for beginners.</li> <li>• <i>Non-FIE</i> – Allowed for domestic tournaments and constructed with stretch nylon or cotton. It is not rated but can generally withstand 350 Newtons. The price is substantially lower (\$50 for a jacket vs. \$300 for an FIE model), it is lighter weight, and accepted at all domestic USFA tournaments. Recommended for beginners.</li> </ul>		

**Most manufacturers also offer starter packages at substantially reduced prices. Ask for a beginner’s non-electric foil set with a French grip. It will include most, but not all, of what you need for about \$150.**

## **EQUIPMENT VENDORS**

Absolute Fencing Gear - <http://www.absolutefencinggear.com/shopping/>

Alliance Fencing Equipment - <http://www.alliancefencingequipment.com/>

Blade Fencing Equipment - <http://blade-fencing.fencingnewyork.com/>

Blue Gauntlet - <http://www.blue-gauntlet.com/>

Fencing.net - <http://shop.fencing.net/>

Leon Paul USA - <http://www.leonpaulusa.com/>

Sword Masters - <http://www.swordmasters.com/>

Triplette Competition Arms - <http://www.triplette.com/>

## INDIANA FENCING CLUBS

The following is a list of clubs and teams in Indiana, some of which HHSFC competes with in high school tournaments. For more information, visit their websites or contact them directly.

### **Culver Academies Fencing**

Culver, IN

<http://www.culver.org/athletics-page/boys-sport/fencing/overview>

<http://www.culver.org/athletics-page/girls-sports/fencing/overview>

### **Homewood-Flossmoor Fencing Club**

Homewood-Flossmoor High School, Flossmoor, IL

<http://www.hfhighschool.org/clubs-and-activities/fencing/>

### **Indianapolis Fencing Club**

Indianapolis, IN

<http://indyfencing.fencenite.com/>

### **IndySabre Fencing Club**

Indianapolis, IN

<http://www.indysabre.us/contact/default.html>

### **Marian Catholic High School Fencing**

Chicago Heights, IL

<http://www.marianchs.com/athletics/fencing/fencing.php>

### **Noblesville Fencing Club**

Noblesville and Westfield High Schools

Noblesville, IN

<http://thundercats49.wix.com/nblfencing#!>

### **Northwest Indiana Fencing Club**

St. John, IN

<http://nwifencingclub.com/>

### **Red Devil Fencing Club**

Lowell High School, Lowell, IN

<http://kmcpheters-neal.wix.com/reddevilfencingclub#!>

### **River City Fencing**

West Lafayette, IN

[rivercityfencing.wordpress.com](http://rivercityfencing.wordpress.com)

### **West Lafayette High School Fencing Club**

West Lafayette, IN

<http://old.wl.k12.in.us/hs/athletics/fencing/>