



GWEFC NEWS

Next Competitions

Oct 13 - Leicester Open
Oct 20 - NW Ireland
Nov 10 - Welsh Open
Nov 24 - Miller Hallett
& - Intersection Teams
Dec 1 - H&W Open
Jan 5 - Scottish Open
Jan 12 - Nthrn Ireland

Information and entry forms can usually be found online, or ask your team captains for assistance. Club kit can be hired for competitions if you don't have your own.

Looking Ahead

The Edinburgh International will be held March 8th & 9th. This is no longer an FIE event, just a regular Open competition, so no need for full FIE approved equipment this year.

The Scottish Novice and Intermediate Championships are being held March 15th & 16th. Novice fencers who have not yet plunged into the world of competition fencing might find this a good place to start.

Lesson List

Remember to put your name on the lesson list to get individual lessons with Dusty. (And then put your name back on after the lesson so that you can have another!) Individual lessons are a vital part of improving your fencing skills. Lisa is also available to give lessons on request.

Recent Results

Highland Open

The club has had a good start to the competition year. In particular our Veterans did well at Inverness, Maria taking best Women's Foil Veteran, Elaine the best Women's Sabre Veteran, and Henri the best Men's Epee Veteran. Unfortunately full results have not been published, we'll fill in the gaps next edition.

Maria Cabrelli - 3rd WF
Helen Pitt - 7th WF
Stephen Kidd - 17th MF
Henri Techer - ?th ME
David Cook - 16th ME
Lisa Lagergren - 1st WS
Elaine Kellett - 8th WS
Maria Cabrelli - 14th WS
Keith Davidson - ?th MS

For Sale

800N Jacket £60
Men's LH 800N FIE jacket.
Size small (92cm chest).
As new, never worn
Contact Joanna:
Mobile: 07779462955
Home tel: 0141 576 6212

Apres Fencing

Come and join us at **The Atholl** on Renfrew St, and get to know the people behind the masks.

Summer Programme

The club ran a programme of special training sessions during the summer, which were all well-attended and enjoyed by the participants.

Events included the ever popular Psychology session with Mark, Basic Armouring and Competition Preparation with Chucky, Epee & Sabre introductions run by the club Team Captains, and the Open Night for prospective fencers to come and see what the sport is all about.

The club would like to thank all those involved in running events. If you have an idea or would like to run a session next summer, please contact a committee member.

A refereeing course will hopefully follow in the near future.

Beginners Courses

Another course has commenced, hopefully we'll see some of the new fencers at training before the end of the year. Remember to say hello to new people and invite them to fence!

The next course will start in early 2008. New forms will be available on the club website in the near future.

AGM

The AGM will be held Thursday, Nov 1st. All club members are eligible to vote and nominate for positions, and should have received notification by mail.

Sadly, after many years of excellent work Lesley and Chucky are moving South and will no longer be on the committee this year. Lisa will also not be running for Secretary again.

Please consider running for a committee position, many hands make light work!

Elected positions include:
President
Secretary
Treasurer
Child Protection Officer
Men's Team Captain,
Women's Team Captain
Junior Representative

Current committee members will be more than happy to explain what's involved with any position you might be interested in.

Farewell Drinks

Chucky & Lesley would like to invite everyone to join them for farewell drinks on **Saturday 13th October** at **The Ivory Bar/Hotel** on Langside Avenue, Shawlands. They plan to be there from **8pm**.

The club would like to extend our thanks for all the work they've put into the club over the years, and wish them the very best of luck for the future.

Deadlines

Dec 5th
March 21st

e-mail your items to:
newsletter@glasgowfencing.com

Equipment

Remember that you must comply with the equipment regulations or we cannot allow you to fence.

- **Breeches are required**, the only exception is if you are using a non-electric or small-sized foil.
- **Plastrons are required**, the only exception is if you are using a non-electric or small-sized foil and your jacket is 800n (FIE standard).

And if you are fencing electric - please remember to help pack up the scoring equipment at the end of the night.

Monday Training

For those keen to get some extra training in, Lisa is currently in the process of trying to book a room in Partick.

This is proving to be a slow and painful process, but hopefully there will be a second night of training before the end of the year. Venue constraints mean this will be a much smaller night than the main session on Thursdays. It will also be BYO equipment (although you can hire equipment from the club on Thursday if you don't have your own, box & spools provided). If you are interested in going, talk to Lisa for more details.

Social Events

We had an excellent night out during the summer with a Thai dinner followed by clubbing for the more adventurous.

If you have any ideas for more club social events, please talk to the club committee or Maria, our Social officer.

Suggestions so far range from going to watch Burn's Night fireworks, to a fencing comp in Finland that happens to be held in a Ski Resort!

Remember, this is your club. Help us shape it into the sort of club you want to be a member of.

Borrowing Equipment

If you wish to borrow club equipment, a deposit of £5 per item borrowed is required. This will be repaid on the safe return of the equipment.

Borrowing equipment is free for club members. There is a small additional charge for non-members. Just one of the many benefits of paying your £15 to become a member.

Competition Preparation

- Suggestions from David

Before the Comp :

Make sure all clothing is in good condition (no holes/rips). Remember, this is for your own safety.

Check body-wires (using a multimeter). Most failures on the strip could be avoided with this simple check.

Check weapons (fresh tape on foil tips, check grub-screws on epees, check weight on foil & epee and gauge on epee, remove rust on sabres). This will take care of most of the rest of on-strip problems.

Have at least two weapons, preferably three, and a spare body-wire. If something does break, you want a replacement handy - you can do without the stress of unplanned equipment purchases.

Have clear directions to the venue, ideally with useful maps (Google maps is usually good for this). Check your check-in time and make sure you allow plenty of time to get there.

Things to take :

Water (lots, since sports halls don't always have a handy water fountain).

Food (energy foods for

between rounds, maybe something for lunch too). Getting the shakes for lack of food does not improve your fencing.

A towel, for mopping up the sweat.

Spare t-shirts, because it's nice to start each pool/DE in a dry t-shirt.

Folding chair (there's never enough seating around).

Money (for lunch/snacks, for getting to/from venue, and for equipment shopping).

On the day :

The key is routine. Work out how to get yourself in the right frame of mind to compete.

This varies among people - some prefer to isolate themselves, and listen to music, some like to stand around and talk. Find out what works for you, then try to do the same thing every time.

Warm up - do enough to get the muscles and brain working, without tiring yourself out.

If your coach is there, get them to give you a warm-up lesson - this shouldn't be teaching you anything new or even correcting errors, it should focus on getting you moving and thinking at competition pace with reasonable technique.

Do as I say, not as I do :-)

Club Membership

Membership of GWEFC costs just £15, and comes with many benefits. Join Today!

- ✂ Vote at the AGM
- ✂ Membership card
- ✂ Discount on electric kit hire for competitions
- ✂ 50% discount on the cost of replacing a club blade broken in competition
- ✂ 25% discount on equipment repairs when arranged through the club
- ✂ £5 discount on Scottish Fencing membership *
- ✂ £5 discount on one Leon Paul equipment order when placed through the club *

* First time members only.

The committee welcome fully-costed suggestions for further membership benefits.

Don't forget, if you attend regularly you can also save time and money by paying your fees with a standing order - £18 per month.

Scottish Fencing

If you would like to join Scottish Fencing, forms are available at the club or you can download one from their website.

Membership will allow you to enter the many excellent competitions held each year, get you an electronic copy of "The Point", and BFA insurance cover.

(You can also browse a printed copy of The Point at training, ask Lisa if you can't see it lying somewhere obvious).

www.scottish-fencing.com

Your Committee (06/07)

Chairperson:	Helen Pitt helen@glasgowfencing.com
Secretary:	Lisa Lagergren lisa@glasgowfencing.com
Treasurer:	Lesley Wheldon lesley@glasgowfencing.com
Mens Captain:	David Cook david@glasgowfencing.com
Ladies Captain:	Elaine Kellet elaine@glasgowfencing.com
Child Protection and Equal Opportunities:	Charles McBrien cpo@glasgowfencing.com

SF Website: <http://www.scottish-fencing.com>