

## SFO Fencing Master Programs 2019-20

### Programs:

**Minifence:** Fundamental movement skills, beginning fencing skills with minifence equipment.

Duration: 1 hour. Frequency: 1x/week. Payment: Monthly.

**Pre-elite:** Merge of minifence and beginners programs for those who are enthusiastic about fencing and wish to begin earlier development. Pre-elite stay in original program and participate in one extra training blending the programs with senior coach including short private lessons.

Duration: 1 hour. Frequency: 2x/week includes beginner or minifence but one time preelite alone.  
Payment: Monthly.

**Beginners (u16):** Basic fencing skills – yellow and orange armband with transition to competitive or recreational fencing after 16 weeks if desired. U13 may continue in cadre with coach permission until develop physical literacy for competitive fencing.

Duration: 2 hours. Frequency: 1x/week. Payment: Sessional (8 weeks or four weeks).

**Beginners (adult):** Basic fencing skills – yellow and orange armband with transition to competitive or recreational fencing after 8 weeks if desired.

Duration: 2 hours. Frequency: 1x/week. Payment: Sessional (8 weeks)

**Competitive (all):** Refined and advanced training skills, with emphasis on physical literacy/conditioning as well as psychological preparation (orange, green, blue armband). Private lessons included, usually one per week.

Duration: 2-3 hours. Frequency: up to 3x/week. Payment: Monthly.

**Elite (all):** Refined and advanced training skills, with deeper emphasis on physical literacy/conditioning as well as psychological preparation (orange, green, blue armband). Private lessons included, usually two to three per week.

Duration: 2-3 hours. Frequency: up to 5x/week. Payment: Monthly.

**Recreational:** No lessons or group work, able to fence in the last hour of each training session excluding pre-elite and elite unique time. Must have own gear.

Duration: 1 hours. Frequency: 3x/week. Payment: Monthly.

## New Programs

**Women's Fencing BootCamp:** Fencing basic skills, and general physical literacy.

Duration: 1.5 hours. Frequency: 1x/week. Payment: Sessional

**Munchkin/Parent Fencing:** A reduction of the minifence program designed for u6 set in the daytime (e.g., 11 am on a weekday). Basic physical literacy with parents involved. For the aspiring pirates and Jedi Knights and their parent/guardian.

Duration: 1 hour, Frequency: 1x/week. Payment: Sessional (4 weeks).