

## Fencing Pre Camp

You are fencing! Fencing instructors are hired with vast differences in their personal skill levels from being involved with competitive fencing to just having had some exposure in High School. Our goal with the pre camp work is to have you arrive with some basic knowledge of terms etc. and the actual fencing and coaching skills. This will allow us to focus our camp training on interactive ways of teaching kids.

The fencing program at Foley is designed to teach campers the basics as well as advance their skills by challenging them. We focus primarily on the Foil although we have some Epee's and Sabre's for the more experienced campers. It is important that staff realize that they will have a teaching role when it comes to fencing at Foley.

### TASK:

1. If you are not already, consider becoming a member of the local fencing club or team. Practice and develop your personal fencing skills as much as you can before coming to camp! If you do not become a member of a local fencing team or club at least contact a local club and talk with someone of experience in the sport of fencing. Get some ideas and helpful tips to use while teaching!  
-Please email the name of the club, organization, or person that you contacted and list some ideas the person had to [alli@campfoley.com](mailto:alli@campfoley.com)
2. When fencing: Think about the things that you are doing, the position of your body, the way you hold your hands, feet, etc. Remember you are going to have to teach someone to do this soon. Think about how you are going to transfer this information to the different ability levels.
3. Do anything you can to improve your teaching skills. Practice on a friend, team member, etc.
4. Reading. It is important to have a good knowledge base for the various fencing techniques so take a look in your local bookstore, library or the internet for resources. Talk to your local fencing coach about other resources he or she uses. Below are a couple places to start your search.  
<http://www.usfencing.org/>  
<https://temple-news.com/fencing-101-coach-nikki-franke-breaks-down-the-basics/>  
[http://leonpaul.com/fencing\\_downloads/Midi-Fence\\_instruction\\_book\\_taster.pdf](http://leonpaul.com/fencing_downloads/Midi-Fence_instruction_book_taster.pdf)
5. Develop a 3 hour fencing lesson plan. Be specific in your outline- attendance, stretching, specific warm-up drills, skill progression drills, games, skills being learned, etc. Email to [alli@campfoley.com](mailto:alli@campfoley.com) when complete.