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ROCHESTER FENCING CLUB



En Garde Monthly Where you find monthly updates from the RFC November 2011



Congratulations to Designer Glynnis Kashtan!

for her RocFencing t-shirt design. We will be having the t-shirts made in time for the Holidays!



Local Competitions

We will be publishing a list of local competitions that are within driving distance. Local competitions are a great tool for improving your fencing and competitive skills. Many of our fencers who fence at local competitions find that it helps them to prepare for the larger NAC competitions or to improve on a skill they are currently developing in practice. The competitive setting is a perfect way to test out your knowledge.

We will be publishing this list every month in the newsletter. We will also be posting these events on our online calendar that can be accessed here: <http://www.rocfencing.com/calendar/>
You can also download the document [Local Competitions November 2011](#)

Winter Camp Schedules and Updates

Elite Foil and Sabre Winter Camp (Levels II and III)

2010 Winter Camp



The elite camp will be heavily focused on competitive bouts and tactics. A competition will be held on the last day of camp.

Elite Camp Schedule:

Tuesday, December 27 through Friday, December 30

10:00 AM-1:00 PM Session I

1:00-3:00 PM Break

3:00-6:00 PM Session II

Cost: Camp is included in the level 2 and 3 costs.

To sign up for camp please put your name on the sign up sheet at the fencing club.

Intermediate Foil and Sabre Camp (For Youth/Teen Beginners and Level One)

The intermediate camp will be focused on fundamentals and tactics for the beginner and level one students. **Foil Intermediate Camp** will be run by Coaches David Taylor and Susan Kantari. To read their bios please [click here](#). **Sabre Intermediate Camp** will be run by Coaches Christine Griffith and Elliott Clinton. To read their bios please [click here](#).

Intermediate Camp Schedule:

Tuesday, December 27 through Friday, December 30

8:00-10:30 AM Session I

10:30 AM-1:00 PM Break

1:00-3:30 PM Session II

Cost*: 4-day camp \$200; Single day of camp \$100; Morning or afternoon session \$60

*Cost is NOT included in the cost of beginner or level one

To sign up for camp, please put your name on the sign up sheet at the fencing club. You can

pay for the camp at the front desk.

What's New?

Jean-Raynaud and Christine Griffith will PUMP! YOU! UP!



About Trainer JRLK:

He speaks many different languages, runs marathons, bikes for miles... What else can this guy do?! Believe or not, JRLK is a personal trainer too!



About Trainer Christine: Christine is a certified personal trainer and worked at a personal training

boutique gym in Philadelphia before moving to Rochester to be a sabre coach.

How to sign up:

Any parents or students interested in training with Raynaud or Christine in the off hours of the club (not during practices) can do so by contacting them directly at jraynaudlaokan@yahoo.fr or cgriffith42@me.com. Now is the time to kick start your workout. *Please do not contact the front desk about scheduling an appointment as these are the private endeavors of Christine and JRLK. Thank you.*

RFC Halloween Party



A few of our spooky coaches from left to right: Prisoner JRLK, Captain Christine, Darth Semion, and Knight Elliott

Latest Winners

RFC Challenge Results for October 2011



Sabre from left to right: Scott P. (2), Grant G. (1), Signe Golash (3)



Foil from left to right: Gigi K. (3), James B. (1), Matthew K. (2)

Mini-Musketeer Results for October 2011



Sabre from left to right: Nick (3), Evan (3), Brendan (2), Andrew (1)



Foil from left to right: Jackson (3), Henry (3), Ian (2), Lucas (1)

Good job to all our fencers!

UR Fall Tournament



Congratulations David Schultz for winning another U of R sabre competition!

Congrats to Level 3 Foil Fencers Umar and Luby!

RFC opened the NAC season in Richmond, Virginia October 21-24.

Front Desk

FRONT DESK NEWS

Team Jackets

We have decided to put in one last order for team Jackets. If you did not order a jacket in September, but would like/or need one now, please see Kim at the front desk. **All orders must be received by Friday, November 18.** If you have any questions, please see Kim at the front desk.

Congratulations to our 2 Raffle Winners!

Sarah Miller and Luby Kiriakidi each won a private fencing lesson with Felicia Zimmermann. **Due to popular demand, we will hold one more raffle for a lesson with Felicia.** Tickets can be purchased at the front desk, and raffle proceeds go toward our scholarship fund, RAFF. Tickets are 1 for \$5, or 5 for \$20. **The drawing will be held Friday, December 16.**

Lame Stenciling

If you are going to compete, you will need to get your last name stenciled onto your lame (sabre and foil) or jacket (if you fence epee).

Steps:

1. Inform the front desk or email kim@rocfencing.com to tell her you need a stencil. Within the email please make sure to include the spelling of the last name that should go onto the lame or jacket.
2. Myron (one of our parents and armorer) will order the stencil and then let Kim and/or Iris know when the stencil is ready to be put on the lame.
3. You receive an email to leave the lame. Typically on a Friday so that stencils will be done over the weekend. May be different if there is a time constraint. On average there is a two day turn around between the time you drop the jacket or lame off and pick it up.
4. Lame is finished, you are emailed a confirmation and an invoice.
5. Visit the front desk to pick up the lame and pay for the stenciling.

Travel

**NAC Austin, TX
November 11-14**



The Kiriakidi Skywalker family - Coach Susan and her Frog Prince

More Winners Spooky Tournament in Hamilton, Ontario



Congrats to all fencers who competed in the Spooky Tournament held at Westdale Fencing Academy in Hamilton, Ontario the last weekend of October.



Congrats to Kayleigh Kubit, Y11 women's foil champion.



by only one touch) in the Div II men's foil.

We are happy to give a big congrats to **Luby Kiriakidi** for taking 5th at the Div III women's foil and to **Umar Masood** who placed 2nd (missing the gold

If you still need to book a hotel room please email kim@rocfencing.com.

NAC Kansas City, MO

December 9-12

If you will be needing a room for the Kansas City NAC please email kim@rocfencing.com

Front Desk Times

Kim is at the front desk most Tuesdays, Thursdays, Fridays, and Saturdays

Felicia, Iris, and Sue fill the gaps in between. If no one is at the front desk and you need assistance, it is best to email Kim at kim@rocfencing.com. She picks up her email almost twice everyday and can help you in a timely manner.

As always, we are here to help you!



A few happy RFC fencers at the team dinner.

Planning Ahead

RFC Closings and Important Dates

Happy Thanksgiving!

Club closed Thursday, November 24-Sunday, November 27.

Re-opens for business on Monday, November 28

Happy Holidays!

Club closed Thursday, December 22-Monday, December 26.

Re-opens for business on Tuesday, December 27th.

WINTERCAMP

Tuesday, December 27-Friday, December 30.

Happy New Year!

Club closed Saturday, Dec 31-Sunday, January 1

Re-opens for business on Monday, January 2.

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