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

## Junior Olympic Tryouts

**will be held at the Rochester Fencing Club on Sunday, December 18.**

**Junior events will begin at 10:00 AM . Cadet events will begin at 12:00 PM**

If you are a cadet and junior and qualify for junior, you qualify automatically for cadets. Hence, juniors will go first at 10:00 AM.

- 2) The club will be open an hour earlier for warm ups and fencing will begin immediately after close of registration.
- 3) If there are three or less entries, you all auto qualify and will not need to fence for qualification. Your name will go on the list and be sent to the USFA.
- 4) You will not be able to register on the day of the competition. The close of registration is Friday, December, 16. Your registration is **not** complete unless you have paid the entry fee.

**If you have any questions please contact [Iris](#) for more info.**

**Pre-Register online**

## 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.**

## **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](#).

**Open (all fencers 13 and older), Div. II (fencers rated C and under), Div. III (fencers rated D and under) Youth (Y10, Y12, Y14)**

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### **December 3, 2011 Fall 2011 Season Final**

En Garde Batavia Fencing Club, 56 Harvester Avenue, Batavia NY, 14020

### **December 3, 2011 WNY Epee Circuit #3**

Rochester Fencing Club, 777 Culver Road, Rochester NY, 14609

*This tournament is the third of an on-going series of epee events throughout the Western NY division. A portion of the proceeds goes towards the WNY division.*

### **December 3, 2011 - Dec 4, 2011 ROC Charm City Classic (Div. 1-A ) 3 weapon**

Univ. Maryland, Baltimore County (UMBC): Baltimore, MD

### **December 4, 2011 Upper Valley Men's and Women's Holiday Open & Y12; Foil & Epee**

The Sharon Academy: Sharon, VT

### **December 10, 2011 Battle On The Mohawk Sabre Youth & D and Under/Sabre**

Capital District Fencing School: Schenectady, NY

### **December 11, 2011 Div. III Foil @ CDE**

Circle d' Escrime School of Fencing: Sellersville, PA

### **December 11, 2011 Phoenix Foil Open**

Vassar College - Walker Field House: Poughkeepsie, NY

**Youth (Y10, Y12, Y14)**

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### **December 4, 2011 Upper Valley Men's and Women's Holiday Open & Y12; Foil & Epee**

The Sharon Academy: Sharon, VT

### **December 10, 2011 Battle On The Mohawk Sabre Youth & D and Under/Sabre/Y12/Y14**

Capital District Fencing School: Schenectady, NY

### **December 17, 2011 FAO Youth Open (Y12, Y14) 3 weapon; mixed**

OSU Steelwood Athletic Training Facility: Columbus, OH

**December 18, 2011 5th Annual Barbara Lynch Charity RYC/ 3 weapon / Y10/Y12/Y14**

New Jersey Fencing Alliance: Maplewood, NJ

**Cadet (U17)/Junior (U20)**

**December 17, 2011 FAO Youth Open (U17) 3 weapon; mixed**

OSU Steelwood Athletic Training Facility: Columbus, OH

## What's New?

### Bring Warmth to those Left Out in the Cold

The holiday season is here and this year we have picked the charity, One Warm Coat, to donate to. This organization collects new and lightly used winter coats and distributes them to those who need them most. Please drop off any lightly used or new coat to the front desk. Our goal this year: 10 coats! **Happy Holidays and thank you for your support!**



### Another Lesson with Felicia Raffle!

Since our last raffle for a lesson with Felicia was so successful, we will be having another one on Saturday, December 17, during our Holiday Cheer Party (see info below). You do not need to be present to win. The tickets are \$5 for 1, or 5 for \$20. You better hurry - they are going fast!

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

## Latest Winners

### Notable Result

NAC Austin, TX NAC

**Umar Masood** placed 8th in the Y14 men's foil event

### RFC Challenge Results for November 2011



*Sabre from left to right: Abby F. (2), Grant G. (1), Scott P. (3)*



*Foil from left to right: Megan R. (2), Cosmo V. (1), James (3)*

### U of R Results



David Schultz (sabre) took the gold for the third time!

## Front Desk

### Autopay

We have noticed that some people who thought that they were on autopay, have not been. If you thought you were set up on autopay, but are getting invoices for your monthly dues, please stop by the front desk, or send an e-mail to [Kim](#) and she will take care of this for you. We apologize for any inconvenience this may have caused.

### Please Check Your E-mails from RFC

We changed our invoicing system this year, so it is important that you check your e-mails from the club, as they may be an invoice for an item. If you have any questions about your invoice please send them to [Felicia](#). If you are not receiving emails please let us know-we may need to update you email address.

### Upcoming SYCs

Please register on [AskFred.net](#)

#### SYC Fencer's Club of Arizona

**December 2-4, 2011**

Chandler, Arizona

#### SYC Salle Mauro

**January 21-22, 2012**

Houston, Texas

### Upcoming NACs:

**Kansas City, Missouri, US**



#### 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 [raynaudlaokan@yahoo.fr](mailto:raynaudlaokan@yahoo.fr) or [cgriffith42@me.com](mailto: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.*

**Abby Forth** (sabre) took 9th place  
**Steve Sussman** (foil) took 14th

### Results for the 2nd WNY Epee Circuit

**Scott Leadley** took 5th place  
**Griffin Winterman** took 16th place

Local tournaments are an important part of a fencer's development. We encourage you to get out and fence with new people to improve your skills. Check [askfred.net](http://askfred.net) periodically for tournaments near you.

### Mini-Musketeer Results for November 2011



Sabre from left to right: *Brendan Ayash* (3) *Nick buttarazzi* (1) *Evan George* (2) *Madison Hurley* (4)



Foil from left to right: *Lucas L.* (2), *Willy D.* (1), *Henry O.* (3)

Good job to all our fencers!



### Holiday Cheer Party for Beginners to Level 2

On **Saturday, December 17**, between the Mini-Musketeers and the RFC Challenge, from 1:00-2:30 PM, we would like to invite participants for an informal holiday cheer get together. Bring your favorite holiday treat and share the day by getting to know other friends, family, and fencers from

**December 9-12, 2011**

*Regular Entry Fee Deadline was October 24, 2011*

**Portland, Oregon, US**

**January 13-16, 2012**

*Regular Entry Fee Deadline was November 28, 2011*

**Cincinnati, Ohio, US**

**March 16-19, 2012**

*Regular Entry Fee Deadline January 30, 2012*

### Planning Ahead

**RFC Closings and Important Dates**

**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.*

beginner to level 2. If you have any questions, you can e-mail [Kim](mailto:Kim@rocfencing.com) at [kim@rocfencing.com](mailto:kim@rocfencing.com) or stop by the front desk for more information. Remember to enter the raffle to win a lesson with our very own Olympian and co-owner Felicia Zimmermann.

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