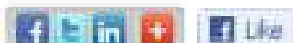


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En Garde Monthly Where you find monthly updates from the RFC January 2012

Winter Weather Reminders

The winter weather is here and when entering the club **PLEASE** remember to wipe your feet so that we can keep the fencing floor clean and dry.



IMPORTANT!

On the rare occasion that we may close due to the weather, we will post the closing on the website by 2:00 PM that day. Even if we are open, please use your best judgement before heading out. If you cannot make it to the club because of the weather, please call the club to let the coaches know. For private lessons, you are charged for the lesson if we do not receive your cancellation confirmation either via email or phone call even with bad weather. Leave us a message at 654-6047.

Notice for LEVEL III FENCERS (Foil and Sabre).

After JO's we give the fencers a week off as it is a natural time for a break. There will be no level three practice (and/or for people who attend JO's and aren't in level three) the week of February 20-24.

2011 RFC Winter Camp



Great job to all the athletes that participated in the Winter Camp! If you were not here this year, please put it in your calendar for next year as we run the Winter Camp every year for four days following Christmas.

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)

January 1, 2012 Clinton Fencing Snowman Foil Open Men's and Women's
Clinton Fencing Club: Lebanon, NJ

January 7, 2012 Lilov New Year Games - Sabre Open Men's and Women's
NJ Fencing Alliance: Maplewood, NJ

January 8, 2012 Brooklyn Fencing Foil Open Men's and Women's

Brooklyn Fencing Center: Brooklyn, NY

January 15, 2012 Nyack - 3 Weapon - Tanya Adamovich Cup Men's and Women's

Nyack Fencing Academy: Nyack, NY

January 21, 2012 - January 22, 2012 Todd Curn Memorial / GLS Sectional Circuit, 3 weapon, Men's & Women's + mixed 1-touch Epee

Dublin Sport Fencing Center: Dublin, OH

January 21, 2012 C & Below Saber

Manhattan Fencing Center: New York, NY

January 22, 2012 Bergen Men & Women Saber Open

Bergen Fencing Club: Ho Ho Kus, NJ

January 28, 2012 WNY Epee Circuit #4

Les Amis Fencing Center: Buffalo, N

January 29, 2012 GFA foil open & Y14 Foil Men's and Women's

Gutkovskiy Fencing Academy: Fair Lawn, NJ

Youth (Y10, Y12, Y14)

January 7, 2012 - January 8, 2012 Happy New Year! Youth Open Y12/Y14 mixed Foil and Epee

BFC-Columbia: Columbia, MD

January 15, 2012 NJFA Youth - (Y8-Y14) (Youth Cup #4) Three weapon

NJ Fencing Alliance: Maplewood, NJ

January 21, 2012 Lilov Youth Games - Sabre Y14

NJ Fencing Alliance: Maplewood, NJ

January 29, 2012 GFA foil open & Y14 Foil Men's and Women's

Gutkovskiy Fencing Academy: Fair Lawn, NJ

Cadet (U17)/Junior (U20)

January 29, 2012 Brooklyn Fencing Cadet & Junior Foil Men's and Women's

Brooklyn Fencing Center: Brooklyn, NY



Results from Local Competitions:

Signe Golash (who comes to fence with us at the RFC) came in 2nd place in Y12 and **Cal Jacobson** (level one RFC fencer) tied for 3rd in Y12 in Albany on December 10, 2012.

Congratulations to our Medalists at the Youth Tournament in Montreal on December 11.

Kayleigh Kubit took Gold in the Women's Foil Under-11 age category

Lucas Lewyckj took Silver in the Men's Foil Under-11 age category

Great job to the RFC team at the tournament. Keep up the good work!



Results from the 3rd WNY Circuit

Coach Jean Raynaud Lao-Kan wins the 3rd WNY Epee Circuit held at the RFC the first week of December.

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 periodically for tournaments near you.

We Have a Scholar Athlete!

Ryan Redhead is the Channel 10 Scholar Athlete and was highlighted on Channel 10 at 6:00 PM on Tuesday, January 3rd during the 6:00 PM news. The story ism also available online. Congratulations Ryan! We couldn't be prouder of you!

What's New?

Travel for the JO Championships in February 2012

The Rochester Fencing Club has a block of rooms held at the

Baymont Inn and Suites
2080 W. North Temple
Salt Lake City, UT 84116

Latest Winners



Thank you

to everyone that made donations to the One Warm Coat drive for December.

We collected 30 coats! Felicia dropped them off at the Open Door Mission. You're all Winners!

Congratulations to

Front Desk

Upcoming SYCs

Please register on AskFred.net

SYC Salle Mauro

January 21 - 22, 2012

Houston, Texas

SYC Capitol Clash

February 3 - 5, 2012

Washington DC

The rate is \$79 a night. There is a free airport shuttle, free continental breakfast, 20% discount at the restaurant and a dedicated morning and evening shuttle back and forth to the venue for the fencers and their families. You can call (801)-355-0088 and tell them you are part of the "Z Sport" group to get the negotiated discounts, or email [Mohammad](#). Again, make sure to note the "Z Sport" group.

Wheelchair Fencing at Rochester Rehabilitation Center on Elmwood Avenue

Coach Semion has been quite busy building the RFC wheelchair fencing program. His latest student, **Luticha Doucette** is featured on the Rochester Rehabilitation website.

Ambitious, articulate, and accomplished are all words to describe Luticha Doucette, 28, who aspires to win the Nobel Prize and be a world class fencer. Her energy and charm is contagious as she explains who she is, "I'm not a girl in a wheelchair. I'm a scientist. I want to change the world with my life and show that people in wheelchairs are just people like everyone else."

[Read the rest of the article on Luticha.](#)

Enjoyed the Holidays a little too much?

Get back in shape this year with Jean-Raynaud or Christine Griffith who moonlight as personal trainers!

Let 2012 be the year that you get into great shape!



How to sign up:
Any parents or students

Our Fencers

who qualified for the **Junior Olympic Championships** that will take place in Salt Lake City, Utah February 17-20, 2012. **Good luck to all our fencers!**

Women's Foil

Luby Kiriakidi (Cadet, Jr., Jr. Team)
Lauren Kelly (Cadet, Jr., Jr. Team)
Margeaux Kelly (Cadet, Jr., Jr. Team)
Samantha Finster (Cadet)

Women's Sabre

Abby Forth (Cadet, Jr.)
Sarah Dzielski (Cadet, Jr.)

Men's Epee

Griffin Winterman (Cadet, Jr.)
Sam Goodman (Cadet, Jr., Jr. Team)

Men's Foil

Umar Masood (Cadet, Jr., Jr. Team)
Philip Kelly (Cadet)
Alex Merriman (Cadet, Jr., Jr. Team)
Spenser Boyd (Jr., Jr. Team)

Men's Sabre

Grant Garnish (Cadet)
Curtis Wilson (Cadet, Jr., Jr. Team)
Zach Wilson (Cadet, Jr., Jr. Team)
David Schultz (Jr., Jr. Team)

RFC Challenge Results for December 2011



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



Sabre from left to right: David S. (1), (2), Grant G. (3)

*We had a C-rated fencer join us from California so we asked Level 3 fencer David Schultz to give him a challenge.



Epee from left to right: Scott L. (3), Semion (1), Griffin W. (2)

Mini-Musketeer Results for December 2011

Good job to all our fencers!

SYC Rain City Fencing Center

February 24 - 26, 2012

Bellevue, Washington

SYC Arnold Classic

March 2 - 4, 2012 Columbus, Ohio

Upcoming NACs

Portland, Oregon, US

January 13-16, 2012

Regular Entry Fee Deadline was November 28, 2011

Junior Olympics

Salt Lake City, Utah

February 17 - 20, 2012

Regular Entry Fee Deadline was November 28, 2011

Cincinnati, Ohio, US

March 16-19, 2012

Regular Entry Fee Deadline

January 30, 2012

Virginia Beach, Virginia, US

April 13 - 16, 2012

Regular Entry Fee Deadline

February 27, 2012



The

RFC Holiday Cheer Party

was a success! Thank you to everyone that brought something to share. Special thanks to Abby Forth for putting extra effort into a very cool RFC cookie cake!

More from Winter Camp 2011



Semion dreaming about the 2012

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 [Coach Raynaud](#) or [Coach Griffith](#). You'll never wonder why they are in such great shape because they will PUMP you up!

Please do not contact the front desk about scheduling an appointment as these are the private endeavors of Christine and JRLK. Thank you.



Foil from left to right: Jasper (3), Henry (2), Chase (1)



Sabre from left to right: Nick B. (1), Brendan A. (2), Evan G. (3)

London Olympic Games



Some of our guys muggin' for the camera.

[Forward email](#)



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