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

Thanks to everyone for making our 1st Annual Drop and Swap such a success!

Winter Weather Reminders



IMPORTANT!

Please remember with the cold and wintery weather to check the website or call the club for closings and please always use your own judgement before heading out.

If you are unable to make class or a private lesson for any reason please contact your coach or the club as soon as possible. It is important for the coaches to know who is late or absent before classes begin.

Thank you to Rochester Rehabilitation on Elmwood Avenue for securing grants for the RFC wheelchair fencing program. We are so grateful that they believed in our program and have followed through with equipment. All we need now are more wheelchair athletes to join in the fun!

All wheelchair programs are located at the Rochester Rehabilitation facility on Elmwood Avenue. If you know someone who would be interested, please talk to or email our wheelchair fencing coach [Semion Kiriakidi](#).



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)

Feb 3- 5, 2012 ROC Charm City Classic (Div. 1-A) 3 weapon

Univ. Maryland, Baltimore County

Feb 11-12, 2012 Cobra Div II Regional Open Circuit (ROC) 3 weapon

Cobra Fencing Club: Jersey City, NJ

Feb 11, 2012 Battle On The Mohawk Sabre Youth & D and Under/SABRE

Capital District Fencing School: SCHENECTADY, NY

Feb 11, 2012 John Szent Kiraly Memorial Open 3 weapon mixed open

Cleveland State Woodling Gym: Cleveland, OH

Feb 19, 2012 Western NY Epee Circuit #5

Binghamton, NY: Venue TBA

Youth (Y10, Y12, Y14)**Feb 3- 5, 2012 Capitol Clash SYC and Cadet 2012 3 weapon**

Gaylord National Hotel & Convention Center: National Harbor, MD

Feb 11, 2012 FAO Youth Open 3 weapon; mixed

OSU Steelwood Athletic Training Facility: Columbus, OH

Feb 26, 2012 Uriah Jones Memorial Youth Tournament Y10 mixed Foil, Y14 mixed Sabre,**Y14 men's and women's foil**

Candlewood Fencing Center: Danbury, CT

Feb 26, 2012 FAW Youth Cup - Circuit #2 Y 12 and Y 14 Sabre

Fencing Academy of Westchester: Hawthorne, NY

Cadet (U17)/Junior (U20)**Feb 3-5, 2012 Capitol Clash SYC and Cadet 2012 3 weapon**

Gaylord National Hotel & Convention Center: National Harbor, MD

Feb 11, 2012 FAO Youth Open Cadet 3 weapon mixed

OSU Steelwood Athletic Training Facility: Columbus, OH

Travel**JUNIOR OLYMPICS****February 17-20**

Please be advised that we have made arrangements for **team dinner at Buca Restaurant on 202 W 300 St. on Saturday, Feb 18** during Junior Olympics.

All athletes and coaches who are not fencing at the same time, please meet Felicia at the Baymont Inn and Suites at 6:00 PM.

Baymont Inn and Suites

2080 W. North Temple

Salt Lake City, UT 84116

You will need to meet on time in order to walk to the restaurant for the 6:30 PM reservations.

*Still need a hotel room?**Please contact Kim at**kim@rocfencing.com***SYC Royal Arts
("Arnold Classic")****Latest Winners****Congratulations Nat
Goodhartz!**

RFC Coach Nat Goodhartz is traveling the globe as a USA team coach for cadet and junior men's foil tournaments. In mid-January Nat attended a tournament in Moedling, Austria and helped California fencer Spicer Emge to a silver medal finish.

Front Desk**Competitions are
Coming Up!**

Please make sure you have appropriate RFC team gear including RFC patches, socks, t-shirts, and/or RFC team jackets. We have RFC patches at the front desk and they are free! You are required to wear the patch or socks and RFC jacket (when at the competition even when you are not competing). Team spirit is a key part of success. Visit the front desk if you do not have an RFC patch.

**Notice: LEVEL III Foil
and Sabre Fencers**

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

Fri, March 2 - Sun, March 4

Coaches attending (may be subject to change):
David Taylor, Semion Kiriakidi
Coaches will be staying at the following hotel:
Baymont Inn & Suites
North/2012
1100 Mediterranean Ave
Columbus, OH 43229

**Please note that we do not reserve blocks of rooms for SYC events.*

NAC Cincinnati**Div II/III, Vet, Wheelchair****March 16-19, 2012**

Hotel Information:

Holiday Inn Cincinnati Riverfront
600 West 3rd St
Covington, KY 41011

Phone: 859-547-4609

You can call 1-888-Holiday and refer to "Z Sport Group", or go to

<http://www.holidayinn.com/hotels/us.en/covington/cvgrf/hoteldetail?groupCode=USA>

What's NEW**ROC City Open for Foil and Sabre**

The RFC will host a series of five open events from February-June 2012. This is an Open Mixed event. USFA membership required. This event is open to all fencers born 1998 or before. RATINGS CAN BE AWARDED.

Registration: \$20.00 for non RFC; \$5 for RFC members.
A and B rated fencers participate for free.

DUE TO LARGE NUMBERS OF ENTRIES FOR 2/12

Close of Registration is as follows:

Foil: 1:00pm**Sabre: 2:00pm**

Series #1 Sunday, February 12

Series #2 Sunday, March 25

Nat will be headed to Paris early February to coach **RFC fencer Umar Masood** at a Cadet (Under-17) world competition. Good luck Umar and Nat!

RFC Challenge Results for January 2012

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



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

Epee: No epee this month because of the WNY Epee Circuit

Mini-Musketeer

The Mini-Musketeers will be back in a series of three competitions April-June 2012. Youth beginners please spend the next few months getting ready for the Mini-Musketeers.

aren't in level three) the week of February 20-24th.

Upcoming SYCs

Please register on AskFred.net
2012 Cobra Super Youth Circuit (SYC)

March 30 - April 1, 2012

The Victor R. Yanitelli, S.J.
St. Peters College
Recreational Life Center
2641 John F. Kennedy Blvd
Jersey City, NJ 07306

Regular fee registration period ends March 15, 2012

Upcoming NACs:**Virginia Beach, Virginia, US****April 13 - April 16, 2012**

Regular Entry Fee Deadline
February 27, 2012

Dallas, Texas, US**June 29 - July 08, 2012**

Regular Entry Fee Deadline
May 7, 2012

Private Lessons are an Important Part of Training

Fencing is a skill based sport and one and one lessons really make the difference. If you are interested in taking private lessons and want a recommendation for a coach please contact [Iris](http://www.irisfencing.com). If you already have a coach in mind please feel free to speak to them directly to set up your next private lesson.

Series #3 Sunday, April 29
Series #4 Sunday, May 13
Series #5 Sunday, June 10
Register on Askfred.net today!

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