



## Welcome to the San Luis Highlanders Fencing Club!

Thank you for your interest in the beginning fencing class. Our beginning fencing class is held weekly for eight weeks in a group setting lasting approximately 90 minutes. All equipment will be provided for these lessons. As we operate on a donation basis, the recommended donation for the class is \$40. In addition, all students must complete the attached membership form and sign up with the USA Fencing Association as a non-competitive member for insurance purposes. The cost for the USA Fencing membership is \$10 and instructions on how to sign up are also attached in this email. Please bring the signed San Luis Highlanders membership form and a copy of the USA Fencing membership receipt with you to the first session.

### Orientation

The first session will include a brief orientation on the club policies/procedures, a history and introduction to the sport. For underage fencers, a parent is required to attend the orientation. First night instruction will include the fencing on guard stance, basic footwork, salute and thrust with the foil. Please read the attached club policies handout and note the Gear section below for what to bring in order to be ready to participate.

### Practices/Lessons

The class will be held from 6:30pm to 8:00pm. (Recreational fencers may stay to 8:30pm.) The first half hour is typically devoted to group warmup, stretching and footwork exercises. All students are encouraged to attend each class in the sequence as each session's instruction builds upon skills learned from the prior session.

### Gear

Each student will be provided a jacket, chest protector (children/women), mask, glove, and foil for use during lessons. Students must bring long, flexible pants (or fencing knickers with long socks) and non-scuffing gym shoes in order to participate in fencing activities. An extra shirt or towel is also recommended. Students wishing to take the gear home will be required to place a \$100 deposit. Students providing their own fencing gear must have the equipment inspected by a coach prior to use. Finally, in order to provide the correct size gear, please let me know the student's chest size (in inches) in advance.

### Location

Our practices are located at the First Presbyterian Church, 981 Marsh Street, 3rd Floor Gym, downtown San Luis Obispo. We are in the large 3-story building at the east end of the church. The entrance is on Marsh St. Someone will be on hand to open the door. However, if you are arriving late and the door is locked, please ring the doorbell. Parking can be found on the east side of the three-story building and in the lot behind the church. (Note: If attending on a Thursday night, this is Farmers Market night. Parking will be tight. Please allow for extra time to find parking.)

## Checklist

The following is a recap of the actions needed to begin the program:

Prior to the first session:

- Complete and sign the San Luis Highlanders member registration form
- Sign up as a USA Fencing non-competitive member
- Provide student's chest size (in inches)
- Read the club policies handout

What to bring to the first session:

- Club member registration form
- USA Fencing receipt or registration card with member number
- Long, flexible pants or fencing knickers
- Non-scuffing athletic or gym shoes.
- Your donation

Please let me know if you have any questions regarding the requirements or the program in general. Feel free to drop in during regular practice hours to observe and/or discuss the program.