

Kingswood House Fencing Club

Summer Term Starts Mon 15 Jan 2024

Y4 & New Beginners 12.50-1.30pm

Y5+ NB & Intermediate Class 1.15-2pm



Fencing is an exciting, physically and mentally demanding sport that offers the challenge of combat in complete safety. Fencing exercises a wide range of skills and abilities. It promotes physical fitness and agility, speed and precision, but is also dependent on mental speed and reasoning. Fencing is one of four sports which have been featured at every one of the modern Olympic Games since 1896. Madonna, David Beckham, Tom Cruise all fence as did Bruce Lee.

Age: Dependent on ability but as a guide 9 or above (Y4+).

Classes: Beginners: Group 1: Yr4 New Beginners & Intermediates class 12.50pm – 1.30pm

Group 2: New Beginners & Intermediates class in Y5 and above 1.15-2pm

Y5 intermediates arrive at 1.15pm to get kit on and ready to start at 1.30pm – 2pm.

If Mondays do not suit there is an alternative Wed night option At Blenheim High School with Epsom Fencing Club: New Beginners classes including adults - Starts Wed 10 Jan 2024 – 7-8pm (Adults 14+ 8-9pm) See www.Epsomfencingclub.org

Spring Term Sessions: Mon 8Jan24-18Mar24 Half term is 12 Feb

KHS Spring 24

TIMES/DATES

Staff back Mon 8 Jan

First session 15 Jan

22

29

5 Feb (4th session)

12 Feb (HT)

19

26

4Mar

11

18

10th session 25 Mar

10 sessions £105

Health & Safety: Fencing is an active sport and a certain amount of physical contact is part of the sport - if you have any medical concerns, please discuss with coach Nick Payne or consult your doctor.

Clothing Requirements:

All beginners kit is supplied in first term. After first term, fencers will start to use steel swords so will need their own steam (non-electric) kit (mask, jacket, glove, plastron, non-electric foil). We have a hire scheme and some kit can be hired. Students should wear gym kit (with long trousers) and indoor shoes & socks. Stout track-suit bottoms (preferably with zipped or no pockets) or fencing breeches. T-shirt or thin long sleeved shirt.

The Coaches: Nick Payne is ex British No1 and the founder of Sword Fighting International and Epsom Fencing Club. Assisted by Will Clark (EFC Coach)

If your child would like to attend, please complete the attached and return to school (no need to complete if you have previously completed one).

OLYMPIC FENCING

Kingswood House School Spring Term 2024

Mon 8Jan24-18Mar24 Half term is 12 Feb

Y4 12.50-1.30pm

Y5 and above 1.15-2pm

(PLEASE CIRCLE YOUR CHOSEN TIME). Click [here](#) for online form (or see link at bottom). Form is not needed if you have previously completed a form and your child is returning.

Childs name:.....DOB:..... Age:

Contact telephone:..... Class:

Postcode: Occupation (optional);

Medical conditions (*of which the coach should be aware*) if any:

.....

I give permission for my child to attend the Fencing class and agree to have details stored in accordance with GDPR requirements.

Bank Transfer Payment: SFI Barclays Bank 20-29-90 13949486. Please add 'KHS Jan24 and name' as ref.

PLEASE ALSO EMAIL nick.payne@swordfightinginternational.com TO CONFIRM PAYMENT HAS BEEN MADE

Cost: £105 for 10 sessions . This includes all plastic fencing kit, tuition and insurance. Intermediates (after 1 term) will need their own steam (non-electric) fencing kit: mask and foil, plastron and jacket. There may be an option to hire kit each term. Improvers may also start doing electric fencing and will then need a body wire, electric jacket and an electric foil.

Signature parent / guardian:

Name - Please print:

Contact email (for parent):.....

PLEASE CLICK BELOW FOR WEBFORM IF YOU HAVE NOT ALREADY COMPLETED DETAILS ONLINE OR TYPE : <https://fs163.infusionsoft.app/app/form/khs-web-form-sep23>