



# NSWFA MEMBER BULLETIN #1

## JANUARY 2022

Passion Excellence Community



### MESSAGE FROM THE PRESIDENT



Dear community,

We hope all NSW fencers and their families had a safe and enjoyable summer break in spite of the persistence of COVID-19.

While we plan for the new year with excitement and pray with hope, one inevitable question to answer is how we can adapt to this new way of living. Like many valuable things we have learned from fencing, we have to adapt along the way with an open mind and togetherness of the community.

We simply can't put our fencers' growth on hold. We will continue to promote our fantastic sport to the broader community and work with clubs to help all

### HIGHLIGHTS

- Exciting competitions ahead
- Great news from Europe
- AGM 2022
- the Mountains Fencing Club
- HPP camp

members to fulfil their potential. I hope you will like the story of the Mountains Fencing Club featured in this newsletter.

Let's hope that in 2022 we'll be able to have a full year of training and competition without disruption.

Last but not the least, when you receive this newsletter, our Australian-Chinese community are celebrating their Chinese New Year. Wish everyone 虎年大吉! 平安幸福!

Jing

## Exciting Competitions ahead

The NSW competition calendar opens on **13 February** with the **State Junior Championships**. The **Under 15 Sydney Olympic Cup** is on the same day.

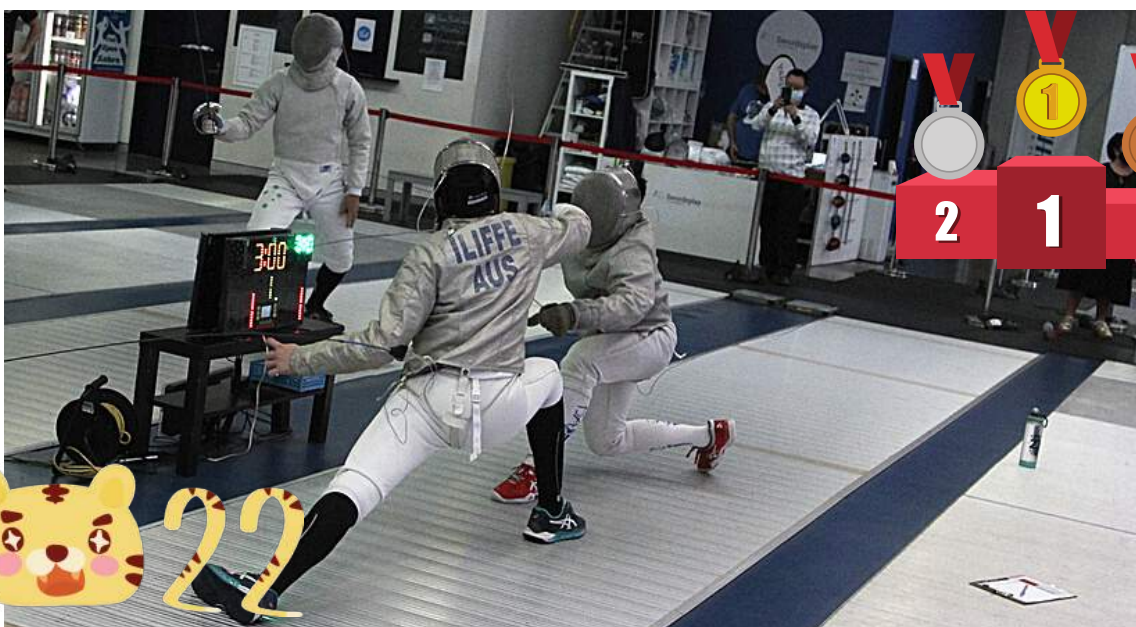
On **27 February** we'll hold the **Season Opener** for Open and Veterans.

On **6 March** the Mini Series for younger fencers kicks off for **U10s & U12s**. It's the **U14's** turn on **27 March**.

Night fencing comps return with the **F1 Open Circuit** in the week of **8 March**.

A couple of big National events are coming up.

On **12-13 March** NSWFA hosts the first **AYC U15 #1** and then a week later on **19-21 March** we host **AFC#1 (DH McKenzie)** for Open & Veterans.





## WELL DONE VV

While we enjoyed a warm Sydney summer, NSW Fencing Academy's Veronika Vasileva was training in wintry Europe.

She capped it off with entry to the FIE Junior World Cup event in Segovia, Spain.

In a top class field of 133, Veronika excelled to finish in the top 16 taking 12th place - the best ever result by an Australian sabreur.

Veronika won four of her five pool bouts to rank 22, earning a bye in the first DE. She then won 15-13 in her bout in the 64, 15-12 in the 32 before meeting current World Junior Champion Magda Skarbonkiewicz in the 16. The American proved too strong, winning 15-3.

The performance of Veronika is the best performance from an Australian sabre fencer in a Junior World Cup. Veronika is coached by State Coach Alex Andre in NSW, and has been training hard in Europe for the past two and half months. This result is such a reward for Veronika's commitment to her fencing.

We wish her good luck in the next few competitions. in Europe.



Veronika with her coach Alex Andre



### AGM date set

The NSWFA annual general meeting will be held on at 4pm on Sunday 6 March. It will be an opportunity to review the past year and look to the future.

A formal notice of meeting and an invitation to members to nominate for Board vacancies and propose motions for discussion will be sent soon to all voting members.

## CLUB SPOTLIGHT MOUNTAINS FENCING CLUB



For the fencers, coaches, volunteers and families of Mountains Fencing Club, 2021 was another year of toughing out Covid, along with all of us, but emerging in good form through clear leadership, teamwork and a positive attitude keeping spirits high.

They spent the lockdown months learning online, keeping fit and practising at home - ready to get back into training and competing the moment they could.

This positive approach earned MFC **the 2021 Grand Prix Regional Club of the Year Award** on the recommendation of NSWFA's Regional Director, **John Frew**:

*"I was impressed by the team spirit of everyone at MFC. The atmosphere is welcoming and caring and everyone is encouraged to do their best. This is underlaid by a professional approach to coaching to impart the basic techniques of fencing and to imbue in kids the important values of courtesy and respect."*

Winning the regional club award wasn't the only highlight of the year for MFC.

President **Alessandra Wollaston** relives the excitement for club members of watching MFC member **Marina Carrier**, supported by her fencing coach **Joe Raciborski**, compete for Australia at the Tokyo Olympics in Modern Pentathlon:

*"Marina contested every one of the five events with strength, determination and grace - always with a smile on her face. She fenced with skill and class and was always in the game, including completing a superb show jumping round. We were all so proud of her."*

MFC is one of the largest and most successful clubs in NSW with more than 100 active members in recent years, ranging from 7 year olds learning with plastic weapons, to teenagers and adults.



MFC was founded in 1994 by **Richard Emmerick**, a former NSW State Foil Coach and Assistant National Epee Coach, who recognised the importance of fostering grassroots participation in building the sport.

“My proudest achievement is in the creation of MFC as a community club which can coach both social fencers and international competitors” he reflects.

In 2020, Richard's contribution to fencing was recognised with a Sport NSW Distinguished Long Service Award.

MFC fencers who have competed in State and National competitions include Dan Carter, Miya Chesterman, Tom Linigen, Jacob Partington, Oliver Taylor and Jo Williams. In September four young MFC athletes were selected to the Western Sydney Academy of Sport Lone Star Program to further enhance their learning and skills.



The club knows that good coaching is the way to get people intrigued with fencing, and to develop their skills and enjoyment in training and competing.

In 2021, four MFC coaches achieved their Australian Level 1 coaching accreditation in all three weapons.

Head Coach Joe Raciborski held a development day for coaches covering sports science, the psychology of coaching, mind and body conditioning and practical coaching skills.

During lockdown, the coaching team created online training sessions to stay fit, work on their skills and understanding of the game.

Thanks to the efforts of the committee and 2021 president Dr Imogen Waugh, MFC has been notably successful in applying for grants to invest in equipment and other club resources, winning financial support from the Australian Sports Foundation, the NSW Government's Local Sports Grant Program and Australian Government Volunteer Grants.



The club is great example of what can be achieved through the hard work and drive of club leaders, a competent coaching team and the enthusiastic commitment of volunteers and members.



### **Need to know**

#### **Where:**

Mid Mountains Neighbourhood Centre  
Gundungurra and Dharug Country  
9 New Street, Lawson NSW 2738

#### **When:**

Monday & Thursday evenings and Saturdays during school terms  
MFC welcomes fencers from other clubs to bout on the first Thursday of each month

#### **Weapons:**

Foil, epee, sabre  
All ages from Year 1 to teens and adults

#### **Coaches**

Joe Raciborski (Head Coach)  
Coaching team: Imogen Waugh, Jo Williams, Alessandra Wollaston, Dan Barnham, Zach Burgess, Dan Carter, Miya Chesterman, Tom Linigen and Oliver Taylor

#### **Social media**



<https://www.mountainsfencingclub.org.au/>



## AFF HPP National Squad Workshops held at NSWFA

January 19-23, NSWFC hosted the Australian National Squad workshops in foil and then in sabre.

In the National Squad Foil Workshop, National Technical Director Antonio Signorello shared his experience with the 20+ participants including presenting six world class fencer videos analysing their success and sharing guidance with the participants. The fencers were introduced to a nationally-led activation and movement preparation sequence, and enjoyed different sparring structures and games, and competitions of different lengths and format.

The National Sabre Workshop was held following the foil and was led by national Assistant Coach Alex Andre. Alex also presented in-depth video analysis of international fencers. The sabre fencers enjoyed competitive sparring in a competition format, preceded by strong footwork exercises, and specific technical exercises.

NATIONAL SQUAD AND  
HIGH PERFORMANCE PROGRAM 2022



# NEW DATE FOR 'KEEP YOURSELF SAFE' WEBINAR

Our child safeguarding webinar just for girls (12-18) has been rescheduled to **13 March Sunday 7pm, the weekend of NSW Women's week!**

It's an opportunity for girls to learn what NSWFA is doing to keep fencing a safe and enjoyable sport for them and how they can keep themselves safe.

The seminar will be led by our President, Jing Shang, and our **expert adviser on member protection, Jane Thorpe.**

Registration will be open in due course. Please note that the webinar is for girls only and all registered parents will receive webinar document afterwards.



## Membership renewals

If you haven't already done so, now's the time to renew your NSWFA membership so you can enter School, State and National competitions and sign up for NSW Fencing Academy programs. Membership also offers insurance protection.

Register here: <https://www.registernow.com.au/secure/Register.aspx?E=45869>

Membership (and competition entry fees) remain **unchanged since 2019.**

Senior Affiliated - \$220

Junior Affiliated - \$137.50

Senior Registered - \$55

Junior Registered - \$45

Coach - \$170

Club affiliation renewal is also open. Register here.





# 8<sup>TH</sup>, 10<sup>TH</sup> & 11<sup>TH</sup> MARCH 2022 F1 OPEN CIRCUIT#1

## NSW State Open Competition Circuit (1 out of 4)

Tuesday 8<sup>th</sup> March – Open Foil

Thursday 10<sup>th</sup> March – Open Epee

Friday 11<sup>th</sup> March – Open Sabre

Competition will start at 6:00pm during NSW State Squads

Fencers require NSWFA 2022 Junior & Senior Affiliation

Fencers 12 + require to be fully vaccinated and will need to provide a certificate

Entry Link:

<https://www.registernow.com.au/secure/Register.aspx?E=45881>

Tuesday 8<sup>th</sup> March

Open Foil

6:00pm

Thursday 10<sup>th</sup> March

Open Epee

6:00pm

Friday 11<sup>th</sup> March

Open Sabre

6:00pm

NSW

Fencing Association

2022



# 2022 JUNIOR (U20) STATE CHAMPIONSHIPS + SYDNEY U15 OLYMPIC CUP

**The 2022 NSW Junior (U20) State Championships & 2022  
Sydney Olympic U15 Cup**

NSW Fencing Association is hosting the NSW Junior State Championships for Epee, Foil and Sabre. Fencers must be members of NSWFA in order to register and compete, either 2022 Junior or Senior Affiliated

These championships are the final selection competition for NSW Fencers for Team selection at the Australian Fencing Federation 2022 National Junior (U20) NSW Teams

Venue address  
NSW Fencing Centre  
Building 2, Level 1  
190 Bourke Road, Alexandria

Entry Link:  
<https://www.registernow.com.au/secure/Register.aspx?E=45875>

**Sunday 13<sup>th</sup>  
February**

**State Junior  
U20  
Championships  
Epee, Foil & Sabre**

**PLUS**

**Sydney Olympic Cup  
U15  
Epee, Foil & Sabre**

**NSW Fencing  
Association**

**2022**



## 6<sup>TH</sup> – 10<sup>TH</sup> JULY

# THE 10<sup>TH</sup> ANNIVERSARY

## 2022 KOALA MINI CHALLENGE

### Calling all Minime U8 to U14 Fencers!

The 2022 Koala Mini Challenge is coming back soon! The KMC tournament started in 2011 and hopes to be even bigger and better in 2022. Please join NSW Fencing Association on the 10<sup>th</sup> Anniversary of the KMC, with over 5 days of Fencing, with Fencers invited from all over Australia and Oceania

Koala Mini Challenge  
U8, U10, U12 & U14 Individual Epee, Foil and Sabre  
(2016 – 2008)

The Tournament will run directly after the 2022 U15 and Cadet National Championships in Sydney

For more information contact  
[Entries@nswfencing.org.au](mailto:Entries@nswfencing.org.au)

Wednesday 6<sup>th</sup> July

U14 Foil

Thursday 7<sup>th</sup> July

U14 Epee & Sabre

Friday 8<sup>th</sup> July

U12 Foil

Saturday 9<sup>th</sup> July

U12 Epee & Foil

Sunday 10<sup>th</sup> July

U8 & U10

Epee, Foil & Sabre

Fencer's 12 + must be fully  
vaccinated

**Gold, Silver & equal Bronze +  
5<sup>th</sup> – 8<sup>th</sup> place awards**

NSW Fencing Association  
Presents the 2022 KMC



## MINI SERIES - SUNDAY 6<sup>TH</sup> & 27<sup>TH</sup> MARCH 2022 SYDNEY OLYMPIC CUP

### NSW Mini Series - the Sydney Olympic Cup

NSWFA is hosting the Sydney Olympic Cup where Fencers represent their Fencing Club. There will be events in U10, U12 and U14 for all weapons; Epee, Foil and Sabre.

**Like the Olympics, fencers will compete for 3<sup>rd</sup> Place!!**

The Sydney Olympic Cup will run over 2 weekends in March  
Sunday 6<sup>th</sup> March  
U10 & U12 Epee, Foil and Sabre

Sunday 27<sup>th</sup> March  
U14 Epee, Foil and Sabre

Fencers must be members of NSWFA in order to register and compete, either 2022 Junior Registered or Junior Affiliated

Entry links:

<https://nswfencing.org.au/home1/register/>

Sunday 6<sup>th</sup> March

U10

Epee, Foil & Sabre

U12

Epee, Foil & Sabre

Sunday 27<sup>th</sup> March

U14

Epee, Foil & Sabre

NSW Fencing  
Association

2022

Fencer's 12 + must be  
fully vaccinated



**SUNDAY 27<sup>TH</sup> FEBRUARY**  
**2022 SEASON OPENER**

**NSW State Open Competition & introducing the  
2022 Veteran Challenge #1**

NSW Fencing Association presents....

The perfect preparation for the 2022 season for Open and Veteran Fencers. It includes the NSW Veteran circuit – “Veteran Challenge”.

Open and Veteran individual events in Epee, Foil and Sabre Fencers 12 + must be fully vaccinated and provide a certificate.

Fencer’s require 2022 Junior & Senior Affiliation

Entry Link:

<https://www.registernow.com.au/secure/Register.aspx?E=45882>

Sunday 27<sup>th</sup> February

**2022 Season Opener**

**Open**

**Epee, Foil & Sabre**

**2022 Veteran Challenge**

**#1**

**Veteran**

**Epee, Foil & Sabre**

Entry close 6:00pm

Friday 25<sup>th</sup> February

**NSW Fencing  
Association**

**2022**

**Fencers must be  
Junior or Senior**

**Affiliated**



# **SUNDAY 27<sup>TH</sup> MARCH 2022 SYDNEY MIXED CADET CIRCUIT**

## **2022 Sydney Mixed Cadet Circuit #1**

NSW Fencing Association presents 2022 Sydney Cadet Circuit. These events have been formatted as “mixed” circuit competitions, similar to the European / Asian Cadet Circuit. Fencers will complete a double round of poules, then Direct Elimination; including “Fencing off” for 3<sup>rd</sup> place.

Fencers require 2022 Junior Affiliation with NSW Fencing Association  
This a suitable development competition for Fencer’s from 2008 - 2005

Fencers 12 + required to be fully vaccinated and will need to provide a certificate.

### Competition Format:

- Mixed
- Double round of poules
- Direct elimination
- Fence for 3<sup>rd</sup> place

Registrations links can be found here:

<https://www.registernow.com.au/secure/Register.aspx?E=45880>

**Sunday 27<sup>th</sup> March**

**Cadet Circuit #1**

**All weapons**

**9:00am**

**Epee, Foil & Sabre**

**A Mixed Cadet  
Competition**

**NSW Fencing  
Association**

**2022**

**Fencer’s must be Junior  
Affiliated**