



Fencing Academy of NSW

“Introduction to Fencing” Sabre Wheelchair Program

The Fencing Academy of NSW is starting a Sabre Wheelchair Program in 2023.
To kick start the program, the Academy is going to run an “Introduction to Fencing” Wheelchair development sessions in 2022.

2022 – Introduction to Fencing

4th October to 24th November 2022

Focus 2022

- Introduction to Fencing “learn the game”
- Strength and conditioning for Fencing
- Learning the basics of Sabre
- Boutings – Join the NSW State Sabre Squad

Cost of Wheelchair Program 2022

- The Fencing Academy of NSW Wheelchair program will be FREE for all participants.
- Annual membership with NSW Fencing Association 2022 will be required, for insurance purpose
(Membership cost - \$45 per year 17 or younger / \$55 per year 18 or older)

Wheelchair program weapon

Primary weapon will be Sabre, other weapons may be included in the future

Venue

NSW Duncan Fairweather Fencing Centre
Building 2, Level 1
190 Bourke Road
Alexandria
(Access to level 1 via lift)

Academy Wheelchair Program

	Tuesday	Wednesday	Thursday
7:00 – 8:30	<ul style="list-style-type: none">- Strength & Conditioning for Fencing- Fencing Lessons- Fencing Drills- Learning the Sabre Game	<ul style="list-style-type: none">- Strength & Conditioning for Fencing- Fencing (Bouting)	<ul style="list-style-type: none">- Strength & Conditioning for Fencing- Fencing Lessons- Fencing Drills- Learning the Sabre Game

2023 – Introduction to Fencing

Resume from 31st January 2023.

2023 – NSWFA Wheelchair State Competitions

Sabre wheelchair competitions series will be added to the NSW Fencing Association State Calendar in 2023, with the aim of developing competition pathway for Wheelchair Programs in NSW.

IWAS Wheelchair Fencing

Note:

- Sabre – Categories A & B (Categories C not included for Sabre)
- International Age categories – Cadet (U17), U23 & Senior

To join the program

Contact: alex.andre@nswfencing.org.au