



Fencing Academy of NSW

“Introduction to Fencing” Sabre Wheelchair Program

The Fencing Academy of NSW is starting a Sabre Wheelchair Program in 2023.
This will begin with “Introduction to Fencing” Wheelchair development sessions in 2023

2023 – Introduction to Fencing

The program will officially start from 31st January 2023.

Focus 2023

- Introduction to Fencing “learn the game”
- Strength and conditioning for Fencing
- Learning the basics of Sabre
- Bouting – Join the NSW State Sabre Squad
- Compete in State competitions and competitive development
- International events
- Suitable from the age of 10+

Cost of Wheelchair Program 2023

- The Fencing Academy of NSW Wheelchair program is FREE for all participants.
- Annual membership with NSW Fencing Association 2023 will be required, for insurance purpose
(Membership cost - \$45 per year 17 or younger / \$55 per year 18 or older – based on 2022 annual membership price)

Note: All Fencing equipment needed will be provided for beginner's

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

	Tues	Wed	Thurs
6:30pm – 8:30pm	<ul style="list-style-type: none">- "Warm Up"- Strength & Conditioning for Fencing- Fencing Lessons- Fencing Drills- Developing the Sabre "Game"- Fencing	<ul style="list-style-type: none">- "Warm Up"- Strength & Conditioning for Fencing- Fencing	<ul style="list-style-type: none">- "Warm Up"- Strength & Conditioning for Fencing- Fencing Lessons- Fencing Drills- Developing the Sabre "Game"- Fencing

Paralympic Sport – Information

<https://www.paralympic.org.au/sports/wheelchair-fencing/>

2023 – NSWFA Wheelchair State Competitions

A 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.

The first age category added will be “open” for adults, with the intention of including more age categories in the future.

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

Or to book a trial

Contact: alex.andre@nswfencing.org.au