



Dear Parents...

Recommended approach in the Academy fencing environment

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FENCING ACADEMY OF NEW SOUTH WALES

BY NSW FENCING ASSOCIATION

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AT THE START

- Teaching your child how to fence is a partnership among the child, the coach and you. Your important role as a parent is to support your child, not try to teach the child how to fence. That's the coach's job.
- Trying to teach the child what you may think you know about fencing could be confusing for the child and puts unnecessary pressure on them.
- Practising at home is not recommended. It won't add anything to your child's skills and it will most likely reinforce poor habits.
- It's best for your child to have one coach. Having more than one coach could be confusing for children and probably won't make them better fencers.

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AT THE CENTRE

- Help your child to respect the training times and structure.
- Your child's coach will guide your child along the learning pathway at a pace that's best for the child. Please talk to the coach about how he/she is helping your child to achieve their potential.
- You have choice of staying or leaving during training. In some cases, your stay could be a distraction for your child who needs to be free to focus on the lesson.
- If you'd like to film your child's lessons or matches for personal use, you'll need the coach's permission first.
- Feel free to consult your child's coach before buying their first equipment.
- Help your child to feel part of the group. Fencing is a team sport.

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BEFORE THE COMPETITION

- Consult the coach before registering your child in a competition. They will guide you through the process of understanding what's best for your child, especially in the beginning.
- Help your child to arrive on time, usually one hour before the event.
- You are welcome to stay and watch during competition or feel free to leave. When you stay, make sure your presence gives your child tranquility rather than tension.
- Remember that the real value of the competition is the experience, challenge and fun of it for your child, not whether they get a medal.

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DURING THE COMPETITION

- Your place is in the audience, so please never come out onto the piste.
- You can cheer for your child. NEVER yell at your child while they are competing.
- Please refrain from giving (what you may think is) technical advice. It's ineffective, disruptive and shows less respect to the coaches, the other fencers and your own child.
- Allow the coach to do his/her job if he/she is there. If not, be a good spectator.
- NEVER complain about the refereeing, it's bad sportsmanship and indeed a bad example to your child!
- If your child has already lost, try to stay a bit longer so they can support other team mates and, this way, they won't feel so negative about it.

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AFTER THE COMPETITION

- If your child has performed really well, nicely share the moment with them. If not, don't make it a drama and just stay close to them.
- Remember that losing is part of sport and it in fact helps growth.
- There is no need to comment on the other athletes, coaches or referees. In fact, help your child to simply respect everyone and improve by learning from their own mistakes.
- Enjoy your day with your family.

Enjoy fencing by letting your kids enjoy it!

Thank you for your cooperation!



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