

Fencing Taster Days – Summer 2016

Oundle, Peterborough & Stamford Epee Club, with weekly sessions in both Oundle & Peterborough has been running with great success (including several National Titles for our local fencers) since September 2011. Taster days are being run this summer to introduce even more local kids to the sport of fencing. This will allow them to see if it is the sport for them and, if it is, help them easily integrate into either their school fencing set-ups or the O.P.S. Epee club with a firm starting knowledge of the sport. Also those attending will get priority if school sessions are over-subscribed. Sessions are aimed generally at children moving into school year 4 or older (to age 14); however we may be able to take slightly younger/older children if interested.

The Taster days will cover – warm up/games, an introduction to fencing, safety, how to put the kit on correctly, basic footwork/blade work, tactics, the use of electric scoring equipment and an introduction into how fencing competitions work and include matches on the electric scoring equipment. 2005 British Champion and highly successful British Fencing Registered, level 4, Epee coach, Chris Howser, will be running the days. With local International fencer assisting on the days, depending on numbers.

Courses run for 6 hours through the day, starting at 10.00am and collection at 4.00pm. Please arrive on time so we do not have to re-cover any missed course material. Those attending will need to wear t-shirt, full length tracksuit bottoms, socks and trainers. Taster days cost £39.00 which includes hire of kit etc.

These sessions will need at least 8 applicants to run, with a maximum number of fencers in any session depending on venue and available staffing. Places will be allocated in order of receipt. If there are not enough applicants for a day we will see if we can combine sessions to make them workable, or if that is not possible your cheque will be destroyed/returned.

To apply please complete the below application form and send with payment to the address at the bottom of this form. Full course details and local fencing info can be found at www.elitepee.com.

Tck Box	Date	Venue	Address	Postcode
	Tues 26 th July	Elton	Highgate Hall, Overend, Elton	PE8 6RU
	Thurs 4 th August	Kings Cliffe	Village Hall, Church Walk, King's Cliffe	PE8 6XD
	Mon 8 th August	Barnwell	Barnwell Village Hall, Barnwell	PE8 5QD
Other dates can be arranged if there is suitable demand. If you cannot make the above dates and would like to attend another taster day, please email at chrishowser@hotmail.co.uk .				

Name				Date of Birth	
Address					
Telephone Number <small>(emergency for day)</small>					
Email Address					
Height (Approx) <small>(for kit sizing)</small>		Waist (Approx) <small>(for kit sizing)</small>		Right/Left Handed	RH / LH <small>(circle one)</small>

Please Note: Fencing is an active sport and does include getting hit with Epees. Hits can occasionally lead to bruises/scrapes and you must be aware of this fact prior to starting the course. If you do have an injury/condition that might affect you when fencing, please inform the coach prior to the session commencing and if it is pre-existing please mark at the bottom of this form.

I agree that my son/daughter will be attending the fencing taster day marked above and that he/she will attend with suitable clothing to take part in the session (see website) as well as a packed lunch.

Signature <small>Parent/Guardian</small>		Date	
Name of Parent			

Please return with a cheque for £39.00 (payable to Elite Epee Events) and this form to
Chris Howser, 53 Main St, Yarwell, East Northants, PE8 6PR.
Contact Chris on 01780 784019 or email chrishowser@hotmail.co.uk for more details.