

## ABOUT THE CLUB

Oxford University Fencing Club is one of Britain's oldest and most successful fencing clubs. We are a strong university club with a wide range of abilities, training everybody from National Champions and Olympians to absolute beginners.

### Fencing Overview

The modern Olympic sport of Fencing is a sport of armed combat with one of three weapons. It promotes stamina, concentration and mastery of fine motor skills whilst still being great fun!

OUFC offers training, casual fencing and competition in all three weapon disciplines: Foil, Épée and Sabre.

**Foil:** a light weapon, scoring hits with the point to the opponent's chest.

**Épée:** a heavier weapon, scoring hits with the point to anywhere on the opponent.

**Sabre:** a cutting weapon, scoring hits with the edge to the opponent's upper body.

Most beginners will learn the basic principles of fencing using a foil; however beginner épée classes are also run in conjunction with the Oxford University Modern Pentathlon Association.

### OUFC Social Events

We are hosting a freshers' drinks evening during 3rd week, so that you can meet current fencers at the club and ask any questions you have about OUFC. Details to follow via email soon, so don't forget to sign up!

### OUFC Coaching

**Tomasz 'Tomek' Walicki**, a former British Olympic foil coach and Women's British National foil coach, is OUFC's head coach. Originally from Poland, Tomek is, an excellent three-weapon coach, one of the best foil coaches in the UK, and has recently celebrated 25 years of coaching at OUFC.

Our popular beginners' programme – starting in the first week of Michaelmas (see timetable, overleaf) – is led by a team of qualified and experienced coaches from within the club.

## TRY FENCING!

- **Free** fencing taster session on **Sunday 11<sup>th</sup> of October** between **17:30 – 19:00**.

- Ideal session for those who have **never fenced before**.

- All protective equipment is provided, simply wear **appropriate shoes for indoor sport**.

- After the taster session, the **first two** beginners' classes are also **free**. No commitment required until third week.

- Our beginners' programme culminates in the **Novice Varsity Match against Cambridge** in Trinity term.

- For more information, visit [www.oufencing.co.uk](http://www.oufencing.co.uk) or email **Chad Heitzenrater** – see below.

## GET IN TOUCH

- To subscribe to the **beginners** list email: [oufence\\_bgn-subscribe@maillist.ox.ac.uk](mailto:oufence_bgn-subscribe@maillist.ox.ac.uk).

- To subscribe for **intermediates/advanced** fencing information, email: [oufence-subscribe@maillist.ox.ac.uk](mailto:oufence-subscribe@maillist.ox.ac.uk).

- Alternatively please contact the relevant **committee member** from the list below using an email address of the form: [firstname.surname@collegecode.ox.ac.uk](mailto:firstname.surname@collegecode.ox.ac.uk).

<i>President</i>	Grace Segall (University)
<i>Men's Capt.</i>	Sean Jamshidi (Wadham)
<i>Women's Capt.</i>	Madison Pearce (Hertford)
<i>Secretary</i>	Liam Stigant (Jesus)
<i>Treasurer</i>	Alexander Savin (LMH)
<i>Beginners' Sec.</i>	Chad Heitzenrater (Kellogg)
<i>Intermediate Sec.</i>	Hannah Schneiders (St Hilda's)

*This list is select, for a full committee list please visit the website.*

## BECOME A MEMBER

- OUFC offers excellent facilities and coaching for **ALL** members.

- Membership is available to **both students** of the University and **non-students**.

- Membership entitles you to use of **club equipment, coached classes and open training sessions**.

- Individual lessons with club coach Tomek are available and paid for separately. To book please email Alex – [treasurer@oufencing.co.uk](mailto:treasurer@oufencing.co.uk)

- More details about memberships are on our website: [www.oufencing.co.uk/membership](http://www.oufencing.co.uk/membership)

## MEMBERSHIP FEES & PAYMENT

	Annual Fee	Termly Fee	Member Code
<b>Advanced / Squad</b>	£80	£45	ADV
<b>Intermediate</b>	£85	£47	INT
<b>Beginner</b>	£75	£38	BEG
<b>Non-OU (all levels)</b>	£85	£47	NOU

Once completed, please detach and return this form to **Alex Savin** (at training, or via Lady Margaret Hall College) **by THIRD WEEK** of the coming term, complete with payment. All cheques payable to OUFC.

Online transfer is possible also. For details of using this, again please email **Alex**, as above.

## MEMBERSHIP FORM

**All fields are required. ALL This information is obligatory and required by the University Sports Federation.**

Full Name:.....

Membership type (please circle, see overleaf for details):

ADV    INT    BEG    NOU

Membership payment (please circle):

YEARLY                      TERMLY

Address:.....

.....

.....

e-mail:.....

6-digit Bod Card Number (if applicable):

.....

College (if applicable).....

Year of graduation (if applicable).....

Date of Birth: ...../...../.....

Medical Conditions:.....

*Emergency Contact Details:*

Name:.....

Phone:.....

Member's Signature:

Date:

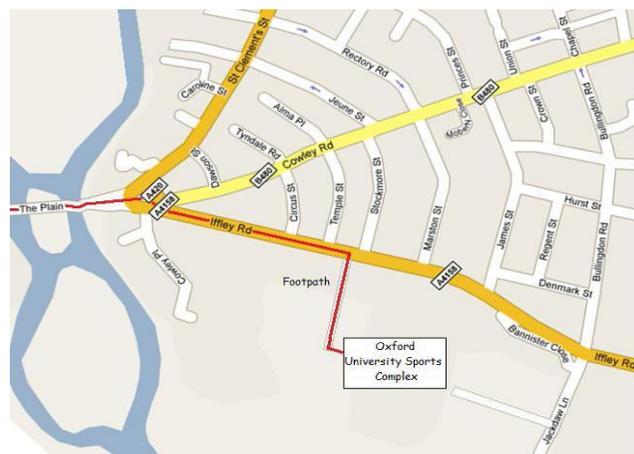
## TRAINING TIMES

Day	Fencers	Time
Mon	Intermediates (foil class)	12.30-1.15pm
	Squad – invitation only	7.30-10.30pm
Weds	Squad – invitation only	7.30-9.00am
Thurs	Intermediates / Advanced	8.30-10.30pm
Fri	Beginners (foil class)	4.00-5.30pm
	Intermediates (épée class with pentathletes)	8.30-10.30pm
Sat	Intermediates (foil/sabre classes and fencing)	10.00-11.30am
Sun	Beginners (foil class)	5.30-7.00pm

*The occasional class may be cancelled due to fixtures at Iffley Sports Centre: sign up to our mailing lists for regular updates.*

### HOW TO FIND US

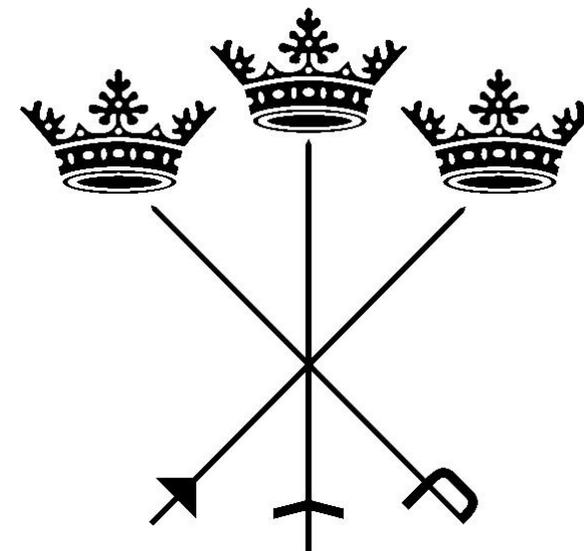
All training is held in the **Cricket Schools of Oxford University Sports Complex**, situated on **Iffley Road**.



Leave the centre of Oxford via Magdalen Bridge. At the roundabout take the third exit, Iffley Road. The sports centre is on the right after a few minutes walk. Proceed down the track and turn left at the swimming pool. Pass through reception, and turn right. Follow the corridor, go out the end door and turn left. At the running track walk clockwise to the cricket schools, located in the far left corner after the grandstands.

# Oxford University Fencing Club

*(Est. 1891)*



# O.U.F.C.

This leaflet is designed to give you a brief overview of the Olympic sport of fencing, and how OUFC will either introduce you to, or further your progress in, casual and competitive fencing.

Thanks, and en garde!  
*The OUFC Committee*

[www.oufencing.co.uk](http://www.oufencing.co.uk)