



## Programs

The primary goal of *Cutting Edge Fencing* is to develop competitive athletes that are capable of challenging the best fencers in Ontario & the rest of Canada. To achieve this goal the following programs may be offered:

### Introductory Programs

Introductory programs focus on learning the basic technical & tactical skills of this tradition-rich sport while developing balance, coordination & physical fitness. Weekly one hour training sessions are conducted in a group format that includes a physical warm-up, footwork training and technical skill development in an environment that is both enjoyable and supportive. During these eight-week programs participants are introduced to the epee & sabre. These programs are open to all with a desire to experience the excitement of competitive fencing.

### Competitive Programs

The competitive programs are designed to prepare selected athletes for various levels of competition from provincial to international. Here the athletes will further hone their physical & technical skills, perfect the tactics of fencing, learn how to maintain & repair their personal equipment, & set personal goals. Athletes participating in this ongoing program, which will usually run from August to June, will train a minimum of two to three times per week in addition to physical training sessions that will be programmed by the coach, but completed independently by the athlete. This program will also be conducted primarily in a group format, however as these athletes are now expected to train more independently, the coaching staff will now begin to work individually with athletes who display the potential & attitude to succeed in competitive fencing. Opportunities for additional individual lessons with the coach will also be provided to athletes in the Competitive Program.

Participation in the competitive programs of *Cutting Edge Fencing* is by invitation only. The coaching staff will identify promising athletes from introductory programs and invite them to join a competitive program. Once in the competitive program, participants will be required to specialize in one of the fencing disciplines – epee, sabre or foil. Each fencing discipline requires certain physical, mental & attitudinal attributes and as such, the decision regarding which discipline an athlete will pursue will be made primarily based on the Head Coach's recommendations with consideration given to the preference of the athlete.

## **Camps**

From time to time special training camps may be offered including summer camps, spring break camps, etc. There will be an additional fee charged for participation in these camps.

## **Coaching Development**

In order to achieve it's goal of developing high calibre competitive athletes, *Cutting Edge Fencing* requires the services of competent, dedicated & motivated coaches & coaching assistants. To this end, individuals who are interested in becoming coaches or coaching assistants will be given the opportunity to achieve their coaching certification through various clinics offered by the OFA &/or CFF, and through mentoring under the guidance of the Head Coach.

## **Officials Development**

Competitive fencing requires the support of competent officials. As such interested individuals will be provided with the opportunity to become qualified officials through formal programs such as OFA-sanctioned referee clinics, and informally through practical experience at training sessions and informal competitions. Opportunities will also be provided for those individuals who wish to become qualified in competition management.

## **Armoury Training**

Competitive fencing requires the use of specialized equipment and as such there is a requirement for volunteers skilled in equipment troubleshooting, maintenance and repair. While every competitive athlete will be taught how to maintain and repair their personal equipment, opportunities will also be provided for parents to acquire these skills as well.

# **Volunteer Commitment**

The successful competitive athlete must be willing to share, both with his/her teammates, but also with other less-experienced fencers. As such, every Competitive Program athlete over 15 years of age will be required to volunteer a minimum of one hour of their time per month as an assistant coach in a program for a younger age group (i.e. a 16 year old athlete in the Competitive Program will assist with either the Children or Youth Program). This volunteer commitment not only assists in the development of our younger athletes, it enables the older athletes to consolidate the skills that they have already learned and provides them with valuable leadership experience.

## Equipment

All required equipment is provided for program participants during club training sessions in their first season of training with the exception of a glove. Participants are expected to purchase their own fencing glove by the end of their second month of training. By the end of their first season in the club, each athlete is also expected to purchase at least 1 electric weapon & body cord. All athletes are expected to purchase their own equipment for use during competitions. Bulk equipment orders may be coordinated to ensure that our members can purchase equipment at the best possible price.

## Refund & Transfer of Membership Policy

It is *Cutting Edge Fencing* policy to not provide refunds of registration fees. Monthly program fees however, may be refunded on a prorated basis to members who suffer an injury or illness that prevents them from continuing in a program.

Transfers of Ontario Fencing Association (OFA) membership from *Cutting Edge Fencing* to any other Ontario club will not normally be permitted during a fencing season, unless such a transfer is deemed to be in the best interest of both the member in question & *Cutting Edge Fencing*, as decided by the Head Coach. If a transfer of membership is permitted, the member will forfeit all membership fees paid to *Cutting Edge Fencing* and his/her gaining club will be required to compensate *Cutting Edge Fencing* an amount equivalent to the membership fees that were paid to the OFA on behalf of that member.

## Code of Conduct

*Cutting Edge Fencing* is open to anyone with an interest in promoting or engaging in the sport of fencing. However, participation in *Cutting Edge Fencing* is a privilege, not a right. Along with this privilege come certain expectations of behaviour by staff, volunteers & members as well as the member's parents or guests, in accordance with this Code of Conduct:

- No Discrimination. All participants, parents & guests of *Cutting Edge Fencing* are to treat all other participants, parents, guests & coaches at all times and in all respects in a manner free of discrimination or harassment on the basis of race, colour, religion, gender or sexual orientation.
- Payments. Participants are expected to promptly pay when due, all membership fees, lesson fees, competition fees, travel costs, equipment costs and any other amounts owed.

- **Physical Safety.** Physical safety is one of the highest priorities of *Cutting Edge Fencing*. All participants are expected to exercise control of their actions and demeanour while fencing or otherwise participating in fencing activities. All participants are expected to exercise good judgment as to the degree of force used in fencing, which must be appropriate to the age, size and experience level of their opponents.
- **Sportsmanship.** Good sportsmanship is another of our highest priorities. All fencing is to be conducted in a respectful and courteous manner regardless of whether it takes place during open bouts, at a competition or during a class. All participants are expected to salute their opponent and the referee before and after each bout, and to shake hands with their opponent after each bout, in a sportsmanlike manner.
- **Scoring/Referees.** In non-refereed bouts, discussions of priority and valid hits are to be resolved quickly and amicably between the participants, or thrown out. In non-electric bouts, the fencers are expected to acknowledge hits against them. In refereed bouts, the decision belongs solely to the referee and that decision is final. Fencers, parents, guests & coaches are expected to treat all referees with respect, regardless of the outcome of any particular call or bout.
- **Equipment.** All participants are expected to keep any equipment owned by them in a safe condition, and are responsible for the suitability and condition of that equipment. All participants using *Cutting Edge Fencing* equipment are expected to not use any equipment that appears damaged or unsafe and to give any such equipment to an Armourer or Coach. All experienced fencers or participants continuing beyond introductory classes are expected to purchase their own equipment.
- **All non-involved participants, parents or guests must treat classes and programs with respect.** Participants, parents & guests must not interrupt or disrupt any activity.
- **Competition Conduct.** Members attending competitions represent *Cutting Edge Fencing* to the wider fencing community. Members are bound by these Rules regardless of whether it is a local, regional, national or international competition. Any person representing *Cutting Edge Fencing* who breaches these rules will be subject to disciplinary action by the club's Executive Committee.
- **Ejection.** If at any time a participant or guest threatens the safety of the other participants, guests, or coaches, any member of the coaching staff may immediately remove the threatening participant or guest from the premises. The Executive Committee will promptly determine the duration that such removal will remain in effect and any other penalties.

- **REVOCATION OF PRIVILEGES. THE HEAD COACH RESERVES THE RIGHT TO REVOKE THE MEMBERSHIP OR PRIVILEGES OF ANY PERSON HAS VIOLATED ANY OF THESE RULES.**

## Travel Policy

Our younger athletes are the future of *Cutting Edge Fencing*. To that end, when it is appropriate, we urge parents to permit their children to travel to out-of-town competitions. *Cutting Edge Fencing* expects that younger athletes on fencing trips are not simply having a vacation at their parents' expense. This means that the athlete should be preparing to fence hard and well while away from home. Before entering an out-of-town competition, an athlete should have entered most of the local competitions appropriate for their skill level and age. We discourage athletes who have not properly trained for the level of competition found at local competitions from fencing out-of-town. We cannot prevent athletes from entering any competition that they choose. However, any athlete who enters an event or events against the wishes of a coach must do so in the anticipation of not getting the full support of *Cutting Edge Fencing* coaching staff while at the event. For those athletes traveling as part of a *Cutting Edge Fencing* group, the following rules apply:

- Travel costs (transportation, accommodation & meals) for the coach and any additional staff required (i.e. chaperones/drivers) will be divided equally amongst all athletes traveling to a competition.
- We expect our athletes to understand that they are representing *Cutting Edge Fencing* at all times when training, competing & traveling. During this time we expect them to behave appropriately, and treat not only their teammates and coaches with respect, but all others that they encounter during travel, such as flight attendants, hotel & restaurant staff, fellow competitors and their coaches, referees, and competition officials.
- Since competitions often occur during the school year, we urge our athletes to bring homework to do while traveling or at the hotel.
- Do not make jokes about guns, bombs, drugs, weapons, or other such items when traveling as you could face problems with security personnel (i.e. at airports). There exists the very real chance of detainment and/or prosecution for what might appear to be a "harmless" comment.
- Athletes under 13 yrs of age who are unaccompanied by a parent must stay on hotel or venue property at all times. They cannot leave the venue or hotel property without a coach or adult team member. Older athletes are expected to ask permission to leave the hotel or venue from a coach before doing so.
- We expect our athletes to treat all employees and guests of the hotel with respect. We expect them to refrain from damage or theft of hotel property, including towels and "souvenirs".
- Follow all curfews set by the coaches. This will vary depending on which events are being fenced the next day, and what the start times are.

- Athletes who are not in their rooms by curfew may be withdrawn from any events and sent immediately home.
- When traveling we may eat as a large group. Many restaurants charge an automatic gratuity for large groups as part of the meal. Even if this charge is not added onto the bill, we will generally tip 15% because of the extra work involved in serving such a large group. Make sure that your child has enough money to cover this added expense. We do try to make arrangements to eat as inexpensively as possible, but it is often difficult to control expenses on the road.
  - At all times when traveling, competing or training, you represent *Cutting Edge Fencing*. Any behaviour that negatively affects the reputation of *Cutting Edge Fencing* (i.e. under age drinking, horseplay at the venue or hotel, disrespect to officials, competitors, or coaches) may result in the athlete being withdrawn from any events and sent home as soon as possible. The parent will be billed for any of these additional expenses due to the behaviour of their child. Any athlete who suffers this punishment will be on probation for participation in further *Cutting Edge Fencing* trips.
  - *Cutting Edge Fencing* has a zero tolerance policy with regards to the use of any drugs that are not prescribed by a physician and underage consumption of alcoholic beverages (according to the province/state in which the activity takes place). Athletes, coaches, chaperones, drivers & other staff who are of legal drinking age (according to the province/state in which the activity takes place) are also expected to refrain from consuming alcohol when traveling as part of a *Cutting Edge Fencing* group. Anyone found to be in violation of this policy will be immediately sent home at the parents' expense and may be banned from participating in any future *Cutting Edge Fencing* trips.

We do not feel that this Code of Conduct & travel policy are unreasonable, and we urge all parents to review them with their children, especially before sending them on *Cutting Edge Fencing* trips.