

Pre-Competitive Fencing Program

How long: Twice per week – 2:15 – 3:45 Tuesday and 2:15-3:45 Thursday
(3 hours weekly) **Classes will start January 27th**

Deadline: **1/20/2025 (application)**

Age: **4-6 grade**

Students: **Limit 12**, participation guaranteed by payment of the first monthly fee, and completed forms (contact coach ASAP).

Place: Hyde Park School GYM

Time: All year (from August to May)

Goal: Preparation for the competition on the regional/national level.

Continuation during High School at Walnut Hills High School

Instructor: The program is under the teaching of Coach Jacek Biesiada certified by The United States Fencing Coaches Association (<https://usfca.org>), with oversight from the head coach of the Walnut Hills High School and Louisville Fencing Center.

Uniform/equipment:

Students can buy from Absolute or from another fencing company <https://www.absolutefencinggear.com> or rent from the club. Contact the coach about renting.

Fencers' equipment and sports equipment could be stored at the school (shoes), and every fencer will have their own fencing bag.

Fencing: After 3 months, students will fence with electric equipment

How much: 260 per month, based on 4 weeks in the month (cheaper when spring break, etc.)

Questions: Jacek Biesiada e-mail: Jacek.Biesiada1971@gmail.com (primary) or Jacek.Biesiada@cchmc.org or 513-200-7120
E-Mail Coach for registration form

Forms: Submit scanned filled forms from the attachment to the coach (needed for insurance purposes). Submit a **Physical from your doctor ASAP**. This must be done at least two days before class starts, since I need to prepare equipment.

Program

This program is created as a preparatory curriculum for competitive fencing on the regional/national level, which could be continued at Walnut High School.

The Benefits of Fencing

Fencing is a sport with a rich history dating back to ancient civilizations, evolving through the Middle Ages and becoming a modern Olympic sport in 1896. It offers a wide range of physical, mental, and social benefits.

Two of the most notable figures in American fencing are **Lee Kiefer** and **Mariel Zagunis**. Lee Kiefer, a three-time Olympic champion in women's foil, has won multiple NCAA and Pan American titles. Her achievements have brought greater visibility to fencing in the United States. Mariel Zagunis, a two-time Olympic champion in individual sabre, was the first American woman to win a gold medal in fencing at the Olympics. She has earned numerous world championship titles and has been a trailblazer in the sport.

Physical Benefits: Fencing is an excellent aerobic exercise that enhances heart health by increasing heart rate and promoting better circulation. The precise movements required in fencing improves hand-eye coordination and overall balance, strengthening core muscles and improving stability. Repetitive lunges, thrusts, and parries build muscle strength, particularly in the legs, arms, and core, while boosting endurance. The sport also requires a wide range of motion, which helps improve flexibility and reduces the risk of injury [2].

Mental Benefits: Fencing is often referred to as "physical chess" because it requires strategic planning and quick decision-making, sharpening cognitive skills. The intense focus required during a bout helps improve concentration, teaching fencers to block out distractions and maintain mental clarity under pressure. Engaging in physical activity like fencing can be a great way to relieve stress, providing an outlet for releasing pent-up energy and emotions, leading to a sense of relaxation and well-being.

Scholarships and College Opportunities: Fencing can also open doors to higher education. Many universities, including Ivy League schools and top public institutions, offer fencing scholarships at prestigious institutions like Notre Dame, Columbia, Penn State, Princeton, Harvard, St. John's, UPenn, and Ohio State.