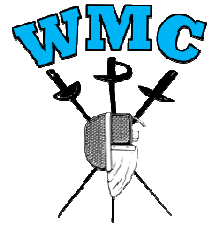


# WMC Fencing Parents Association

## Frequently Asked Questions: New Fencers

<http://wmcfpa.wix.com/wmcfencing>



**Q: Is previous fencing experience needed?**

**A:** No. Most WMC fencers have never fenced prior to join the school team.

**Q: Is fencing a “Team” or “Individual” sport?**

**A:** It is both. A varsity team consists of 9 fencers and 3 substitutes, and in most cases will fence head to head with another team in a dual meet. There are 27 bouts, and the most wins is a win for the team. There are also tournaments, in which fencers are scored individually, as well as a composite team score. In these tournaments (e.g. Districts, County), individuals can also win medals. State Championship tournaments have both team and individual tournaments. There are separate teams for girls and boys.

**Q: Do I have to buy equipment?**

**A:** No. As a school sponsored sport, the school provides equipment, except for shoes (sturdy gym shoes work fine to begin). However, a fencer may decide to purchase their own equipment (some or part), particularly some of the more personal protective gear (e.g. plastic chest protector).

**Q: What is the level of physical activity and coordination in fencing?**

**A:** Fencing is both a physical and mental sport. It requires some level of conditioning for stamina and strength. Most fencers begin some form of conditioning (i.e. running/jogging) in the fall, as well as some strength training (weights). However, mental strategy and technique are equally important, and often can overcome physical factors.

**Q: Is a physical required?**

**A:** Yes. Fencing is considered a contact sport (like football, basketball, wrestling, lacrosse, etc). Information about sports physicals can be obtained from the school nurse, and must be completed before the season begins.

**Q: What is the time required? How long is the season? Practices?**

**A:** The fencing season is Thanksgiving through February, with State Tournaments (team & individual) in March. Pre-season “captains practices” are primarily conditioning/strength training, and generally are a couple of afternoons in the weeks preceding Thanksgiving. Regular practices begin after the Thanksgiving break, and are typically immediately after school until around 5PM. Dual meets against other teams normally begin just after Winter Break, and can be 2-3 per week through February. Dual meets are after school, currently scheduled to start at 6PM and take 2-3 hours. Bus transportation is provided by the school to away meets. There are 2-3 tournaments on weekends which last all day. On weekdays without a dual meet, the team will practice.

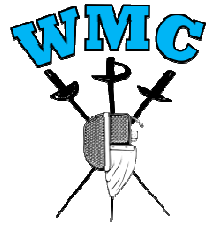
**Q: How do I make the Varsity Team? Will I still be able to fence if I don’t make varsity?**

**A:** Varsity squads in each weapon are selected by the coach, typically via a round robin competition in each weapon. First time fencers, including freshmen, can and occasionally do make varsity. Non-varsity fencers continue to practice with the team, and have opportunities to fence in two ways: (a) if a dual meet is decided early (first team to 14 wins, but all bouts are fenced), teams will often substitute in non-varsity fencers to gain experience. (b) most teams set up an alternate or “JV” strip for non-varsity fencers at dual meets.

# WMC Fencing Parents Association

## Frequently Asked Questions: For Parents

<http://wmcfpa.wix.com/wmcfencing>



### Q: This sport uses “weapons”! Is it safe?

**A:** Yes. Safety is primary, and fencers are taught early on how to handle their weapons safely, including care and repair (a.k.a. “armory”). All protective equipment is padded and/or has a wire mesh and offers excellent protection. A metal mask protects the head, neck and face, and overlaps the jacket around the neck. The jacket and/or lame’ is padded and covers all surfaces to the wrists and waist, a padded glove protects the fencing hand, and the non-fencing hand is held behind their body. Each weapon has a metal “bell” that covers the fencing hand. Knickers are also padded. Ladies also wear a hard plastic chest protector or “BP”. Fencers are not allowed to practice with weapons unless a coach is present. A first aid kit is present at all times. At competition, officials will not allow a bout to begin unless all equipment is in suitable condition.

### Q: Do injuries occur?

**A:** Fencing is considered a contact sport, but serious injuries, if any, are few. Most common are small bruises, and occasionally “strains and sprains”. These usually only require minor treatment (ice, heat, support/wrap, and rest).

### Q: What is my commitment as a parent?

**A: Essential:** Support and encouragement. Transportation to and from practice and from school after meets. Many fencers carpool. **Desired:** Join the FPA! Order a sub for your fencer, or have your fencer bring a packed sandwich. Attend at as many meets as possible to cheer them on! Attend the Fencing Banquet. **Very Helpful:** Volunteer where you can. **Make an FPA contribution!** Attend a clinic or take lessons.

### Q: What are “sub orders”?

**A:** The meets for this season are currently scheduled to begin at 6 PM. Fencers are hungry before or after the meet, so the FPA arranges with a local restaurant to prepare sub sandwiches/chips and beverages for our teams. These are provided for all home and away DUAL meets during the week. The sub order form allows each fencer to select their choices for their sandwich (same at each meet) on a single order taken and prepaid at the start of the season. This has been a big hit with our fencers. (Note: Tournament hosts typically provide food concessions on other dates.)

### Q: How do I learn about fencing? Where do I get more info?

**A:** There are many local clubs that offer classes and lessons and there are many resources on the web. **All news is on the FPA website** <http://wmcfpa.wix.com/wmcfencing>. Please provide your email address when you register, as schedules change often. Finally, ask other fencing parents (we were new once too).

### Q: How do we get started?

1. Complete the **FPA Membership form and Sub Order form**.
2. Return the forms and payment either by:
  - a. Bringing your completed forms to the kickoff meeting (**preferred**).
  - b. If you cannot attend the meeting, please mail them to the designated person on the membership form.
3. All forms and payments are due by the date of the kickoff meeting.

**NOTE:** Due to the pre-order nature, **ALL SUB ORDERS ARE FINAL ON THE DATE OF KICKOFF** and refunds are not available.