

Experience Fencing for Girl Scouts

at



Front Range Fencing Club

Daisy Girl Scouts



Strong and Courageous

Red Daisy Petal

Experience Fencing for Girl Scouts: Strong & Courageous Red Daisy Petal

Earn your Strong and Courageous Daisy Petal

1. Attend the Experience Fencing Session for Daisy Girl Scouts
2. Read “What is Fencing” (below on page 2) and “Mariel Zagunis” (page 3).
3. Discuss how fencers are courageous and strong in mind, body and spirit.

Ordering Daisy Petals

The Daisy Petals are sold by GSUSA as a set.

The Daisy Petal Set can be purchased on-line at:

<http://www.girlscoutshop.com/Daisy-Petals-Set>

What is Fencing?

Fencing is an intense mental battle, as well as a physical challenge. Facing an opponent on the fencing strip can be intimidating. There are few opportunities in our society where you can face someone in a fight like this. There is no blood, and you walk away friends. But there is no question that, facing each other on the fencing strip, is a contest of wills. The weapon is an extension of the fencer’s arms and body. Physical strength does not ensure victory, nor does speed, height, or intelligence. The winner will have used all the tools she knows, used psychology and mental games, used cunning and craftiness, used distance and timing better than their opponent. This is a fight that requires your whole body, mind and spirit.

Of course, these are talents and skills that few people are born with. Fencers rarely show up to class and begin winning matches immediately. It takes time to develop the reflexes, timing and tactical skills. Being in good shape helps, naturally, but fencing does NOT require great strength or speed. It does require discipline and practice to develop the skills and to learn to use your body to its best advantage.

<http://www.njfencingalliance.com/about-njfa/what-is-fencing/>

MARIEL ZAGUNIS

Olympic Gold Medalist – Saber Fencing by Lydia from Fredericksburg



<http://framework.latimes.com/2012/08/01/2012-london-olympics-day-5/#/0>

Hero. What does that word mean? To me, it means someone who doesn't give up. She tries her hardest and puts her all into everything. She doesn't get upset when she fails, but instead gets up and tries again. She excels at what she does and is an inspiration to others. Sometimes, she is a barrier-breaker. Mariel Zagunis was born on March 3, 1985 in Beaverton, Oregon. She began fencing at age 10. She won the Olympic Gold Medal for saber 9 years later in the birthplace of the games, Athens, Greece. This was the first ever fencing gold for the U.S. and the first U.S. medal since the 1984 games in Los Angeles. Her fencing master is Ed Korfanty. He was born in Poland and is one of the National Coaches there. He is presently the head coach of Mariel Zagunis's club, the Oregon Fencing Alliance. She is the only U.S. fencer to have won the Junior World Cup title. She won it three times in a row from the years 2002-2004. She is also the youngest fencer to win an FIE gold medal.

As well as she is known for her accomplishments on the strip, fencing wasn't her first love. She started out by playing soccer in second grade. She was even a varsity letter-winner on her high school team. I can connect myself to her as a person. I, too, got interested in fencing around the age of 10. Soccer was also my first love. Like her, I have turned to fencing. This is partially why I came to gain an interest in her.

She is also a barrier-breaker. Not only is she the first American to win an Olympic medal (of any color) for fencing in 100 years, she is a woman. The men couldn't bring themselves to a medal. They could only take 4th place in team saber. Close, but not there yet. She has also brought an unknown sport into the light. She did what no other American could. Now American fencers are regarded with more respect throughout the worldwide fencing community.

Mariel Zagunis has made an impact in the way that I view things. I now know more than ever that I can make a difference. I can succeed at whatever I want. American women fencers are growing in numbers and I believe that before long the whole world will know about us. It all started with Mariel. She is my hero because she is one of the biggest barrier-breakers that I know. I feel honored to have been able to meet my hero and see her in her element. It only makes me admire her more. That is what makes her my hero.

http://myhero.com/hero.asp?hero=zagunis_fredericksburg_05



Experience the Olympic Sport:

Fencing



En Garde! Get ready to experience the thrill of the duel in a fun and safe environment.

Register now to learn more about this unique sport.

All fencing gear and protective equipment is provided.

Separate sessions for all scout levels.

*Troop/group discount offered for 10 or more.

Fencing is the sport of swordplay. Fencers face off against one another not for blood or honor, but for points. Instruction will be given by an enthusiastic instructor from Front Range Fencing Club. Scouts will be trained on fencing safety and fundamentals in a group lesson. Scouts will learn about the history of fencing and basic techniques of modern sword fighting (weapons have plastic blunted tips, nothing sharp) and then will spar against one another!



Cadettes, Seniors & Ambassadors

Complete requirements for the Fencing IP



Brownies

Earn the Team Tactics Try-It



Juniors

Complete requirements for the Stick to the Point Junior Fencing Badge



Daisies

Earn your Strong and Courageous Red Daisy Petal

GS Insignia (Petals, Try-Its, Badges & IPs) earned at the Scout Experience Fencing Session can be purchased from GSUSA or specific GS Councils. For Council's Own Team Tactics Try-It, Stick to the Point Badge or Fencing IP, a complete list of requirements along with information about how to purchase the awards will be provided. A Badge or IP Activity Packet covering any requirements not completed at the Experience Fencing Session will also be provided.

**Have you ever wondered what the sport of fencing is all about?
Sign up today to learn more and take part in this unique sport.**

For upcoming session dates go to:

<http://fronrangefencing.tripod.com/scout-fencing-experiences.html>

Individual Scout Registration:

<http://fronrangefencing.tripod.com/scout-fencing-experiences.html>

***For group discount pricing or to arrange a date and time for your**

Troop or group session contact:

fronrangefencingclub@comcast.net