

Experience Fencing for Girl Scouts at



Front Range Fencing Club

Cadette, Senior and Ambassador Girl Scouts



Fencing Interest Project

Experience Fencing for Girl Scouts: Fencing Interest Project

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Experience Fencing for Girl Scouts: Fencing Interest Project

Fencing Interest Project Requirements:

Earn this Interest Project (IP) by completing 2 of the Skill Builder activities, 1 Technology activity, 1 Service Project activity, 1 Career Exploration activity, and 2 other activities of your choice from any of the sections.

Skill Builders:

1. Getting Started: Warming up the muscles which will be used is an important part of any exercise or sport. Learn which muscle groups are used most in the sport of Fencing and develop a warm-up routine which can be incorporated into your Fencing workouts to prevent muscle injury.

2. Safety: Learn the safety rules which must be followed to prevent injuries to yourself or fellow fencers. Why is each rule important? What other “etiquette” rules are also important? Learn the names and purposes of the protective gear used in fencing. Understand the importance of proper fit.

3. Learn the vocabulary of fencing. Be able to explain the meaning of the following terms: Advance, Attack, Bout, Engagement, En Garde, Feint, Lunge, Parry, Retreat, Riposte and Thrust.

4. Learn about the weapons used in Sport fencing. What are the differences in the history and design of a Foil, Epee or Sabre? How are each of them used differently?

5. Learn about the weapons used in Historical Swordsmanship. What are the differences between the Long sword, Broadsword, Rapier, and Katana? How does Historical fencing differ from Sport fencing?

6. Learn to perform the basic moves in either Sport fencing or Historical Swordsmanship, using either the foil or shinai. Practice these moves under the supervision of an instructor. When you feel ready, practice fencing with another student at your same level.

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Technology:

- 1. Learn the difference between “dry” fencing and “electric” fencing. Why is electric fencing more common in competitions? What special equipment is used for electric fencing?*
2. Visit a fencing equipment store and learn about the materials used in the manufacture of fencing equipment. What are the advantages and disadvantages of each? Compare the features of different brands of equipment available.
3. Learn about tightening the grips on weapons, and the importance of doing this correctly. Learn about maintaining fencing equipment between uses and preparing equipment for use.
4. Watch a video about fencing. Make a list of new things you have learned or questions you want to ask an experienced fencer.
5. Learn how a fencing competition is scored. Watch a fencing match on television or video and score the competitors. Analyze the qualities of the top fencers.

Service Projects:

1. Do research to learn where fencing is taught in your area. Prepare a brochure for your Service Unit or Council to let other Girl Scouts know where they can learn about fencing.
2. Spread the word! Promote the sport of fencing by telling what you have learned or giving a demonstration to your troop or a group of younger Girl Scouts.
3. Write an article for your school newspaper about fencing. See if you can get enough interest to start a fencing club at your school.
4. Prepare a photo essay or video about fencing and share it with others.
5. Volunteer to help at a local fencing competition.

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Career Exploration:

1. Interview two persons whose jobs relate to fencing and find out how they became involved. Examples include a fencing instructor/coach, equipment salesperson, weaponry repair and maintenance, or owner of a fencing school.
2. Invite a Fencing Master to talk to your group or troop about fencing. Find out what type of certification he/she holds and the different competitions he/she has participated in. How long did it take him to achieve this level? How has this achievement affected his career?
3. Research one or more members of the U.S. Olympic fencing team. Find out what their greatest career accomplishment was and what they did after retiring from competitive fencing. What effect did fencing have on their later careers?
4. Research which colleges offer fencing programs and/or Scholarships. What are the requirements for a fencing scholarship?

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Technology #5

2012 London Olympics - Women's Epee Team Event Bronze Medal Round: Russia vs USA

YouTube Link: <https://www.youtube.com/watch?v=PjIChEUx1Y>

Viewer's Guide:

In team fencing competitions, the team consists of 3 fencers and an alternate. The alternate may be substituted in for one of the team members during the competition. All 3 fencers on one team will fence all 3 fencers on the other team. This means that there will be a total of 9 bouts during the team competition. Each bout can last for as long as 3 minutes of fencing or until one of the teams reaches a specific multiple of 5. For every bout fenced, the maximum score that can be reached is the bout number x 5. For example, in the 4th bout, when either one of the fencers reaches a total team score of 20 touches (4 bouts x 5 touches per bout = 20 touches), even if the entire 3 minutes has not passed, the bout will end. The next bout with two new fencers would be the 5th bout, and the maximum team score would be 25 (5 bouts x 5 touches per bout = 25 touches) and so on through all 9 of the bouts in the team competition. The first three-person team to score a total of 45 touches wins (9 bouts x 5 touches per bout = 45 touches); however, if the ninth and final bout between the teams ends because the 3 minute time allowed for the 9th bout has elapsed before either team reaches a total team score of 45 touches, then the team with the most touches wins.

Scoring and Rules Information:

Single or double touches may be scored in epee. A double touch is signaled when the lights for both fencers light up at the same time. This means that both fencers scored a touch on each other within 50 milliseconds of each other. To put this into perspective, 300 to 400 milliseconds is the average time it takes a human eye to blink. So the blink of an eye is 6 to 8 times slower than a double touch in fencing!

If a fencer retreats past the end of the fencing strip, a touch will be awarded to the opponent.

A fencer may not turn their back on their opponent or leave the fencing strip during fencing action. A fencer may not try to score on an opponent who has fallen.

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Broadcast Scoreboard:

The scoreboard you see on the screen is laid out in 3 sections, each section has 2 rows. The section on the left displays information about the Russian Team. The top row of this section displays the name of the team and the team score. The bottom row of this section displays the name of the fencer currently on the strip and the score accumulated by that fencer in the current bout. The section on the right displays the same information for the USA Team.

The upper box in the center section of the scoreboard displays the time remaining in the current bout between the two fencers currently on the strip. The time for the bout begins at 3 minutes and counts down to 0. The lower box in the center section lists: the current bout number (the first number) / the total bouts (9). Remember in team events, a total of 9 bouts will be fenced for a possible total of 45 points. By looking at the current bout number, you can also calculate the maximum score allowable during the current bout by multiplying the current bout number by 5 touches per bout.

Service Project #2

Attachment: Experience Fencing for Girl Scouts

Spread the word by talking to other Girl Scouts about what you learned at the Experience Fencing for Girl Scouts session or by writing an article for the GSCO Newsletter or your school newspaper. Invite other Girl Scouts to participate in an upcoming Experience Fencing for Girl Scouts session by giving them a copy of the informational flyer on the last page of this packet.

Career Exploration #3

Fencing & Career Information from US Fencing Hall of Fame

<http://usfencinghalloffame.com/roll-of-honor>

Women in the US Fencing Hall of Fame: Roll of Honor

- **Julia Jones**
- **Stacey Johnson**

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Julia Jones (1908 – 1993)



Julia Jones in 1930

Photo: International News Photos

Whoever said fencing wasn't romantic? It is all because of the "history, romance and upper-echelon tradition" of the sport that Julia Jones, 82-year-old fencing legend and coach at Hunter College, responded to an ad announcing the visit of Julio Martinez Castello, New York University's fencing coach.

It wasn't long after that response that Jones became the co-founder of the first National Intercollegiate Women's Fencing Association (NIWFA). Since then she has made her career in fencing, by far the oldest and most successful sport on the Hunter College campus.

Jones' love of the sport began in 1929 after her first lesson. From then on she was on the road to world-class competition. She captured the first women's fencing championship title in 1929 as the captain of the New York University team. In 1930 and '31, while studying for her bachelor's degree and then her master's, she once again was a member of another championship team. The next year, 1932, brought her acclaim as a proud member of the women's Olympic fencing team.

Jones turned professional when she was asked to take over the women's fencing team at NYU, succeeding her own teacher, Julio Martinez Castello. From 1932 to '43, Jones coached her teams to three NIWFA championships (1932, '33 and '38).

Jones' romantic interests expanded beyond fencing to include Anthony Pugliese, a talented painter and sculptor

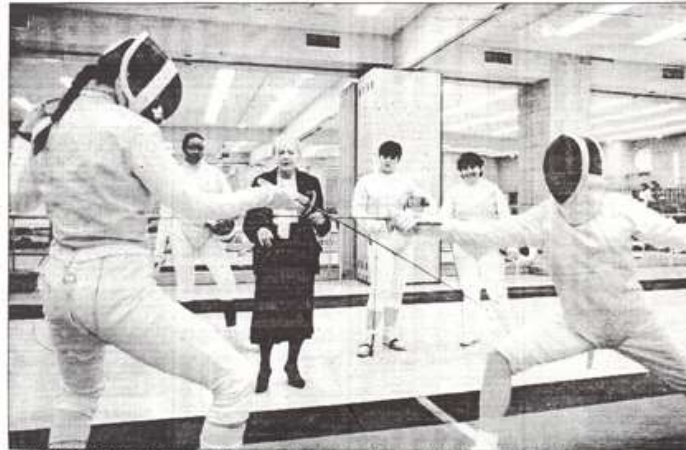
whom she married. They had four children. In 1953, following her husband's death, Jones returned to coach fencing—this time at Hunter College. Her talent once again brought her a NIWFA championship team. She is one of only three coaches to win the NIWFA championship at two different schools.

In 1970, Jones became the first female fencing coach of a U.S. international team, taking the U.S. team to the World University Games in Turin, Italy. In her professional career at Hunter, her teams have accumulated a record 11 national women's championships while producing 10 individual winners. She has had the proud honor of having numerous Hunter fencers represent the United States in the summer Olympic games, the most recent being Sharon Monplaisir in 1984.

Jones is a member of the Citizen's Union/Helms Hall of Fame, the New York University Hall of Fame and the Hunter College Athletic Hall of Fame. Currently in her 38th year of coaching at Hunter, she still keeps in shape and holds the philosophy that, "If the hand and the mind still remain, an older fencer can still compete and defeat younger fencers."

Jones has carried the love and romance of her sport all around the world, being part of many World Fencing Championships as a chairperson, assistant coach and head coach.

"I'm not giving up," she says. "They say I have a lifetime job." AA



VETERAN ADMINISTRATION: Julia Jones-Pugliese has been a hands-on fencing coach for 36 years at Hunter College. DENNIS CARLOS/ALBANY

Still making points

At 83, Hunter fencing coach isn't about to quit

JULIA Jones-Pugliese, one of the world's more improbable football fans, weighed 103 pounds yesterday morning. She is 83 years old. A couple of years ago, she was at Fifth Ave. and 57th St. when somebody shouted, "Look out!"

An unidentified flying object was plummeting toward her. She darted back and watched it bounce and then 60 years of athletic training clicked in. She made a quick, sharp lunge. Grabbed it. After nobody claimed it, she tucked her new football under her arm and off she went. Only later did she learn that all those signatures on it were autographs of the Super Bowl champion Washington Redskins (Doug Williams era).

Jones-Pugliese has no clue where the ball dropped from. "It was probably some big, brawny football men having a party," she said. She giggled, a girlish noise that said, "Who ever knows what's going to happen?"

Who indeed? Even before her high-rise fumble recovery, Julia Jones-Pugliese had had some life. She is in her 36th year of coaching fencing, men's and women's, at Hunter College. She coached 13 years at NYU before that. She has won national titles at both schools and was the first woman to coach U.S. men and women in international competition.

In 1929, she founded the National Intercollegiate Women's Fencing Association. She became the first women's national champion that same year and won

SPORTS OF THE APPLE



By WAYNE COFFEY

have been a 1932 Olympian except she was ruled a pro because she was being paid to coach.

"Some people call her the first lady of American fencing," said Charles Glasser, captain of the Hunter men's team. "I think the word 'beloved' is appropriate."

If you're picturing a dithering figurehead, picture again. There is bounce in Jones-Pugliese's step and sparkle in her blue eyes. She is in full uniform four or five times a week, giving hours of vigorous lessons. Out of uniform, she wears a sword pin every day. She has about 50. Yesterday a little sword was pinned to her hat.

"She's like a very caring, very feisty grandmother," Glasser said. "But this is a grandmother who can do double lunges and run you off

the (fencing) strip. She still has a hell of a parry and riposte."

That's fence-ese for deflecting an opponent's weapon and countering. Eighteen months ago, in the seniors competition at the U.S. national championships in Salt Lake City, Jones-Pugliese fenced her way to a silver medal in epee and a tie for third in foil.

The daughter of Russian peasants who emigrated here, Jones-Pugliese grew up in the Moshulu Parkway section of the Bronx. As a girl, she was an avid dancer who loved sports. When she got to NYU, she wanted to play basketball. She was very quick — and 5-1½. The coach wasn't too interested.

After reading about a demonstration by a prominent fencing coach, Jones-Pugliese checked it out and it was love at first joust. Her agility made her a quick study, but what really grabbed her was the regal aura. Fencing was very much a society sport. It filled her with images of kings and queens and noblemen dueling in castle courtyards. The enthusiasm was not shared by her mother.

"She used to say to me, 'What Jewish girl fences?'" Jones-Pugliese said.

After earning her degree in mathematics, the girl married an accomplished sculptor, Anthony Pugliese, and had four children. One of her husband's works was a rendering of a woman fencer — which Julia modeled for and which still decorates NYFA.

medals. Pugliese was fully disabled in World War II and died in 1953. His wife speaks of him often, and tenderly.

Jones-Pugliese likens fencing to "a physical game of stress." She emphasizes clean, efficient movement and total concentration.

"She is tenacious to the point of stubbornness," Glasser said. "If she's teaching you an action, she'll make you do it 50 or 75 times. Just when I think I've got it, she'll say, 'Now we've got to refine it.'"

Jones-Pugliese has introduced thousands to fencing, at Hunter and the New York Fencers Club, where she has taught in the youth program for 21 years. Except for summers on Fire Island, she is never far from a weapon.

"I treat everyone as a possible champion," she said. "I try to find their strong points and dwell on those."

As for retirement, well, she really hasn't thought about it. She might even compete again. The romance remains. Fencing still stirs those fanciful flights to other places, noble places.

Sitting on a folding chair on the shiny wooden floor of the Hunter fencing room, three flights below 68th St., Julia Jones-Pugliese was wearing a plaid skirt and black blazer. The sword pin du jour was silver, adorning the skirt. She was talking about the fencer's uniform — the knickers, the jacket, the mask. She said with a twinkle, "You can put a mask on and be anybody you want to be."

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Julie Jones Pugliese (on left)

JULIA JONES PUGLIESE
FENCING LESSON ON THE PAT SAJAK SHOW CIRCA 1989-90

<https://www.youtube.com/watch?v=rHcr7sVJIwI>

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Stacey Johnson



Stacey Johnson, star fencer.

At 14, Stacey Johnson of San Antonio was already an accomplished equestrienne. But she stabled her horse near the Modern Pentathlon Training Center near Fort Sam Houston, and eventually the pentathlon activity drew her attention.

"When I saw the fencers and tried the sport," she recalls, "I was hooked. It's a very powerful sensation to feel coiled and explosive, and then, the attack! Yet fencing is largely a mind game, a game of anticipation, which makes it even more intriguing."

Today at 17, Stacey Johnson is one of the nation's top young fencers. Experts rate her body movement and foil (sword) hand speed among the best.

She says confidently, "I'm going to be a fencing champion and I plan to make the Olympic team in 1976." She's well on her way.

Stacey entered her first national competition only a year ago and finished sixth. Since then she's placed fourth in her second national meet and in April rang up an incredible 31-5 match record in helping the United States team to a third-place finish, its highest ever, in the World Junior Olympics in Buenos Aires, Argentina.

In the U.S. National Fencing Championships this year in Tucson, Stacey took second place in the junior women's foil division, losing in the finals to a collegian. In the open women's division, she finished in the top eight, having reached the quarterfinals before losing. And she also earned 24 points toward qualification for the '76 U.S. Olympic team.

Stacey points out, "The key to winning is confidence and emotional control. I've found myself experiencing love, hate, relief, failure, and success all in one round of fencing. I'm only just now learning to cope with tournament pressure. It's fierce."

October 1973 75

Stacey Johnson started her competitive fencing career at age 11, made her first international team at 16 and ultimately secured a berth on the 1980 U.S. Olympic Fencing Team. Stacey retired from fencing in 1984 but remains active in sports today serving on the San Antonio Sports Executive Committee.

Stacey served as the President of the U.S. Fencing Association from 2000-2004, only the second woman in USFA history to hold this office and the first to complete a four-year term in office. One of her greatest accomplishments as president was working to secure Women's Saber onto the Olympic program in the Athens Olympics in 2004. She helped to lead a strong international effort which included creating a Pan American voting block to help ensure women's equity in the sport of fencing. In Athens, the U.S. went on to win its first Olympic medals since 1984 and the first medals for women fencers in history.

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Stacey also served as USFA Vice President from 1992-1996 in the Steve Sobel Administration. Steve Sobel was a strong mentor to Stacey in both the fencing world and the Olympic movement. Stacey's last position with the USFA was Chair of the USFA High Performance Committee from 2006- 2008. Stacey and teammate Gay Jacobsen were the first two women named to the USFA Fencing Officials Commission and obtained international referee licenses at a time when few women were refereeing. Stacey served for many years on the USFA's High Performance/International Committee and as an Athlete's Representative for the USFA and for the USOC's Athlete Advisory Committee as well.

Stacey served on the U.S. Olympic Committee's Executive Committee 2003-2004 and as Vice President of the National Governing Body Council from 2002-2004. She served on the USOC Board of Directors from 1996-2004.

Listed below are some of Stacey's sporting highlights:

- Member of the 1980 Olympic Fencing Team
- 1982 Olympic Sports Festival Individual Champion and Gold Medal Team Champion
- Four-time All American 1976-79
- Two-time National Collegiate Champion 1976 & 1979
- Four-time National Collegiate Team Champion 1976-79
- Held Collegiate individual record for team win/loss (305-1)
- Member of two World University Games Teams, 1977&1979
- Three-time U.S. National Team Champions – 1974, 1976-77/
- Five-times U.S. National Championships individual finalist 1974, 1977-79, 1982
- Member of three Junior World Teams (1973-75 Buenos Aires, Argentina; Istanbul, Turkey; and Mexico City, Mexico)

Sports Administration

* Member USOC Executive Committee from Feb. 2003 – June 2004
Member USOC Board of Directors, Representing US Fencing – 1996-2004
USOC National Governing Body Council Officer (VP) 2000-2004
Member of 2012 Task Force Recommending the Olympic U.S. Bid City
U.S. Olympic Committee "Project Gold" Leadership Graduate 1996
Member USOC Athlete Support Committee 1996-2000
Torch Bearer for the 2002 Winter Olympic Games (San Antonio, TX) - Dec. 2001
* NCAA Silver Anniversary Award Winner – 25 years of outstanding service/contributions Jan. 2004
* Chair of High Performance for U.S. Fencing 2006-2008
President of the U.S. Fencing Association 2000-2004
Member of the International Federation Congress Board (FIE) 2000-2004
Vice President for the U.S. Fencing Association for 1992-96

Career Exploration #4

Fencing in College – How to Get on an NCAA Fencing Team

Posted by [Gerhard Guevarra](#) on March 25, 2014

<http://www.fencing.net/14613/fencing-college-get-ncaa-fencing-team/>

Fencing on a collegiate team, whether it be a Division I NCAA team or an intramural club fencing program, can be a very rewarding experience. If you plan on fencing in college, it's best to do your research on the various programs available to you at the schools where your academic interests take you. Most top tier colleges have fencing available – either as an NCAA or collegiate club program, so you don't have to give anything up on the academic side to find fencing in college.

In a recent image posted on Facebook and other social media outlets, the graphic boasted the percentage of fencers moving on to participating in an NCAA collegiate fencing team was 32.3%. This was in comparison to basketball at 5.9% and football at 7.8%. The post was seen 2,948 times and shared by over 40 people. That's viral in the fencing world. It's also sparked some interest by students and parents about the possibilities and processes about fencing in college.

There are over 300 high school seniors currently registered as competitive members of US Fencing as of January 2014. It's safe to assume that those fencers are competitive and looking to possibly fence in college.

According to scholarshipstats.com, the chances of a high school athlete competing in an NCAA collegiate fencing team is broken down into women and men. The following statistics are from the 2011-2012 school year. This lists the total high school age fencers and total number of fencers in an NCAA program. Note that these give a higher percentage chance of making it than is realistic as the number of high school fencers is not fully represented in the ScholarshipStats data.

Just for fun, here is what ScholarshipStats says:

-MEN: 1,925 high school fencers; 622 NCAA collegiate fencers...32.3% chance of competing in college.

-WOMEN: 1,771 high school fencers; 674 NCAA collegiate fencers...38.1% chance of competing in college.

Those are pretty good chances when you compare that percentage to other “mainstream” sports like soccer, football and basketball. All of which, for both men and women, have a percentage in the single digits to play for an NCAA college team. Fencing tops both the men and women in percentage of playing in college by a pretty wide margin.

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With those statistics in mind, we spoke with a Division I NCAA fencing coach to give us some background about how to prepare, shop, apply and attend a college as a fencer. Our fencing coach noted 6 things you need to have on your to do list.

1. Compile your academic test scores
2. Compile your fencing results and ratings
3. Register with the NCAA Eligibility Center
4. Submit an athlete recruiting questionnaire
5. Reach out to the fencing coach
6. Plan a college visit

To elaborate, start by gathering your standardized test scores. Make sure that you meet the requirements academically to be accepted into the college. “To be frank,” says our collegiate fencing coach, “the school’s academics are usually the biggest draw for many fencers. Many of our fencers are primarily looking for academic programs that fit their interests and goals; fencing is a great added bonus.” As a high school fencer, you need to also track and gather your results and ratings. Maintain copies of your results from local and national tournaments. These are often available at either the US Fencing website or on AskFReD.net, but don’t always count on it. It’s helpful to write down your results during the tournament, not just to assist your training, but as a hard copy of results for perspective colleges. Some coaches also request videos; you should have some videos available, either of your bouts or lessons.

The high school fencer must also visit ncaa.org and register with the [NCAA eligibility center](http://ncaa.org/eligibility-center). This will be one of the athlete’s greatest tools. A fencer and/or his parents will also be able to download the College Bound Athlete’s handbook on this website. Become very familiar with this book because all NCAA coaches will adhere strictly to its guidelines.

Next, you should visit the school’s athletic website and look for the fencing program’s Athlete Recruiting Questionnaire (most programs will have such a questionnaire). Contact the school’s athletic offices and inquire about one if you can’t find it immediately. The questionnaire allow the coach to get a snapshot of your contact information, background (including other extra-curricular activities), athletic information (points you may have, athlete stats, physical data, weapons you fence, your current club and coach), and academic information (SAT and ACT scores, current grade, class rank, intended major, etc.)

Speaking of coaches, you should also reach out to the coach by e-mail and phone. Officially, the coach cannot contact you until your junior year in high school; if you e-mail prior to that year, don’t expect a response...from anyone (coaches, assistant coaches, etc.). They can speak with you if you call and they happen to pick up the phone. If you don’t immediately hear back from the coach or assistant coach when you reach out during your junior year, trust me, they are busy.

“But persistence will sometimes pay off,” notes our collegiate fencing coach. “If I have two equally good fencers that have expressed interested in fencing for our school, and one of those fencers is constantly trying to contact me, naturally, we’re going to see some determination and it may pay off. Even if it means that I’ll call you back just so you’ll stop calling me.”

You’ll also want to plan a college visit; this is part of the “shopping for college” part. Remember, you’re in college to further your education, so you’ll not be a 24 hour fencer – you’ve got to study too.

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You want to make sure the college also “fits” you academically, socially and even emotionally. Strongly consider academic programs, social life, dorms, and other things the school has to offer. Distance from home may be another determining factor when attending a school, as well as costs. Your potential teammates are another aspect high school fencers consider when selecting the school. Is there a specific coach you want to work with? Are there current team members you want to train with? As a high school athlete, you’ll want to make a list of what you’re looking for in your college career in addition to the fencing program prior to your visit.

There are two types of college visits: unofficial and official. These visits have to occur before July 1 at the end of senior year. In a nutshell, this is what unofficial and official visits mean:

- Unofficial: The student/family pays for the whole trip. Travel, food, expenses...it’s all on your dime. Again, this trip is to see if the school and all its components, including the fencing program, fit your goals and personality.
- Official: The University pays for everything. Be prepared with your transcripts, test scores, travel itinerary, NCAA eligibility, etc. This visit is usually when the coach is going to make the hard sell to you. It’s when they are saying “we’re committed to you”. However, more coaches now are only utilizing the official visit when you’ve already been accepted into the college.

Contact the school’s athletic compliance staff and ask about the recruiting process if you have any questions about what you can and cannot do during your visits. All coaches will know and follow all NCAA guidelines.

It was difficult to determine how many fencers with USA Fencing national points actually continued to college. Needless to say, your chances of entering a top NCAA collegiate fencing program like Columbia, Penn State, Princeton, Notre Dame, Harvard, Stanford, St. John’s or UPenn are pretty decent if you have points and the high school academic fortitude to be accepted into the college.

In non- revenue producing sports such as fencing, the amount of scholarship money available is considerably less. There are several discussions online about fencing scholarships. In short, don’t count on it unless you’re on a national team, stateside or other. “Unless you’re in the top 20 on the points list, don’t count on a scholarship,” notes our fencing coach.

If you’ve got the athletic chutzpah, but are a little short on your academics, don’t discount yourself out of your desired collegiate program yet, this where you’ll need to communicate to the coach. If you have what the coach wants and needs, coaches have some pull with admission assistance, especially if you also run into out of state admission caps.

However, let’s assume that you’re an average fencer, perhaps have a C rating, often fencing in Div II and Div III competitions and is interested in fencing for an NCAA team. There are still a lot of programs offering NCAA fencing – 42 NCAA collegiate fencing programs to be exact. Some with teams with fairly large rosters; New York University, for example, has 31 men and 25 woman fencers. Don’t discount participating on a DIV II and DIV III collegiate program; they are very active in the college fencing circuits.

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Several other teams have walk-on programs. Brown and the University of North Carolina at Chapel Hill both have walk-on programs. Applying for a college with potential fencing walk-on programs may also increase your chances of getting on the team. Even if you don't get into an NCAA program there are many universities that have active club programs.

As you begin to shop for college and look into becoming a student athlete, you have to make a list of priorities. Keep in mind that many fencers are looking, if not as much as, but more of what the university can provide academically than athletically. Students are recommended to start on the 6 steps for preparing to be a college athlete, especially registering with the [NCAA eligibility center](#) and downloading the athletes handbook. Best of luck with your college and fencing endeavors!

List of NCAA College Fencing Programs

Boston College – Boston, MA
Brandeis University
California Institute of Technology
City College of New York
Cleveland State University
Drew University
Duke University
Farleigh Dickinson University, Metropolitan Campus
Haverford College
Hunter College
Johns Hopkins University
Lawrence University
Massachusetts Institute of Technology
New Jersey Institution of Techonology
New York University
Northwestern University
Ohio State University
Queen's College (New York)
Sacred Heart University
Stanford University
Stevens Instituite of Technology
Temple Univeristy
Tufts University
U.S. Air Force Academy
University of California, San Diego
University of Detroit Mercy
University of North Carolina, Chapel Hill
University of Notre Dame
Vassar College
Wayne State University (Michigan)
Wellesley College
Yeshiva University

List of College Fencing Club Programs

Numerous opportunities exist for fencers to continue to compete for schools after they graduate from high school. More than 40 colleges and universities have NCAA varsity programs at the Division I, II or III levels and nearly 100 schools have club programs. Click on the links to the left to see if there's a program at your school of choice.

College or University	Club Name
Allegheny College	Allegheny Fencing Club
Amarillo College	Amarillo Competitive Fencing Association
Appalachian State University	Appalachian State University Fencing Club
Arizona State University	Arizona State University Fencing Club - Salle Diablo
Augustana College	Augustana College Fencing Club
Ball State University	Ball State Fencing Club
Bates College	Bates College Fencing Club
Baylor University	Baylor University Fencing Club
Beloit College	Beloit College Buccaneer Fencing
Boston University	Boston University Fencing Club
Bowdoin College	Bowdoin College Fencing
Brevard College	Brevard College Fencing Club
California Polytechnic, San Luis Obispo	Cal Poly Fencing
Carnegie Mellon University	CMU Fencing Club
Catholic University of America	CUA Fencing Club
Clemson University	Clemson Fencing Club
Colby College	Colby Fencing Club
College of William and Mary	William and Mary Fencing Club
Dartmouth College	Dartmouth Fencing
Denison University	Denison University Swashbucklers
Eastern Kentucky University	Eastern Kentucky University Fencing Club
Emory University	Emory Fencing Club
Portland State University	Portland State University Fencing Club
University of Houston	Fencing Club at the University of Houston
Florida State University	Florida State University Fencing Club
Fulton-Montgomery Community College	Fulton-Montgomery CC Fencing Club
Furman University	Furman University Fencing Club
Georgia Institute of Technology	Yellow Jacket Fencing Club
Georgia Southern University	GSU Fencing Club
Goucher College	Goucher College Fencing Club

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College or University	Club Name
George Washington University	GWU Fencing Club
Humboldt State University	Humboldt State University Fencing
Idaho State University	Idaho State University Fencing Club
Indiana University	Indiana University Fencing Club
Indiana University of Pennsylvania	IUP Fencing Club
Iowa State University	Iowa State University Fencing Club
James Madison University	James Madison University Fencing Team
Kansas University	Kansas University Fencing Club
Kent State University	Kent State Fencing Club
Las Positas College	Las Positas Fencing Center
Lehigh University	Lehigh University Fencing Club
Marist College	Marist College Fencing
Miami University of Ohio	Miami University Fencing Club
Middle Tennessee State University	Middle Tennessee State University Fencing Club
Millersville University	Millersville University Fencing Guild
Milwaukee School of Engineering	Milwaukee School of Engineering Fencing Club
Montana State University	MSU Fencing Club
Michigan Technological University	MTU Fencing Club
Mt. Holyoke College	Mt. Holyoke Fencing
Murray State University	Murray State University Fencing Club
National Intercollegiate Women's Fencing Association	
North Carolina State University	NCSU Fencing Club
Northern Illinois University	Northern Illinois University Fencing Club
Oberlin College	Oberlin College Flaming Blades
Oneonta State	Oneonta State Fencing Club
Purdue University	Purdue Fencing Club
Rensselaer Polytechnic Institute	RPI Fencing Club
Rutgers University	Rutgers Fencing Club
Smith College	Hell's Belles Fencing
SUNY Stony Brook	Stony Brook Fencing Club
Swarthmore College	Swarthmore College Fencing Team
Texas A&M University	Texas A&M Fencing Club
Texas State University-San Marcos	Texas State University Fencing Club
Texas Tech University	The Fencing Club at Texas Tech
Tulane University	Tulane University Fencing Club
UCLA	UCLA Fencing
US Military Academy - West Point	West Point Fencing Team

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College or University	Club Name
United States Naval Academy	
University of California - Berkeley	Cal Fencing Club
University of Chicago	The University of Chicago Fencing Club
University of Colorado	University of Colorado Fencing Club
University of Idaho	Vandal Swordplay
University of Illinois	Fencing Illini
University of Florida	University of Florida Fencing
University of Maryland	UMD Fencing
University of Massachusetts-Amherst	Umass Fencing
University of Minnesota	University of Minnesota Fencing Club
University of Nevada-Reno	WolfPack Fencing
University of Northern Colorado	University of Northern Colorado Fencing Club
University of Southern California	USC Fencing
University of Tennessee	The Fencing Club at Tennessee
University of Texas-Austin	The Fencing Club at the University of Texas at Austin
University of Vermont	UVM Fencing (Salle Catamount)
University of Virginia	Virginia Fencing Club
University of Washington	UW Historical Fencing Club
University of Wisconsin	Fencing Club of the University of Wisconsin-Madison
University of Wyoming	UW Fencing
Virginia Tech	Virginia Tech Fencing Club
Washington State University	WSU Fencing
West Virginia University	WVU Fencing
Worcester Polytechnic Institute	WPI Fencing Club
Xavier University	Xavier Fencing Club

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Foil



The foil is approximately 35 inches in length and weighs less than one pound (16 ounces). Points are scored with the tip of the blade and must land within the torso of the body. The valid target area in foil is from the shoulders to the groin, front and back. The target area does not include the head, neck, arms and legs. Fencers wear a metallic vest called a lame (pronounced la-may), which covers the valid target area so that a valid touch will register on a scoring machine when fencing in competitions.



Epee



The epee is the descendent of the dueling sword. It weighs approximately 27 ounces, has a larger bell guard to protect the hand and a stiffer blade than the foil. Touches are scored only with the point of the blade; however, the entire body is the target area.



Saber



The saber is the modern version of the slashing cavalry sword and is similar in length and weight to the foil. The saber is a thrusting weapon as well as a cutting weapon; therefore, the tip and the entire blade are used. The target area is from the bend of the hips to the top of the head, front and back, simulating the cavalry rider on a horse. The saber fencer's uniform includes a metallic jacket called a lame (pronounced la-may), which covers the valid target area so that a valid touch will register on a scoring machine when fencing in competitions.



<https://fencingswords.wordpress.com/>

<http://www.atacsport.org/ATACcurrent/basics2.htm>

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Fencing Uniform and Equipment

<https://www.fencing.ab.ca/about-us/about-fencing.aspx>

MASKS

Fencing masks are a crucial piece of protective equipment in fencing. Masks are made up of a metal wire mesh that covers the front and sides of the head. A fabric bib is attached to the bottom to protect the throat and neck. On the inside of the mask there is padding absorb the force of a hit as well as make it comfortable to wear.

GLOVE / GAUNTLET

The glove covers approximately half of the forearm. The glove is made with extra padding on the back of the hand. The glove is worn on the weapon hand, are worn on top of the jacket to prevent blades from slipping under the sleeve. A slit in the cuff of the glove that closes with Velcro allows the body cord to attach to the weapon near the fencers wrist..

JACKET

Fencing jackets are made up of either heavy cotton denim or of kevlar similar to what is used in bulletproof jackets, though not as strong. Cotton jackets are thicker and offer more padding against a strong hit, while kevlar jackets are thinner allowing less restrictive movement as well as better protection against puncturing.

UNDERARM PROTECTOR / PLASTRON

The underarm protector or plastron is a fail-safe piece of protective equipment which is worn on the fencer's weapon arm, underneath the jacket. While the jacket protects the upper body completely, a plastron doubles the protection in the armpit where the jacket has a seam.

CHEST PROTECTOR

Originally, chest protectors were only used by female fencers. More recently however, it has become more common for men to wear them as well. Chest protectors are made of durable hard plastic which prevent bruising and help spread the force of a hit across a larger area.

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KNICKERS

Knickers protect from just below the knee to several inches above the waist. They are made of either heavy cotton or kevlar. Knickers extend above the waist so that there is an overlap between them and the overlying jacket.

SOCKS

Long socks are worn to cover the legs from the knee down. The socks must be long enough to reach the knee and be tucked under the knickers. No skin may show between the top of the socks and the bottom of the knickers.

SHOES

Shoes should offer good support. Shoes with rounded edges are recommended.

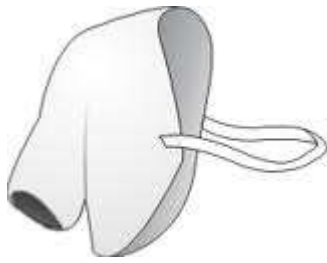
BODY WIRE

Body wires are used to connect the epee fencer's weapon to the reels and scoring equipment. The wire is worn under the fencer's jacket. The wire goes through the sleeve of the jacket and is connected to the epee near the fencer's wrist. The other end of the body cord comes out the back of the fencer's jacket and is connected to the reel cord.

EPEE

The epee is considered the original dueling sword. It was developed in the middle of the 19th century to train individuals for duels. If you've seen any movie with a lot of swordplay in it, chances are you are watching epee. The weapon's blade is somewhat triangular in shape and quite stiff to bend. Since the whole body is considered target, the guard is large and bell-shaped to protect the hand from hits. Hits are made with the point of the blade only.

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underarm protector / plastron



chest protector



Mask



jacket



knickers



Socks



shoes



glove



epee



body cord

Fencing Glossary

Website Resource: <http://www.synec-doc.be/escrime/dico/engl.htm>

Advance :

a movement forward by step, cross, or balestra.

Assault :

friendly combat between two fencers.

Attack :

the initial offensive action made by extending the sword arm and continuously threatening the valid target of the opponent.

Balestra :

a forward hop or jump, typically followed by an attack such as a lunge or fleche.

Beat :

an attempt to knock the opponent's blade aside or out of line by using one's foible or middle against the opponent's foible.

Black Card :

used to indicate the most serious offences in a fencing competition. The offending fencer is usually expelled from the event or tournament.

Bout :

an assault at which the score is kept.

Button :

the safety tip on the end of practice swords.

Counter-attack :

an attack made against the right-of-way, or in response to the opponent's attack.

Cut : Coup de

an attack made with a chopping motion of the blade, landing with the edge or point.

Disengage :

a circular movement of the blade that deceives the opponent's parry, removes the blades from engagement, or changes the line of engagement.

Double :

in epee, two attacks that arrive within 40-50 ms of each other.

Dry Fencing :

also steam; fencing without electric scoring aids.

Engagement :

when the blades are in contact with each other, eg. during a parry, attack au fer, prise de fer, or coule'.

En Garde :

also On Guard; the fencing position; the stance that fencers assume when preparing to fence.

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Epee :

a fencing weapon with triangular cross-section blade and a large bell guard; also a light duelling sword of similar design, popular in the mid-19th century.

FIE : FIE (Fédération Internationale d'Escrime)

Federation Internationale d'Escrime, the world governing body of fencing.

Fleche :

lit. "arrow"; an attack in which the aggressor leaps off his leading foot, attempts to make the hit, and then passes the opponent at a run.

Flick :

a cut-like action that lands with the point, often involving some whip of the foible of the blade to "throw" the point around a block or other obstruction.

Foible :

the upper, weak part of the blade.

Foil :

a fencing weapon with rectangular cross-section blade and a small bell guard; any sword that has been buttoned to render it less dangerous for practice.

Forte :

the lower, strong part of the blade.

French Grip :

a traditional hilt with a slightly curved grip and a large pommel.

Guard :

the metal cup or bow that protects the hand from being hit. Also, the defensive position assumed when not attacking.

Hilt :

the handle of a sword, consisting of guard, grip, and pommel.

Jury :

the 4 officials who watch for hits in a dry fencing bout.

Lamé :

a metallic vest/jacket used to detect valid touches in foil and sabre.

Line :

the main direction of an attack (eg., high/low, inside/outside), often equated to the parry that must be made to deflect the attack; also point in line.

Lunge :

an attack made by extending the rear leg and landing on the bent front leg.

Match :

the aggregate of bouts between two fencing teams.

Middle :

the middle third of the blade, between foible and forte.

Parry :

a block of the attack, made with the forte of one's own blade.

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Piste :

the linear strip on which a fencing bout is fought; approx. 2m wide and 14m long.

Pistol Grip :

a modern, orthopaedic grip, shaped vaguely like a small pistol; varieties are known by names such as Belgian, German, Russian, and Visconti.

Plastron :

a partial jacket worn for extra protection; typically a half- jacket worn under the main jacket on the weapon-arm side of the body.

Point :

a valid touch; the tip of the sword; an attack made with the point (ie. a thrust)

Pommel :

a fastener that attaches the grip to the blade.

Press : Presser v.

an attempt to push the opponent's blade aside or out of line; depending on the opponent's response, the press is followed by a direct or indirect attack.

Red Card :

used to indicate repeated minor rule infractions or a major rule infraction by one of the fencers; results in a point being given to the other fencer.

Redoublement :

a new action that follows an attack that missed or was parried.

Referee :

also director, president; the mediator of the fencing bout.

Retreat :

step back; opposite of advance.

Right-of-way :

rules for awarding the point in the event of a double touch in foil or sabre.

Sabre :

a fencing weapon with a flat blade and knuckle guard, used with cutting or thrusting actions; a military sword popular in the 18th to 20th centuries; any cutting sword used by cavalry.

Salle :

a fencing hall or club.

Salute :

with the weapon, a customary acknowledgement of one's opponent and referee at the start and end of the bout.

Thrust :

an attack made by moving the sword parallel to its length and landing with the point.

Whites :

fencing clothing.

Yellow Card :

also advertisement, warning

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Red Daisy Petal

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