



ABINGDON FENCING CLUB

MEMBERSHIP PACK



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Abingdon Fencing Club Welcome Pack

Welcome to Abingdon Fencing Club!

The information contained in this pack will advise you all you need to know about Abingdon Fencing Club: how to join as a member, what to do once you're joined, the Rules of the Club, coaching, kit and competitions.

How to Join

It's easy to join the club. Simply fill out the membership form (Appendix A) and hand it to one of the committee members. You will also need to arrange to pay your subscription fee; fees can be paid in full to the end of the membership year or monthly by standing order. If you have never fenced before we recommend you take part in one of our beginner's classes.

Fees

Our membership rates are extremely competitive and we offer a range of subscriptions which are detailed below.

Category	Monthly Standing order	Annual (full year discount)	Visitor Fee*
Students#	£12.00	£144.00	£7
Adult	£18.00	£198.00	£10

*Non Club members paying the visitor is deemed acceptance of the club rules and have a current BFA membership.

#Students should be in full time education

To pay monthly, you can pay either fill out a Standing Order Mandate and return it to your bank or use the bank details on the form to set up a regular payment via online banking; see Appendix B for account details. If the name we know you by is different from the account name used to pay the fees then please include your name in the reference section to advise the treasurer who has paid.

The membership year runs from the 1st July and if the full annual membership is paid by the end of July, then the discounted rate applies. Annual fees for existing members paid after this date will be 12 times the monthly fee. You can pay by cash, cheque or online bank transfer (bank details can be found on the standing order form in Appendix B). Members joining part way through the year who prefer the simplicity of a one off payment can pay an amount equal to the monthly payment multiplied by the number of months left in the membership year. Participants in our beginner's courses who join the club at the end of the course qualify for a one month discount on the membership if they join and pay in full for the rest of the year.



How the Club works

Abingdon Fencing Club meets throughout the year on a Thursday evening in The Gym St Helens and St Katharine, Faringdon Road, Abingdon, OX14 1BE.

The junior section meets between 7:00 and 8:00 and adult section starts at 8.00. The adult session starts with a footwork and warm up session run by one of the coaches, this is followed by open fencing till 10.00pm.

All weapons are fenced within Abingdon Fencing club and the club has a number of electrical scoring equipment for members to use. All members are encouraged to help set up the equipment at the beginning of the evening and pack away at the end. The majority of club evenings are 'free play' against other fencers; usually on a first to 5, 10 or 15 hits depending on how busy the club is and how energetic you feel! Please help referee bouts if you're able and are not fencing. On occasions the club will arrange friendly competitions or matches against other local clubs. These will be advertised by email and on club nights.

The club has a wide range and variety of members, from beginners to advanced members. The club encourages beginners to fence other club members after the course finishes which will help you put into practice the skills which have been learnt from the course. If you're unsure about anything please ask.

Fencing Equipment

After completing the beginners course members are able to continue to borrow club equipment, but preference must be given to any courses which the club may be running. New members are encouraged to purchase their own equipment.

The basic kit required consists of the following:-

Mask, Plastron (Must be 800N/CEN level 2 for electric fencing), Jacket, Glove, weapon (connecting cables if electric fencing) and breeches. More advice regarding equipment required can be obtained from the coaches or one of the more experienced fencers. **Beginner kits are available to purchase and there is cost saving to made by buying one of these kits. Links to fencing kit suppliers are available via our website <http://abingdonfencing.org.uk/more.htm>**

Tracksuit bottoms can be worn for the beginner's course and for non-electric fencing. Any pockets must either be sealed either by buttons, zips, sewing closed or taped, as this will prevent fencing blades from being caught up and potentially causing an injury.



Coaching

Four week Intermediate and Advanced Courses

Novice Epée and Sabre course

This 4 week course introduces the fundamentals of fencing with Epée and Sabre and is aimed at relatively new fencers who want to try out these weapons.

Four week Intermediate and Advanced Courses

Intermediate courses are run throughout the year are intended to extend the skills of existing fencers. Our coaches will set the program for the course depending on the mix of abilities in the group. Fencers taking part in one of the weapon coaching groups should have completed one of our beginners' courses or have an equivalent level of experience.

Courses cost £5 per person per night in addition to club membership or visitor fee and is payable in full at the start of the course.

Individual lessons

Our coaches are available for lessons during the second half of the adult fencing session. These are offered as a private arrangement with the coaches and cost around £10 for a 20 minute lesson.

Juniors

Junior fencers usually fence within our junior class which runs from 7:00 to 8:00pm. The more experienced members of the junior class can stay on and fence in the adult section if the coaches feel they are of a sufficient standard. There is no extra charge for this if they have paid for the junior class. The number of spaces in the junior session is limited as we must maintain an appropriate coach to student ratio; if you know of a junior who wishes to start fencing then please speak to a committee member who can put them on the waiting list.

Competitions

Abingdon Fencing Club encourages its members to take part in competitions. Competitions provide fencers with the opportunity to meet and fence new people, and there's always a competition to match your age and experience.

In order to compete you need to be a full member of the British Fencing (BF). BF membership lasts for a year from the date of joining and allows you to compete in any domestic competition.

For information on BF membership, including current subscription fees and benefits, please visit <http://www.britishfencing.com/membership> .

Please talk to the match secretary for more information about local and national competitions.



Who is who in the club

Committee

The club is run entirely by volunteers, all of whom are current members of the club. We're always looking for volunteers – if you'd like to help out please talk to a member of the committee.

Position	Committee Member
Treasurer	David Zakhar
Secretary	Richard Wharton
Committee Member	James Drury
Club Welfare Officer	Andrew Banks



Appendix A - Abingdon Fencing Club - Membership Form

Please hand this form to one of committee members once completed..

First Name	
Surname	
Date of Birth (if under 18 only)	
If under 18, name of parent / carer	
Address	
Postcode	
British Fencing Membership No	
Email Address	
Home Telephone number	
Mobile Telephone number	
Emergency contact name	
Emergency contact number	
Medical Information Please details any important medical information Abingdon Fencing Club may need to know. This includes but not limited to items such as hearing impairment, learning disability, diabetes, epilepsy etc).	

Important Information

By Completing and returning this form, I acknowledge that by becoming a Member of Abingdon Fencing Club I am required to comply with the Rules of the Club. If I fail to comply with the requirements my membership may suspended or terminated.

I understand that it is my responsibility to keep the club updated with any relevant to changes to my information including emergency contact and medical details.

Abingdon Fencing Club may take photograph / video recordings of Club members taking part in fencing / other activities, I therefore consent to the club using appropriate photos and or video of me relating to the promotion and marketing of the club. I will bring to the clubs attention if I object to my photograph being taken and will then expect the club to make reasonable effects to prevent such pictures of me being taken. However, I understand that the club cannot guarantee this.

Abingdon Fencing Club will use the information provided to keep you informed of club events and the management and administration of the club.

Abingdon Fencing Club, its coaches, Instructors or members shall not in any circumstances whatsoever be under any liability to the applicant for any loss, damage or injury (including death) whether accidental or otherwise arising during or resulting from participation in fencing activities.

Signature (parent/carer if under 18)	
Print Name	
Date	



ABINGDON FENCING CLUB

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Appendix B - Standing Order Mandate

Please complete all boxes below and return to your bank or setup regular bank transfer via online banking informing the treasurer.

Account to be debited		Beneficiary details	
Bank Name		Bank Name	Lloyds TSB
Bank Address		Bank Address	Thame
Postcode		Beneficiary	Abingdon Fencing Club
Sort Code	__ - __ - __	Sort Code	30 - 98 - 56
Account Number	_____	Account Number	00979267
Account Name		Reference (name)	

Payment Details

Amount of First Payment £ ____.

Date of First Payment __ / __ / 20__

Amount of Usual Payment £ ____.

Amount of Payment in words _____

Date of Usual Payment 3rd Day of each Month

Customers Signature _____

Date _____