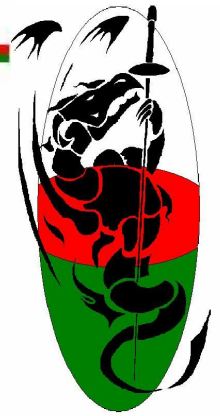


GWENT SWORD CLUB



NEWSLETTER: January 2006 (Happy New Year!)

Contact Details :

Colin Hyndman : 01633 213938 (Head Coach)
Catherine Fisher : 01633 263358 (Club Treasurer & Assistant Coach)

Peter Russell : 07973543451 (Club Secretary & Assistant Coach)
Gareth Price : 01633 790037 (Assistant Coach)

E-mails To:

Secretary@gwentswordclub.co.uk

Website : WWW.GWENTSWORDCLUB.CO.UK

Forthcoming Events:

8th January - Welsh Closed Epée Championships
14th January - Aldershot Open
18th January - Start of UWN Beginners' Course
21st January - British Youth Championships
22nd January - Welsh Youth Epée and Sabre
28th January - Plymouth Open
5th February - Welsh Youth Foil
12th February - Welsh team Foil Championships
19th February - Welsh Sabre Individual and Team Events
26th February - Turner/Kingston Cup (Intermediate Epee)

Welcome Back

Welcome back to another year of training with Gwent Sword Club! Last year saw a massive expansion in the club and we hope 2006 will bring equal success in distributing the age old message: that stabbing your friends is actually really quite fun! Projects and events for 2006 include: GSC Beginners DVD, Sabre Coaching at UWN and new foil Coaches qualifying. All exciting stuff - watch this space for updates.

Recent Results

Andrew McLeod
55th BUSA Nationals Foil
90th BUSA Nationals Epée
66th BUSA Nationals Sabre
Peter Russell
35th BUSA Nationals Foil
82nd BUSA Nationals Epée
65th Hereford & Worcester Open - Men's Foil
Oli Orchart
27th Hereford & Worcester Open - Women's Foil
Abi Difford
47th Hereford & Worcester Open - Women's Foil

Monmouthshire Building Society Grant

GWENT Sword Club have been awarded £954 towards equipment for the beginners' courses and novice fencers' equipment by the Monmouthshire Building Society Charitable Foundation.

The club bought ten sets of basic equipment at the start of the 2005-06 season in order to kit out beginners' classes to the new safety standards required by British Fencing.

This grant covers much of that cost, thus avoiding the need to increase subscription charges or course fees to fund our normal outlays.

Chairman Colin Hyndman said, "This is a major contribution to our efforts to recruit and encourage beginners, who are the lifeblood of the club. It will also free up funds to subsidise and encourage the extension of our coaching activities."

The Foundation, a registered charity independent of the building society, has supported more than 50 organisations within a 25-mile radius of Newport since its foundation in 2000.

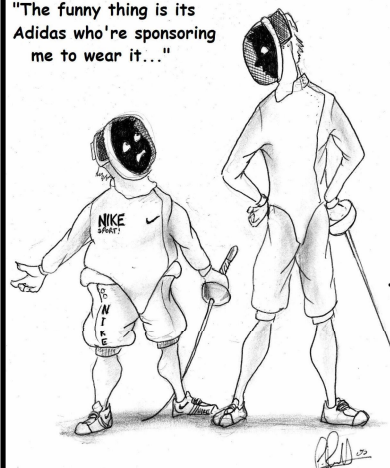


January Beginner's Course

GSC will be running an 8 week Beginners' Course starting on Wednesday the 18th of January at our UWN venue. Remember these courses are the only way for new fencers to become GSC members and spaces are limited. If you know anyone looking to get into the sport ensure they book their place early. Once beginners have completed the course they will qualify for full membership and can train at any GSC venue. See page 2 of this newsletter for the relevant entry forms.

For further information concerning the course visit: www.gwentswordclub.co.uk/beginners.php or contact a member of the coaching team in club or on 07973543451.

"The funny thing is its Adidas who're sponsoring me to wear it..."



GSC Members at Cadet Winton

Gwent Sword Club members Olivia Orchart and Abi Difford each played important roles for the Wales under-17 regional team in the Cadet Winton competition at Millfield School, Somerset.

Wales finished fifth of the nine regions overall but the girls' foil team - including Abi - were third, and the girls' epee team - including Olivia, although last year she competed at foil - were fourth, with Wales winning five matches and losing three in each case.



The Welsh Teams - Above 2nd from left: Oli Orchart
Below 2nd from right: Abi Difford



BFA Regulations

A reminder to all GSC fencers: in accordance with BFA regulations from the 1st of January all fencers using electric weapons (whether on the box or not), épées or sabres are required to wear at least CEN level 1 breeches. Sports trousers with taped pockets are permissible for steam (non-electric) foil only. To purchase breeches please consult a member of the coaching team.

Wednesday Sessions 2006

Below are the training times for the first 2006 Wednesday sessions. You will find these are more erratic than last season due to university activities, so please keep a copy of these times for future reference.

- 4th Jan (Sports Hall 8-9pm)
- 11th Jan (Sports Hall 7-9pm)
- 18th Jan (Sports Hall 8-9pm)
- 25th Jan (Sports Hall 7-9pm)
- 1st Feb (Main Hall 6:30 - 8:30pm)
- 8th Feb (Main Hall 6:30 - 8:30pm)
- 15th Feb (Main Hall 6:30 - 8:30pm)
- 22nd Feb (Main Hall 6:30 - 8:30pm)
- 1st Mar (Sports Hall 8-9pm)
- 8th Mar (Main Hall 6:30 - 8:30pm)
- 15th Mar (Sports Hall 8-9pm)
- 22nd Mar (Main Hall 6:30 - 8:30pm)
- 29th Mar Sports Hall 8-9pm)
- 5th April (Main Hall 6:30 - 8:30pm)

The UWN sessions offer an excellent opportunity for GSC members to get a lot of extra competitive fencing practice. We also have a sabre coach available for those looking to expand their fencing into a new weapon.

Welsh Team Foil Championships 2006

12th February, in Sophia Gardens, Cardiff

This excellent local competition is an excellent opportunity for those looking to improve their fencing and have great fun while doing so. The Competition consists of teams of three fencers, each of these will fight every opponent on other team, with the first team to reach 45 point claiming victory! Last year Gwent Sword Club entered 3 teams and claimed two medals!

This year we hope (expect :D) to do even better. If you're interested in getting onto one of this year's teams please contact a member of the Coaching Team.



Some GSC competitors from last year's teams

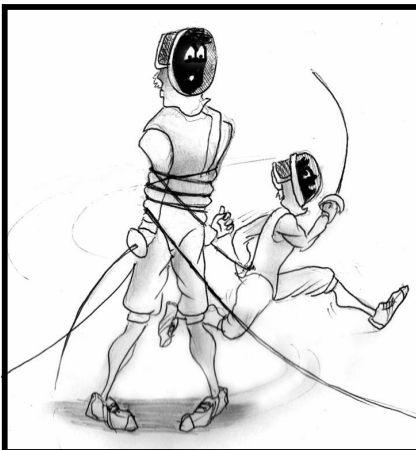
Hooded Tops

A reminder to anyone interested in getting one of the new club hooded tops: I have once again included an order form (bottom of this page) and this needs to be returned with full payment, to either me in club, or to the address below. It makes things far easier if we can order in bulk, so please return the forms ASAP. Thank you for you co-operation.

Cheques payable to P Russell, to 19B Miskin Street, Cathays, Cardiff CF24 4AQ

GSC Christmas Course

On the 28th, 29th and 30th of December Gwent Sword Club ran its Christmas Performance Course. Coached by Colin Hyndman, Lynne and Warren Melia, the course consisted of fitness, footwork and bladework lessons which were extremely useful for all those attending. If you missed the course but would be interested in improving your fencing through such events please speak to a member of the coaching team.



GSC Christmas Party

On the 15th of December GSC had its 2005 Christmas Party at the Groes Wen pub. The evening was a great success, bringing together fencers from all three venues and promoting civilised conversation (so long as you didn't listen too closely :)) while enjoying excellent food and drink.

The next social will be our annual Easter Gathering, which links with the Gwent Sword Club Championships. Watch this space for further details.

Gwent Sword Club Committee 2006

The list on the right indicates the current GSC Committee. Two positions are currently available for those interested in becoming involved with the administration of the club. Those interested would need to attend regular club meetings and co-ordinate their activities with the rest of the committee. For more information concerning these positions speak to a committee member in club or contact: 07973543451.

- Chairman - Colin Hyndman
- Treasurer - Catherine Fisher
- As. Treasurer - John Washborne
- Secretary - Peter Russell
- Press Secretary - Carl Difford
- Legal Secretary - Matthew Pope
- Web Co-ordinator - Andrew McLeod
- Medical Advisor - Mike Kocan
- Committee Member - Gareth Price
- Committee Member - Tim Jones
- Publicity Secretary - VACANT
- Social Secretary - VACANT

GWENT SWORD CLUB - Hooded Jacket Order Form

(Please PRINT clearly)

Return these forms in a sealed envelope to Peter Russell. Please enclose appropriate payment. Thank you.

NAME _____ TEL: _____

I require a: SMALL(£20) MEDIUM(£20) LARGE(£22) EXTRA LARGE(£22)

I Enclose a cheque/cash to the value of: £ _____ Signed: _____

Return this form with appropriate fees (payable to Gwent Sword Club) to Mr Peter Russell, 19B Miskin St, Cardiff CF24 4AQ (Tel:07973543451)

GSC Beginners' Fees: Adult £42 Child/Student £32

WELSH FENCING MEMBERSHIP APPLICATION FORM

(Please PRINT clearly)

First Name: _____ Surname: _____ DOB: _____ Please circle: Male / Female

Address: _____ Post Code: _____ Tel: _____

Mob: _____ E-mail: _____

I agree to abide by the Welsh Fencing Constitution including the rules on amateurism and doping control. See www.welshfencing.org for details.

Signature _____ Date _____

Individual must sign or Parent/Guardian if under 18 years