

# GWENT SWORD CLUB

news

September / October 2008

## **STOP PRESS:**

**Congratulations to Rhys Melia for his selection for the European Junior Championships in Amsterdam next month.**

## **New season**

Welcome to the new fencing season, especially to newcomers to the club. Don't forget you can fence at any or all of our venues: Newport (Mondays 7.30-9.30pm), Caerleon (Wednesdays 6.45-8.15pm) and Chepstow (Fridays 6.30-8.30pm).

## **Subscription fees**

A reminder that fencing sessions now cost £5 each (£4 for under-18s, full-time students and OAPs), but that this is reduced to £4 (£3) if you buy an annual membership card. Cards cost £20 (£15) for a full calendar year and you can buy them from the secretary or order them from any club officer.

## **Fitness sessions**

The first part of each session at Chepstow on Fridays will now concentrate on fitness, with the emphasis on exercises relevant to fencing. However, the initial fitness part of the Chepstow sessions are now open to all - this is aimed particularly at anyone accompanying fencers to club sessions but not so far taking part. Thanks to a grant from Health Challenge Monmouthshire, anyone joining just the fitness part of the session can do so for free - then it's down to club members to persuade them to take up fencing!

## **School Games**

Well done to George Orchart and Abi Difford for representing Wales in the recent UK School Games in Bath, also to Olivia Orchart and Rhys Melia for refereeing in the three-days of competition. Next year, the UKSG will be in South Wales and younger fencers now entering competitions ought to be making that their goal for 2009. The multi-sports event lasts for nearly a week and is a great experience for any young sportsman or sportswoman - just ask any of the four above.

## **Competitions**

Forthcoming competitions include:

September 27: **Welsh intermediate epee**, Cardiff (suitable for all epeeists except recent internationals)

September 27/28: **Shropshire Open** (good-quality open competition, suitable for all competitive fencers)

September 28: **Welsh intermediate foil**, Cardiff (suitable for all foilists except recent internationals - good event for those new to competition)

October 4/5: **Ashton Open**, near Manchester (lower-quality open)

October 4/5: **Sussex Open** (lower-quality open, foil and epee only)

October 4: **British Cadet Championships**, Sheffield (under-17s' 'nationals')

October 5: **British Junior Championships**, Sheffield (under-20s' 'nationals')

October 11: **Leicester Open**, Stratford (good-quality open competition)

November 8/9: **Welsh Open**, Cardiff (top-quality open competition, but close to home)

Carl Difford, secretary