

GWENT SWORD CLUB

NEWSLETTER: July 2006



Contact Details :

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

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

E-mails To:

secretary@gwentswordclub.co.uk

Website : www.gwentswordclub.co.uk

Forthcoming Events

7-11th August - UWN Junior Summer Course
29-31st August - Team Melia Fencing Course
2nd September - Essex Open 6W
8-10th September - UK School Games
16-17th September - Bristol Open 6W
17th September - Welsh Intermediate Foil Champs
20-25th September - Commonwealth Champs
30th September - BYC Epee/Sabre Qualifier
30th September - Sussex Open (MF,ME,WF,WE)
September - Monday sessions restart

Norfolk Open

Gwent Sword Club has yet another fencer making the senior British rankings, with Ceri Richards earning his first points with 39th place in the Norfolk Open men's foil, the last open of the season. Although knocked out in his DE, Ceri entered the plate competition in which he won his way through to the final.

Clubmates Andrew McLeod and Peter Russell boosted their rankings by finishing 15th and 19th, respectively.



British Senior Nationals

AN IMPRESSIVE 11th place in the British Senior National Championships earned Gwent Sword Club's Rhys Melia a call-up for the Welsh team in September's Commonwealth Championships in Belfast.

It took British foil champion Richard Kruse - who recently won a silver medal in the European Championships - to knock out the 16-year-old in the last 16, and even then Melia went down fighting, losing 15-9, the same score as Kruse defeated Welsh champion David Mansour in the final.

Having finished above two of the men's foilists pre-selected for Wales at the Commonwealths, Melia was added to the squad, joining his older brother, Jamie, who is in the epee team.

The teenagers' mother, Lynne, also of Gwent Sword Club, finished 38th at women's foil in the National Championships, with 15-year-old club mate Abi Difford 60th.



Rhys Melia (left) and brother Jamie (right)

World MediGames

Gwent Sword Club fencer Mike Kocan recently entered the World Medigames (for health professionals) in Florence, Italy.

Mike returned with silver from the age 45-55 epee competition and bronze from the foil for the same age group. He also won a bronze medal for judo!



UWN Beginners

Congratulations to those who recently passed the Gwent Sword Club Beginners' System at our UWN venue!

All 15 Beginners passed their theory and practical assessments, many of them with extremely impressive demonstrations of their knowledge and technique. Now full members of the club they welcome to train at any of our venues.

Especially encouraging is the number of young people becoming involved in the sport. All have a great potential to achieve much and benefit from the sport.

Coaching Training at Denstone College

Between the 16th and 22nd of July Gwent Sword Club Coach Peter Russell attended the BAF Coaching Course at Denstone College. A week of intensive training and hard work culminated in an examination day. Peter passed his Level 2 Epee with Credits in all sections.

Epée lessons will now be available at Gwent Sword Club's Wednesday sessions and on other nights by prior arrangement.

Coaches looking to improve their abilities would benefit greatly from attending the next BAF Easter Course. Visit - http://www.baf-fencing.org/html/easter_course.html



Coach training at Denstone College



(top) Ceri battles in the Plate, (below) GSC's Peter Russell, Ceri Richards and Andrew McLeod

Gwent Sword BBQ

On Sunday the 23rd GSC had a BBQ at Cwmbran boating lake. Both the weather and the food were excellent and everyone had a great evening.



Team Melia - Summer 2006 Pre Season Training Camp

This course aims to prepare you for the new season by giving you an intensive 3 days of training, incorporating fitness; speed and agility; weapons drills; tactical exercises and sparring. We have access to the swimming pool for the last hour of each day, for a fitness and cool down fun session. If you are interested in attending the course contact a member of the coaching team (contact details on front page) for relevant forms.

Coaches: (Foil) Lynne Melia, Colin Hyndman, Peter Russell
(Epee) Matt Haynes

Course details:

Venue: Holy Trinity School, Worcester

Dates: 29th, 30th and 31st of August

Cost: £25 per day or £60 for 3 days

Please note: Local B&B accommodation can be arranged if necessary and transport can be organised with notice.



GSC Coach Lynne Melia

International News - Kruse wins European Silver Medal

Congratulations to Richard Kruse who came second in the Senior European Championships in Izmir, Turkey held from 2-9 July.

Richard reached the top 8 at the Athens Olympic Games and went a stage better in Turkey, where he topped his opening round with 5 wins out of 5 and then, in the Direct Elimination stage, he won three very tough fights against Barrera (Italy), Majewski (Poland) and Coutant (France) to reach the top 4. In the semi-finals he easily defeated the reigning Olympic Champion, Brice Guyart of France before losing to the veteran German fencer Ralf Bisssdorf for the Gold Medal.

Kruse's Silver Medal was Britain's first European medal since 1936 and its first medal at a major championships since 1965. This was an important milestone for Team GB since it shows that Richard can reach the podium at a major event, winning several back-to-back d/e fights on the way and also specifically that emphasis on his strength and conditioning has worked well since he was notably better able to cope with the full 9-minute fights than either of the French fencers and he pulled away to win over the final 3-minute period in all his winning fights.



Kruse R (GBR) v. Cassara A (ITA)-Athens Olympics 2004

Graham Watts

(from www.britishfencing.com)

Sponsorship

ELECTRIC fencing at Gwent Sword club has been given a boost by local electricity supply company Western Power Distribution and the Sports Council for Wales.

The club has secured a one-year sponsorship deal with Western Power Distribution, which has been bolstered by the Sports Council for Wales' Sportsmatch Cymru scheme, resulting in a total cash influx of £1,567.

The club will use this money to buy a new three-weapon electric scoring box and spools, to fund club competitions in the 2006-07 season and to hold taster sessions and other initiatives to encourage more people to take up fencing with the Gwent Sword Club.

Western Power Distribution is the electricity distribution company for South West England and South and West Wales; Sportsmatch Cymru is an Assembly-funded business incentive scheme aimed at encouraging commercial sponsorship into grassroots sport.

Gwent Sword Club is extremely grateful to both organisations for their support.

WESTERN POWER DISTRIBUTION



UK School Games Update

Another GSC fencer has been selected to compete at the inaugural UK School games. Abi Difford will join her club mates Olivia Orchart and Rhys Melia in Glasgow this September. The games are due to be held annually in the lead up to the 2012 Olympic Games in London.



UWN Junior Summer Course 2006

From the 7th to the 11th of August Gwent Sword Club coach Peter Russell will be running the UWN Junior Summer Course at the university campus in Caerleon.

This five day course is open to anyone under the age of 16 and is a great introduction to the sport. More advanced fencers are welcome to join the course to sharpen up their technique and keep up to speed over the summer period.

Course Details:

Start : 7th of August

End : 11th August

Times: 09:00 - 12:30

To attend this course contact the UWN Sports Centre on:

01633 432933



Fencers from this year's Easter Course

BAF/BFA Joint Statement

The President of British Fencing, Keith Smith, and the President of the British Academy of Fencing, Philip Bruce, are pleased to announce that the British Academy of Fencing is once again an Associate Body of British Fencing.

Both organisations have worked long and hard to bring this historic agreement to fruition. There has been much 'give and take' on both sides but, eventually, for the good of fencing and especially coaching, both organisations have reached agreement on the terms and conditions. It makes sense to work together to make our sport as popular and successful as it deserves.

The future success of fencing relies heavily on the goodwill and cooperation of all coaches, both amateur and professional. With this cooperation, there is now a bright new future and a great potential for success. The BFA and the BAF will continue to work together to bring about that success.