



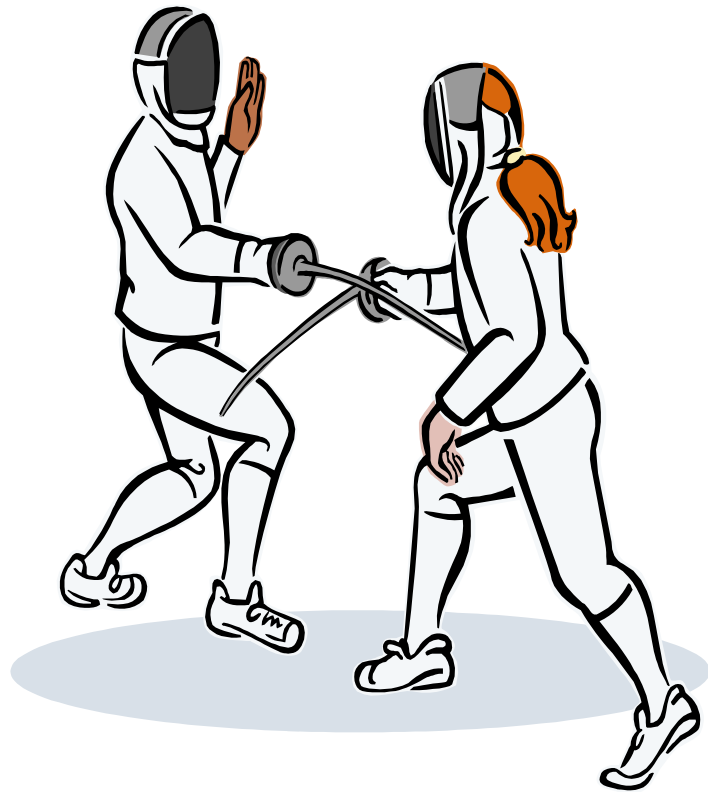
LFY Fencing Club

Welcome!

The Lawton Family YMCA is proud to offer you a new and exciting program: Fencing! We offer instruction in everything from the very basics of fencing epee, foil, and sabre all the way up to advanced tactics and footwork! We will be hosting as many local and attending as many regional tournaments as possible. We have recently reformatted our program to support a club team which will assist in the instruction of classes as well as compete in tournaments in Oklahoma and Texas. So, please come and join us and try something new at the Lawton Family YMCA Fencing Club!

Sincerely,

Joseph Broman
YMCA Sports Director



What is Fencing?

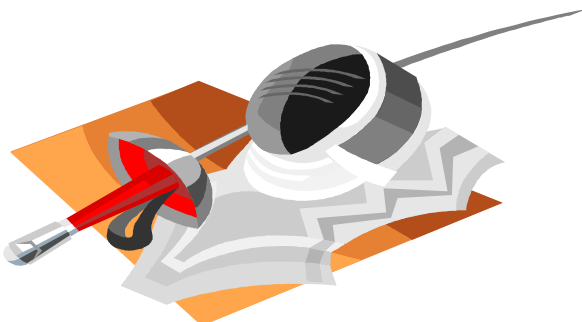
Olympic fencing (or simply "fencing") refers to the fencing seen in most current competitions, including the Olympic Games and the World Cup. Competitions are conducted according to rules laid down by the Fédération Internationale d'Escrime (FIE), the international governing body. These rules evolved from a set of conventions developed in Europe between mid 17th and early 20th century with the specific purpose of regulating competitive activity. The three weapons used in Olympic fencing are foil, épée, and sabre. In competition, the validity of touches is determined by the electronic scoring apparatus and a set of rules called right of way, so as to minimize human error and bias in refereeing. In the United States, athletes compete at a local and national level. At a local level, athletes may register for tournaments in their division via a website called "Askfred.net."^[5] At a national level, athletes compete in tournaments called "North American Cups", or NAC's for short^[6]. At these tournaments, competitors fence each other depending on what age group or division they are in. Some of the age groups are Y12 (Youth 12, or 12 or younger), Y14, Junior (20 or younger), and Cadet (16 or younger). In fencing, your rating represents how good you are in general. Fencers can be rated A through E (A being the highest and E the lowest) or U if they have not yet earned a rating ("unrated").

Fencing Equipment

To participate at the LFY Fencing Club you will need the following:

1. T-shirt
2. Shorts
3. Tennis Shoes
4. A positive attitude!

**Safety equipment provided by the Lawton Family YMCA



Club Schedule

Club: The LFY Fencing Club is located at Washington Elementary School, 805 NW Columbia Ave., and holds regular meeting times every Tuesday and Thursday from 6 PM—9 PM. Parking is available behind the school on the corner of NW Dearborn Ave. and NW 8th St. Monthly club fees of \$25 include the following benefits:

1. Free group classes and discounted individual lessons
2. Individual and team practice sessions
3. Recreational and competitive fencing

Group Classes & Individual Lessons: Lessons will be offered in the instruction of beginner—intermediate—advanced sabre, beginner—intermediate foil, and beginner—intermediate epee. Group classes will be offered during club hours from 6pm—8pm and individual lessons may be scheduled in advance with an instructor at any day or time. Please refer to the following times for group classes taught at the LFY Fencing Club:

	Tuesday	Thursday	Instructor
6:00 PM	Beginning Sabre	Beginning Sabre	Ken D’Aura
	Beginning Foil & Epee		Joe Broman
7:00 PM		Beginning Sabre	Ken D’Aura
	Intermediate Sabre		Joe Broman

Tournaments: Competitions are optional and not a requirement for participation at the LFY Fencing Club. However, there are several competitions offered throughout the Oklahoma and Texas region that the club will be attending. If you are interested, please speak to one of the club officers for more information.

Additional Information

For information about fencing and any questions or concerns you have please feel free to contact the Lawton Family YMCA’s Sports Director Monday through Friday between the hours of 9 AM and 5 PM.

Joseph Broman
Sports Director

Lawton Family YMCA
5 SW 5th St
Lawton, OK 73501

P: 580-355-9622
F: 580-355-9625
C: 580-512-9360

jbroman@lawtonfamilyymca.org



LFY Fencing Club

Registration and Contact Information

Participant's Name _____

Age _____

Home Address _____

City _____ Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email Address _____



Group Classes

Group classes will be offered every Tuesday and Thursday from 6 PM—8 PM at Washington Elementary School. Beginner sabre will be taught on Tuesday and Thursday at 6 PM and Thursdays at 7 PM. Beginner foil and epee will be taught on Tuesdays at 6 PM. Intermediate Sabre will be taught on Tuesdays at 7 PM. Classes will run during regular club hours, but only club members are permitted to use club equipment or recreationally fence after their class has ended.

****Please mark down the number of classes in which you wish to participate under the attendance column**

	Tuesday	Attendance	Thursday	Attendance
6:00 PM	Beginning Sabre		Beginning Sabre	
	Beginning Foil & Epee			
7:00 PM			Beginning Sabre	
	Intermediate Sabre			

Pictures

By signing your name below you are giving consent for you and/or your child's picture to be taken and used solely for promotional purposes by the Lawton Family YMCA.

Signature _____

Date _____

Program Fees

YMCA member rate: \$2.50 per class
 Non-YMCA member rate: \$5.00 per class
OR Club Membership: \$25.00 per month

Receipt Number _____

Amount Paid _____

Staff Initials _____

**Lawton Family YMCA
Release and Waiver of Liability**

You have registered for a Lawton Family YMCA program that includes physical activity. Because this program includes physical activity, completion of this Waiver of Liability is required.

THIS DOCUMENT IS A RELEASE OF CLAIMS, AND BY SIGNING IT YOU DO THE FOLLOWING:

1. Acknowledge that when performing the physical activities related to this program, you may suffer injury.
2. Represent to the Lawton Family YMCA that you are in good health and physical condition, sufficient to engage in such activities and that you are not suffering from any condition that would prevent you from engaging in such activities or that make your engagement in such activities potentially dangerous or harmful.
3. ASSUME THE RISK OF, AND RELEASE AND HOLD THE LAWTON FAMILY YMCA, HARMLESS FROM, ANY LIABILITY FOR ANY PHYSICAL OR OTHER INJURY OR HARM SUFFERED BY YOU DURING, OR AS A CONSEQUENCE OF, PARTICIPATION IN THE PHYSICAL ACTIVITIES REQUIRED IN THE CURRICULUM FOR THIS PROGRAM AND YOU AGREE THAT NEITHER THE LAWTON FAMILY YMCA NOR THE ANY OTHER PERSON INVOLVED IN THE ORGANIZING OR TEACHING OF THIS COURSE, SHALL HAVE ANY LIABILITY OR RESPONSIBILITY FOR ANY SUCH INJURY OR HARM.

Program Name Fencing Department Sports

I have carefully read, understand, and affirm that I am in good health and physical condition, and am signing this of my own free will. I agree to all of the foregoing.

Participant Name _____

Participant Signature _____ Date _____

**If less than 18 years of age, a parent or guardian must sign this form.

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____