



## RSC News

### December 2016

#### **Beginners' classes**

Our next courses begin on **Tuesday 10<sup>th</sup> January**. If any members know anyone who may be interested please spread the word.

#### **Senior Training**

We are very fortunate to have the help of two of region's top coaches at our senior sessions. John has been running group lessons on most Tuesday evenings, and Allan is with us on Wednesdays for individual lessons. Both forms of lesson can be a big help in developing technique, achieving better results and ultimately getting more enjoyment from your fencing. Members are welcome on both nights, so please make the most of them. There is still plenty of time to spar on the boxes as well!

#### **Competition Results**

A small contingent from RSC entered the Leeds Open in November, collecting some national ranking points for their efforts. In the men's foil Chris finished 31<sup>st</sup>, Ian T 37<sup>th</sup> and Ian S 59<sup>th</sup> from a field of 72. Jenna was 10<sup>th</sup> of 30 in the women's foil. Not content with one day of fencing, the two Ians went on to have a crack at the epee event on the Sunday finishing 66<sup>th</sup> (Ian S) and 68<sup>th</sup> (Ian T) out of 73.

#### **Club friendlies**

Well done to all those who took part in the friendly matches against Woodhouse Eaves and Chilwell recently. RSC fencers produced some good performances and did well with the challenge of figuring out some new opponents. We will try to organise more of these events in the New Year.

#### **LPJS Robin Hood Foil**

On Saturday 3<sup>rd</sup> September we hosted the Robin Hood Foil as part of the LPJS Series. Many thanks to all those who helped with setting up and clearing the hall, refereeing, running DT, posting results and generally keeping the show on the road. We have received many positive comments from visiting parents and coaches from other clubs and this all reflects well on RSC. We already have a date in the diary for next year, so hope to be able to run an even bigger and better event.

#### **EMBI 2017**

The 2017 East Midlands Beginner and Intermediate competition will be held at Clifton Leisure Centre on Saturday 11<sup>th</sup> Feb. This is an event designed for less-experienced fencers, so if you are relatively new to the sport and have not yet tried entering a competitive event, this is an excellent place to start. Entry forms are available via the club website.

#### **Nottinghamshire Sports Awards**

Congratulations to Jenna on being short-listed in the Community Coach of the Year section of the Sport Nottinghamshire Sports Awards for 2016. Now in their 25th year, the prestigious awards set out to recognise the best of Nottinghamshire sport, from elite athletes to local clubs and community volunteers. Jen's nomination is a reflection of the continued development of the junior section. Thanks to Jen and all the coaches involved in running the section for their hard work.

## Junior Section

What a year!!

This year has seen two more fantastic beginners' courses. Huge congratulations to both Sean and Laura - all your hard work and love for the sport shines through. We welcome some new members into our fencing family from these beginners' courses and we hope you continue to enjoy fencing and begin to love it as much as we do.



Sadly we had to say goodbye to one of our junior coaches, Allan, as work commitments have changed his available time, but we do welcome back one of our other senior coaches, John, who continues to train one of the groups (and the other coaches).

Well done to all our junior members who have been out competing this year. It's been a pleasure to be able to go with and support you while you've been competing. We have seen some excellent results involving medals at the LPJS competitions as well as the BYC qualifier and the East Midlands beginners, intermediates and junior competition. There is definitely an improvement in the standard at which you are now fencing so well done for all your hard work over the year. Roll on 2017!!

The Cadet Winton runs the weekend before Christmas. Congratulations to Izzy, Olivia and assistant coach Laura who have been selected for the East Mids Women's Foil team again this year. It is a massive achievement that you all very much deserve - well done! Coaches Jenna and Ian will also be

travelling down for the weekend to support the teams. It's an excellent competition that you should all be striving to be selected for.

Club kit is being ordered at regular intervals and it's wonderful to see so many of you wearing it. If you're interested in a hoody, T-shirt, polo shirt, tracksuit top or bottoms please let Jenna know. There is an order in process so it's not too late if you wish to add something to it.

Well done all keep up the hard work! Wishing you a very Happy Christmas and New Year!! We're back on the 3<sup>rd</sup> January - looking forward to seeing you all then!!

