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EDITOR'S NOTE. Please let me have your articles otherwise you will just keep getting my verbiage. Better still we need a keen, productive volunteer to take on the role. Just let Malcolm know who you are.

The AGM 2008 happened.

A small but dedicated group of members turned out on a Sunday afternoon to review our situation, discuss our vision for 2008 and appoint our Committee. We have come through a difficult time and had to take some bold decisions for the future of the club. Our move to Malvern now looks like a good one, as we grow and put behind us some of the losses incurred during the second half of 2007. We recognised that we were fortunate in finding a good venue and convenient time of evening for our training sessions.



Squad member Amy Radford at Junior World Cup event, Lignano Sabbiadoro, Italy December 2007

YOUR CLUB COMMITTEE

Chairman: Malcolm Fare
 Hon. Secretary: Carrie Ann Westlin
 Hon Treasurer: John Haynes
 Committee: Caryn Hall
 Simon Webb

OTHER ROLES

Membership: John Haynes
 Club Captain: Simon Webb
 Coaches: Nick Soper
 Simon Webb
 John Haynes

As we work towards Clubmark status we need people to fulfil other roles (e.g. key contact for managing child welfare issues, persons to help us adopt an equal opportunities/sports equity policy). **Please contact John Haynes if you wish to volunteer or help in any way.**

H&W County Epée squad at Worcester Fencing

Since the start of the year the Hereford & Worcester County Epée Squad has come fortnightly to train at Worcester Fencing. This is part of an initiative started in 2006 by the H&W County Fencing Union to assist our best young GBR fencers with their development by providing regular training sessions and additional coaching to complement the work they do at their

clubs and international squads. H&W CFU invites talented young foil and épée fencers from the County to join the Squad, which is managed by County Captain, Sam Stockley. It met weekly throughout 2007 at Haybridge School. This year the Foil squad continues to meet there led by coach, Lynne Melia. The Epée Squad is led by Matthew Haynes from Colwall, who is now coaching at Northumbria University. Experienced fencers are invited to come as visitors to train with the Squad. For profiles of Squad members and more information contact Sam Stockley. See <http://www.one4all.plus.com/hwsquad1.html>.

A growing band of Musketeers

Last month we had to address a welcome problem. We had a shortage of kit in extra large and in small sizes as a result of a surge of new members most being U13. With the purchase of a few items and kit borrowed from Simon and John we managed to fix the problem for now and we are seeking funding to buy more kit of our own. Meanwhile Ella, Claire, Hannah, Kathryn, Charlotte, Darren, Daniel, Joe, Luke, Michael and Alec are a keen group, who are quickly picking up basic foil fencing techniques. It's also good to have some mums and dads participating in the group and a real

bonus to have help from those who have returned to fencing.

Visit a fencing tournament

Now is a good time of year to see some quality fencing in this part of the Country or better still do a local competition. See H&W CFU Calendar and details at <http://www.one4all.plus.com>.

The Jubilee Foil is a good first competition for all ages and the County Championships are more fun than serious until the last few places, when the real contenders move into top gear. Young foilists, who have mastered the basics, might want to do some of the events at Winterfold or Bromsgrove. John or Simon can give you advice on these and other events but do not forget that you will need to join British Fencing as full or Junior members. Social membership does not cover you for competitions and responsible organisers will in any case need to see your membership card before they let you participate.

Entry is almost always free for spectators to fencing tournaments and this month there are some excellent opportunities nearby: National Veterans Association (NVA) Fencing Championships. at Gloucester on 7th -9th March; Birmingham Int'l Open Tournament on Easter Saturday and Sunday; the Modern Pentathlon World Cup event at Millfield School, Somerset on 27th-29th March, where you can see Olympic class athletes fencing, shooting, swimming, riding and running. See www.mpagb.org.uk. John will be refereeing at all these events and can supply further details.



Epeeists in action at the H&W Open 2007

Beginners' Corner

You cannot score by repetitive parries on your opponent's blade!

Situation: You have all the kit on; you are holding your foil correctly with thumb on top; you have learned simple attacks and parries but when faced with an opponent you don't seem to win hits. You want to know how you can improve.

Tips and wrinkles:

1. Watch other fencers and see what they do to win points and perhaps more importantly watch novice fencers who are losing hits and try to see why.
2. Make sure you are attacking and landing the point on the target area.
3. Use your feet to close distance. If you lean in when making an attack your point can go off line and miss the target.
4. To score at Foil you have to establish right of way EITHER by starting your attack (i.e. straightening the sword arm to advance the point towards the target) before your opponent OR by making an attack immediately after deflecting your opponent's blade (i.e. a parry and riposte).
5. Open up your target area to tempt your opponent to attack first so that you can take a parry and riposte to win the point.

HAVE FUN GET FIT GO FENCING



MALVERN HILLS SWORD FENCING

for Musketeers (8 to 13 years)

and

WORCESTER FENCING CLUB

for Cadets/Juniors/Adults/Veterans ~ Men/Women
~ Foil/Épée/Sabre ~ experienced fencers and beginners

Both these Sections of Worcester Fencing meet each

Wednesday evening from 7 p.m. in the new Sports Hall at Dyson Perrins School, Yates Hay Road, Malvern, WR14 1WD ~ Tel. 01684 572645

Come along for a FREE induction evening

For details see: www.one4all.plus.com

or phone Simon Webb 01684 567500;

Malcolm Fare 01684 311197 or John Haynes
01684 540594