



Sydney Boys High School Fencing

Training Program Policy

Changes to the training program for 2019 onwards: Training sessions split into Beginner, Intermediate and Advanced squads.

SBHS will be moving towards a Foil focused program for beginners and recreational fencers with electives in Epee and Sabre available for experienced and accomplished fencers. Try-outs will be conducted at the beginning of the season to determine the program intake for the year.

School Sports training sessions will remain the same for Senior and Junior sports on Wednesdays and Thursdays respectively. Extra training sessions will be divided into three groups: Beginner, Intermediate and Advanced squad sessions. Students will be objectively assessed and ranked by the coaching team at the start of the season to determine which group they will join for training. At the discretion of the coaching team, students can move between squads based on their performance if their rank significantly changes during the season.

The move towards a tiered training system is based on best practices of other successful sports programs within the school. This change will help us be more efficient and competitive for the future development of the program by allowing experienced fencers to capitalise on extra training with similar ability peers and more time for focused attention with the coaches.

Proposed Training Timetable summary:

	Monday 3:30pm - 5pm	Tuesday 3:30pm - 5pm	Wednesday 1pm - 3pm	Wednesday 3:30pm - 5pm	Thursday 1pm - 3pm	Thursday 3:30pm - 5pm	Saturday 8am - 12pm
Junior Beginner (yr 7-9)				Training Session	Junior Sport		
Junior Intermediate (yr 7-9)					Junior Sport	Training Session	Compete
Junior Advanced (yr 7-9)	Training Session				Junior Sport	Training Session	Compete
Senior Beginner (yr 10-12)			Senior Sport	Training Session			
Senior Intermediate (yr 10-12)			Senior Sport			Training Session	Compete
Senior Advanced (yr 10-12)	Training Session		Senior Sport			Training Session	Compete

1. Squad levels defined

Beginners training (for new and recreational fencers):

- Fencers are expected to attend 2 training sessions per week:
 - 1 senior/junior Sports session (everyone trains together)
 - 1 Beginners/recreational fencers after school training session
- Fencers will focus on Foil skills - including footwork, bladework, coordination, agility and fitness skills.
- Fencers are not expected to compete in Saturday inter-school competitions/fixtures and/or friendlies – However, fencers may be required to participate in internal school program competitions for grading and training (e.g. SBHS Newbie Trophy) - usually scheduled on a Saturday.
- 20 Award Scheme Points for full attendance of training sessions for Beginner fencers (first time fencers in the SBHS Fencing program).
- 10 Award Scheme Points for full attendance of training sessions for non-beginner fencers (recreational fencers).

Intermediate squad:

- Fencers are expected to attend 2 training sessions per week:
 - 1 senior/junior Sports session (everyone trains together)
 - 1 Intermediate squad after school training session (option for other weapons)
- Fencers can pursue an elective weapon (Epee and/or Sabre) if they make the relevant team (merit based selection).
- Fencers are expected to be available to compete and/or referee in Saturday inter-school competitions and attend all friendlies and fixtures.
- 20 Award Scheme Points for full attendance of training sessions/Saturday commitments.

Advanced squad:

- Fencers are expected to attend 3 training sessions per week:
 - 1 senior/junior Sports session (everyone trains together)
 - 1 Intermediate squad after school training session (option for other weapons)
 - 1 Advanced squad after school training session - for First Grade squads
- Fencers can pursue an elective weapon (Epee and/or Sabre) if they make the relevant team (merit based selection)
- Fencers are expected to be available to compete and/or referee in Saturday inter-school competitions and attend all friendlies and fixtures.
- 20 Award Scheme Points for full attendance of training sessions/Saturday commitments.
- 10 Award scheme Points for First Grade representation.

2. Fencing Program 2019 intake

a. Training sessions within school hours:

Wednesday 1:00pm to 3:00pm

Senior Sport Training:

Year 10 intake: 12

Year 11 intake: 12

Year 12 intake: 12

Total Senior Fencers (MAX CAP): 36

Thursday 1:00pm to 3:00pm

Junior Sport Training:

Year 7 intake: 20

Year 8 intake: 20

Year 9 intake: 20

Total Junior Fencers (MAX CAP): 60

TOTAL FENCING INTAKE FOR 2019 (MAX CAP): 96

b. Training sessions outside of school hours:

Beginners/Recreational Fencers Training (Wednesday 3:30pm to 5:00pm)

New fencers and students who do not make squad/team selection are to attend this session.

Total group cap: 42 fencers

Squad format for Intermediate and Advanced training:

Each age category and weapon for Intermediate and Advanced fencers will be grouped into squads of up to 6 fencers as determined by rank, with final team selection for inter-school fencing representation comprising of the top 4 fencers from that squad as judged by the coaches (including the MIC). The remaining 2 fencers act as 1st and 2nd reserves. Squad members who do not make the final team can still fulfil the requirements for 20 award scheme points by assisting with refereeing and other school duties during Saturday matches.

Intermediate Squad Training (Thursday 3:30pm to 5:00pm):

- U18 Foil Squad (First Grade)
- U18 Epee Squad (First Grade)
- U18 Sabre Squad (First Grade)
- U16 Foil Squad
- U16 Epee Squad
- U16 Sabre Squad

- U14 Foil Squad
- U14 Epee Squad
- U14 Sabre Squad

Total group cap: 54 fencers

Advanced Squad Training (Monday 3:30pm to 5:00pm):

Advanced Fencers will be organised into the following squads:

- U18 Foil Squad (First Grade)
- U18 Epee Squad (First Grade)
- U18 Sabre Squad (First Grade)

Total group cap: 18 fencers

3. SBHS representation in inter-school fencing activities

We encourage all of our fencers to further their own training through exposure to fencing clubs, private coaching and external competitions. However, all fencers must be approved by the Fencing MIC if they wish to represent Sydney Boys High School.

Students who choose to compete outside of the SBHS Fencing program cannot claim they represent SBHS. Unapproved fencers undertake the activity at their own risk and will not be supervised or supported by SBHS.

Fencing teams selected from the Intermediate and Advanced squads will be officially recognised and supported by the SBHS Fencing Program for endorsed inter-school fencing activities such as fencing exchanges, fixtures and competitions.

Fencers from the Intermediate and Advanced squads will also be endorsed and supported for approved individual inter-school competitions.

For competitions/events run by the NSW Fencing Association, the SBHS Fencing Program will cover individual and team entry fees for eligible students. However, students are responsible for paying and maintaining the relevant annual NSWFA membership registration fee (as this is an individual contract between the fencer and NSWFA and is a prerequisite to compete in NSWFA events).

For fixtures/competitions/events run by the NSW Schools' Fencing League, the SBHS Fencing Program will cover individual and team entry fees for eligible students. NSWFA membership is not required to participate in any NSWSFL events.

Extra notes:

The training policy outlined in this document will be in effect for the 2019 season onwards and will be reviewed upon the conclusion of each season.

Please contact the MIC if there are any issues or questions relating to this document.

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