



# Sydney Boys High School Fencing Training Program Policy

School Sports training sessions for Seniors (years 10-12) are scheduled on Wednesdays and Juniors (years 7-9) on Thursdays during the allocated school sport time (1:10pm to 3pm) for the duration of the Winter Sport season.

Extra training sessions held after school will be divided into Development Training and Squad Training. Students will be assessed and ranked by the coaching team at the start of the season to determine the Development group and Squad groups.

The move towards a development and squad-based training system is based on best practices of other successful sports programs within the school and wider sporting community. This model will help us become more efficient and competitive for the future development of the program as it allows fencers to capitalise on extra training with similar ability peers and more opportunity for differentiated learning and focused attention with coaches in smaller group sizes.

## Proposed Training Timetable summary:

	MON AFTER SCHOOL 3:30pm - 5pm	WED 1pm - 3pm	WED AFTER SCHOOL 3:30pm - 5pm	THURS 1pm - 3pm	THURS AFTER SCHOOL 3:30pm - 5pm	SAT 8am - 12pm
Junior (yr 7-9) Development	Sprints (MPW)			Junior Sport (COLA)	Dev training (COLA)	Sat training Session A: 8am -9:30am Session B: 10am – 11:30am (COLA)
Junior (Yr 7-9) Squads	Squad training (COLA)		Squad training (COLA)	Junior Sport (COLA)		Fixtures/comps (check calendar)
Senior (yr 10-12) Development	Sprints (MPW)	Senior Sport (COLA)			Dev training (COLA)	
Senior (yr 10-12) Squads	Squad training (COLA)	Senior Sport (COLA)	Squad training (COLA)			Fixtures/comps (check calendar)

## Commitment Expectations

### Development Fencer (Beginners and Recreational Fencers)

All new fencers with no prior fencing experience will train in this group along with recreational fencers. New year 7 fencers will try out for one of the three weapons offered in the program. Returning recreational fencers can train in any of the three weapons, pending equipment, group number limitations and the weapon coach's approval.

### **Development Fencer Expectations:**

- Junior Development Fencers are expected to attend 4 training sessions per week:
  - 1 Sprints session after school (Mon 3:30pm – 5pm)
  - 1 Junior Sports session during school hours (Thurs 1:10pm – 3pm)
  - 1 Development training session after school (Thurs 3:30pm – 5pm)
  - 1 Development training session on Saturday mornings (Time TBC – check Clipboard)
- Senior Development Fencers are expected to attend 3 training sessions per week:
  - 1 Sprints session after school (Mon 3:30pm – 5pm)
  - 1 Senior Sports session during school hours (Wed 1:10pm – 3pm)
  - 1 Development training session after school (Thurs 3:30pm – 5pm)
- Development fencers are not expected to compete on 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.
- To ensure safety and strong fundamentals, Beginner Fencers spend their first season learning about fencing fundamental skills (footwork, speed and agility training, bladework, rules of their chosen weapon and gain experience with bouting during training). Fencers can try out for Squads in their second season once they have gone through the induction and training experience of their first season.
- 20 Award Scheme Points for full attendance of training sessions.

### **Squad Fencer (merit-based selection)**

Experienced fencers who are selected to join a Squad will train with their squad mates in their nominated weapon.

### **Squad Fencer Expectations:**

- Experienced fencers can try out for any of the weapon (Foil, Epee, Sabre) Squads in their relevant age group category: U14, U16 and U19 (merit-based selection at the beginning of the season)
- All Squad fencers are expected to be able to referee competently in their chosen weapon.
- Teams will be selected from the age relevant Squads (please refer to the SBHS Fencing Team Selection Policy document for more information).
- Fencers are expected to attend 3 training sessions per week:
  - 1 senior/junior Sports session during school hours (1:10pm – 3pm)
  - 2 Squad training sessions after school (Mon and Wed 3:30pm – 5pm)
- Fencers are expected to be available to compete and/or referee on Saturday inter-school competitions and attend all friendlies and fixtures.
- 20 Award Scheme Points for full attendance of training sessions and Saturday commitments.
- Extra 20 Award scheme Points for First Grade Team (U19 Team selected from Squads for Nationals – up to 4 fencers per weapon).
- Extra 20 Award scheme Points for equivalent Second Grade representation (If there is sufficient capacity with program numbers, the creation of a 'B Team' selected from Squads for Nationals – up to 4 fencers per weapon).

## **Squad format explained:**

Advanced experienced fencers will be grouped into squads of up to 8 fencers per weapon and age category (U14, U16, U19) 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 coaching team. The remaining fencers act as reserves – with the possibility of created a 'B Team' if there is sufficient capacity with competition numbers. Squad members who do not make the final team can still fulfil the requirements for full award scheme points by assisting with refereeing, score tallying and other squad duties during Saturday matches. Please refer to the SBHS Fencing Squad Selection Policy document for more information.

## **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 financially supported by SBHS.

Fencing teams selected from the 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.

Squad fencers will also be endorsed and supported for approved individual inter-school competitions.

For competitions/events run by the NSW Fencing Association (NSWFA), 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 AFF National Schools Championship events, students are responsible for registering and paying any relevant membership fees. If students wish to fence in the Individual events, they will be responsible for registering and paying the individual entry fees. The SBHS Fencing Program will cover the team registration process and pay the team entry fees.

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 NSWFL events.

**Extra notes:**

The training policy outlined in this document will be in effect for the 2024 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.