



Fall Newsletter 2013 – Saskatoon Fencing Club

Welcome back to fencing!

Some of you worked all through the summer with strength training, some of you went to really big international tournaments, some of you went to Canada Games, but all of you are back in the Salle now – getting ready for the new season!

We have lots to celebrate from the summer –

FISU Games

Our very own Aimee Schryer & Scott Dudiak competed at FISU Games in Kazan RUS & placed 18th & 53rd respectively.

Senior World Championships

Shannon Comerford competed at Senior World's in Budapest HUN both individually & by Team. The Canadian Team placed 7th, the best ever showing of a Canadian Team at a world championships!

Canada games

SFC club members – Kieran Ramaswami, Bdhayna Ramaswami, Maia Stempien, Justin Neumeyer, Adam Nazarali & Patrik Dula all competed for Team Sask at the 2013 Canada Summer Games in Sherbrooke QC. Bdhayna won bronze in individual women's epee and in the Team event – well done Bdhayna! Maia Stempien won bronze in the Sabre Team event – way-to-go Maia!

Strength training

We are so fortunate to have Bruce Craven from Craven S.P.O.R.T.S. Services in our city! Bruce has worked with fencing for the past 15 years and always comes up with innovative and creative training for us. This season was no exception!

We had a core group of fencers who came out for summer training every week. We use strength training to equal our bodies and give our minds something different to do other than just fencing. Having a balanced body elevates injuries by making both sides of our bodies equal, something fencers have problems with as time goes on.

Club Registration started September 4th. Online registration is open on our web site: www.saskatoonfencingclub.com

Please make sure you have registered for this new season. You will not be able to compete if you are not a registered member of the SFC.

Tournaments are starting right away, so make sure you register as a club member right away! To register for the first tournament, the Asquith Open in Delisle, go to the Sask Fencing web site: <https://sites.google.com/a/saskfencing.org/sask-fencing/in-the-news/2013asquithopen>

SFC web site

The SFC has their web site up-to-date! The new calendar has all the dates needed to make decisions on which classes to take and when. The calendar will be up-dated with close of registration dates for tournaments, provincial, national and international. Make sure you check it often!

If Facebook is your cup of tea, and you would like to stay current and up-to-date with club happenings, contact coach Lynn Seguin. She will sign you up on our member only Facebook page.

Volunteering for the SFC

If you are looking for ways to complete your volunteer hours, we need a fund raising coordinator! This is an excellent opportunity to show your creative side and help out the club at the same time. If you are interested please contact Carol-Lynne Quintin at clmquintin@gmail.com.

Welcome back and let's get started!!