

Bexley Fencing Club
Sidcup Leisure Centre
Harris Academy, Falconwood
Bexleyheath, Kent



Welcome to Bexley Fencing Club!

On behalf of the club and all its members we would like to welcome you to the club and many enjoyable years of fencing.

As a young person you will be joining our cadet class known as the **Reader Cadets**. Having produced regional, county and national contenders you have the possibility of going far.

As a start we have assembled a pack of, what we think, is useful information for you. This pack comprises of;

- *This letter.*
- *A membership booklet which includes the club constitution, rules, health and safety etc – this is under revision at this time but can be downloaded from the 'links' page on our website.*
- *Your first fencing kit; some guidelines to buying your kit.*
- *Standing order Bank Details (below).*
- *A Consent form; this information is held by the club secretary and is used to contact you or your next of kin in an emergency.*

If you have any questions about the club, then please ask. Current officials of the club are as follows; **Owen** (chair), **Karen** (club secretary), **Claire** (club treasurer) and **Adam** (Welfare Officer).

Any club is about its members and we feel the club is about social activities as well as fencing and so we try to organise other events from time to time outside normal fencing time. Please follow us on Twitter and Facebook. We also understand that because the club members are the club, your contributions are important so please feel free to express any views.

Kind regards

Owen

You can find us at: www.bexleyfencingclub.com
Or contact us at: bexleyfencing@hotmail.co.uk

Follow us at <http://www.twitter.com/bexleyfencing>



<https://www.facebook.com/groups/bexleyfencing>



Bank Details

Bexley Fencing Club

A/C: 41177303

S/C: 40-20-25



Your First Fencing Kit

(Notes about buying your first fencing kit, in order of priority)

Socks: Fencing socks have a padded shin for added protection but white football socks are quite satisfactory for the purpose.

Breeches: Minimum CEN1 (350N) left or right handed to suit. These are required to fence electric.

Glove: It should fit snugly. Check websites for measuring instructions.

Mask: Minimum CEN1 (350N) The mask needs to fit snugly so that it doesn't move when you move your head. There is a CEN2 (1600N) option that gives more protection but is heavier and more expensive.

Chest Protector: This is mandatory for females and optional for males. Most men don't wear them. The standard women's chest protector is fitted with straps although there is an option that uses a crop-top with a 'pocket' for the chest protector.

Plastron: We suggest a Minimum CEN2 (800N) left or right handed to suit. There is a CEN1 (350N) plastron but the price difference is quite small and the 800N plastron is the minimum requirement for electrics and competition.

Jacket: Minimum CEN1 (350N) left or right handed to suit. There is also a CEN2 (800N) jacket plus jackets with wicking linings and so on, these can be quite a bit more expensive than the standard jacket.

Shoes: Fencing shoes are quite expensive and are not necessary.

General: Try everything on at the same time. It's the way you will be wearing the kit normally. Try moving around, stretching out with lunges and so on, make sure that it is all still comfortable. Officially the kit doesn't shrink when washed, experience says that it has been known to the first couple of times ~ wash it as cool as you can, 40 degrees maximum! Most of the kit is available as a '**beginner's kit**' but it doesn't cover everything. This is usually the most cost effective way to buy your first kit, upgrading individual items as needed.

Continued..

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Weapons: This is going to depend on what sort of weapon you want to use. As you have just finished a foil course then foil will probably be best in the first instance. The senior club is predominantly epee with an increasing number of foilist and a little sabre. The junior club is predominantly foilist with an increasing number of epeeist and no sabruers. In general, you will want electric weapons and the standard ones are quite effective. For foil and sabre, **electric lames are required** in addition to the weapon itself. A **bodywire is also required** to connect to the weapon, the epee one is different to the one used for foil and sabre.

Bag: Somewhere to put everything. The chances are that you will want to get a few extra bits and pieces as you go along so don't get the smallest one. Leon Paul's back pack bag can be awkward to wear. The 'wheelie bags' carry a lot of stuff and move easily but are heavy and take up lots of room.

FENCING EQUIPMENT SUPPLIERS			
Supplier	Address	Telephone	website
Leon Paul	Unit 19 Garrick Industrial Centre, Irving Way, Hendon, London, NW9 6AQ	0845 388 8132	www.leonpaul.com
Allstar Uhlmann	35 Edinburgh Drive Staines Middlesex TW18 1PJ	01784 255 522	www.allstar-fencing.co.uk
Blades Brand	The Warehouse, Unit 9 Mid Road, Prestopans, East Lothian, EH32 9ER	01875 811 880	www.bladesbrand.com

To complete your kit, speak to us about Bexley Fencing Club badges, one for your Jacket and one for your breeches. **£5** for **one** badge or **two** badges for **£8**. *Should be applied to non-fencing side (arm/leg) of your new kit. Hoodies and T-shirts also available.*

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Young Members Consent Form

(Complete if under the age of 18 Yrs of Age at time of joining BFC)

Full Name:

Address:

..... Post code:

Date of Birth: Ethnicity:

School attended:

Home Phone No:

Mobile No:

Emergency contact number (if different from above)

.....

Email Address:

If under 18, Name of Carer:

BFA No (if applicable) :

Are you left or right handed?

Do you have any health or medical problems that may affect your ability to fence?

(Use Lines Below if YES - Please continue on reverse of form if needed)

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Are you currently taking any medication (including inhalers)

.....
.....

Any allergies we need to be aware of?

.....
.....

The following questions will default as YES if they remain unaltered.

Do you consent, in event of an accident, to allow the coaches to consent to any emergency treatment that may be needed? **Yes/No**

Do you consent to any photographs related to the fencing club being taken/used within the Bexley Fencing Club marketing channels? **Yes/No**

Signed: **Date:**

Welcome to Bexley Fencing Club's
READER CADETS!!

The information noted on this form is held securely by the Club Secretary and is not available to or disseminated in any form to any person or organisation outside the Bexley Fencing Club Committee.

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Bexley Fencing Club Fees – 2016

Junior Membership (Reader Cadets) **£30 p.a.**

Family Membership **£45 p.a.**

(Two or more members of same non-extended family covered)

If you have just finished our beginner's course then your annual membership fees as stated above have already been waived. New to the club and did not attend our beginners course? Then one of the fees above will become payable.

WEEKLY FEES:

ALL MEMBERS: (Junior, Adult, Family who have paid appropriate membership fee)

To include Monday & Wednesday 8pm-10pm mature/adult members

To Include Wednesday 7pm-8pm **Reader Cadets**

Saturday 9:30am – 12pm **Reader Cadets**

£8 per week

OR (Set Up Bank Standing Order to Bank Details Below)

£30 per month

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Concessionary Members (OAP, Unemployed ONLY paying appropriate Membership fee)

(To Include both Monday & Wednesday 8pm-10pm)

£2.50 per week

OR (Set Up Bank Standing Order to Bank Details Below)

£10 per month

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