

Southern Oregon Fencing Center, LLC

The Southern Oregon Fencing Center, LLC (SOFC) is the largest and most active recreational and competitive fencing program in Southern Oregon. SOFC is a member of the Oregon Division of the United States Fencing Association and a charter member of the American Fencing League. Our instructors' certifications come from the United States Fencing Coaches Association.

SOFC's programs at the Ashland Family YMCA are primarily recreational. Students will learn the technique, rules and etiquette of fencing with the standard (non-electric) foil, the traditional teaching weapon of sport fencing. Students learn skills that are fundamental to safety, fun and success in each of the three fencing weapons (foil, saber and epee). Students benefit from physical exercise, enhanced self-confidence and an exciting new skill. Our program emphasizes respect for oneself and one's companions and fun and camaraderie within a supportive fencing community.

More Fencing FAQ inside.

If you have program questions, please leave a message at the YMCA for instructor **Dylan Shelton** or Steve Wesche at 292-0890.



Tuition Policy:

- ◆ We register participants all year long. Classes run monthly; space is limited.
- ◆ In order to hold your spot in your current fencing class for the next month, tuition must be paid in full by the 19th of the current month. Starting on the 20th, new participants may register for the next month's class until the class is full.
- ◆ Once you are in a class, you may pay for up to three months in advance.
- ◆ Due to limited instructors and class size, we do not allow makeup classes.

Arriving & Leaving:

- ◆ Classes are held in aerobics studio #2. Participants carrying foils through the YMCA must do so in a safe and responsible manner.
- ◆ Participants should not arrive more than 10 minutes before class or leave more than 10 minutes after class. Parent supervision is required until class begins.
- ◆ Parents should escort young children to and from class, but are not required to stay during their child's class.

Fencing Class Schedule

- ◆ BEGINNING/INTERMEDIATE YOUTH FENCING: Coed, 8-12 years old or with instructor's approval. Tuesdays, 4:15-5:00pm
- ◆ FUNDAMENTALS OF FENCING: Beginning and basic fencers. Ages 10-adult. Tues., 5:15-6:00 pm
- ◆ INTERMEDIATE FENCING: Intermediate and advanced fencers. Tues., 6:15 - 7:00 pm
- ◆ PRIVATE LESSONS: by arrangement with instructor.

MONTHLY TUITION: \$28 Y-members; \$40 community (based on 4 classes per month)

EQUIPMENT RENTAL: Beginning fencing requires a foil, mask, fencing glove and fencing jacket. For beginning fencers, the mask, glove and jacket may be rented, and SOFC will provide the foil. Rental cost is \$10 per month with an \$80 deposit.



Ashland Family YMCA

540 YMCA Way

Ashland, Oregon 97520

541-482-9622

**Southern
Oregon Fencing
Center
is at the
Ashland Family
YMCA!**



Frequently Asked Questions:

Who is the instructor? Primary instructor Dylan Shelton is an internationally certified Instructor of foil, saber and epee, with experience teaching children and adults for S.O.F.C. and Southern Oregon University. All the instructors have been trained by Maestro John McDougall, who was privileged to study with the legendary Aldo Nadi. Every fencer in the YMCA fencing program is therefore directly connected to Maestro Nadi and his unique classical fencing technique.

Is equipment required? Yes. Beginning fencing requires a foil, mask, fencing glove and fencing jacket. For beginning fencers, the mask, glove and jacket may be rented, and SOFC will provide the foil. Rental cost is \$10 per month with an \$80 deposit. We recommend that each fencer purchase his or her own equipment as soon as practical; the cost is about \$100 to \$150. We are happy to help with ordering information.

What are the levels of progression in the fencing program? Fencers progress at varying rates. We seek to develop each fencer as an individual, with students advancing as they acquire the necessary skills and are comfortable with the new level. Many fencers like to test their skills in competition, and SOFC facilitates local and regional competition opportunities.

Are parents and adults invited to participate? Absolutely. Fencing is a sport for all ages! Our 5:15 p.m. Fundamentals of Fencing and 6:15 p.m. Intermediate Fencing classes are open to parents, men and women and youth age ten and older. Experienced fencers often assist with the 4:15 p.m. Beginning / Intermediate Youth Fencing class.

Can I start in the middle of the month? Provided that the class is not full, you may start in the middle of the month and the tuition will be pro-rated up to 50%.



What if I have other questions?

We're happy to try to provide answers! Please leave a message at the YMCA for instructor Dylan Shelton.

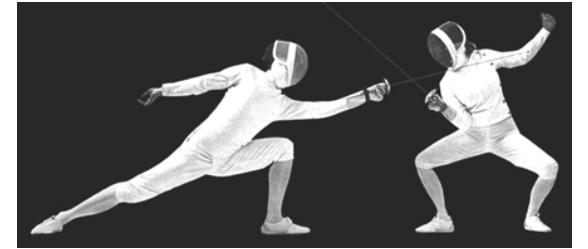
Safety first!

When properly practiced, fencing is a remarkably safe sport. But like most sports, there are inherent risks. We believe strongly in minimizing these risks through proper practices; we will emphasize safety and not permit unsafe behavior. Safety comes first!

- Fencing always is conducted with a fencing jacket, mask and glove ... always.
- Weapon tips must be kept near the floor when around anyone not wearing a mask ... always. This absolutely includes spectators, parents, siblings and others.
- Classical fencing places high emphasis on mutual respect and is never about bullying or abusing an adversary. Abusive or disrespectful behavior will not be tolerated.
- We suggest comfortable loose-fitting long pants. Shorts and jeans are not recommended for fencing.
- We suggest comfortable sport shoes with non-marking soles. Sandals and boots are not appropriate for fencing.

Always remember:

Safe Fencing Practices Are Everyone's Responsibility . . . always!



Some sources of fencing information on the internet:

- www.southernoregonfencingcenter.com (SOFC website)
- www.fencing.net (commercial site with lots of news and information)
- www.usfencing.org (home page of the United States Fencing Association)
- www.americanfencingleague.org (home page for classical fencing)
- www.askfred.net (source for USFA and related tournament information)

