

Hillside Cavaliers Fencing Club

Sabre and Foil are taught. Ability levels range from beginners to more experienced fencers. After snack, warm-ups, and stretching, we usually begin with footwork and then bladework drills for the first hour. The second hour is usually for open fencing and individual instruction. Beginners fence freely after gaining sufficient familiarity with several basic skills.

Classes are coached by Kael Sherrard, USFA certified to teach Basic Foil, Sabre, and Epee.

Where?

Hillside Student Community
(a private school on Cougar Mountain, grades 5-12)
5027 159th Pl. S.E.
Bellevue WA 98006

Who may attend?

Classes are open to junior fencers, approximately ages 10 to 18. Priority is given to students enrolled at Hillside Student Community although others are welcome.

Schedule 2009-2010

Tuesdays and Thursdays, 3:00-5:00 at Hillside Gym

Fall Term: Tuesday, September 8 through Thursday, December 17 (except Oct. 8, Nov. 26)

Tournaments: TBA

Winter/Spring Term: Tuesday, February 2 through Thursday, May 20 (except Feb. 16 unless school is held, March 25, March 30, April 1, May 11, May 13)

Tournaments: TBA

Club Cost

\$200.00 per approximately 26-session term (single sessions, \$10.00 each). Make out checks to Hillside Student Community (marked "for fencing") and send to Hillside Student Community, attn: Susan Wedgwood, 5027 159th Pl. SE, Bellevue WA 98006. Payment for the term is required **before** a student may fence. Private lessons outside club hours are \$10.00 per half hour and may be scheduled for interested students. Tournaments also cost \$10.

Fencing Waiver

All fencers and their parents must sign the release form for fencing and the information form and turn in a copy to the coach before they may fence.

United States Fencing Association membership is required of all members of the Hillside Cavaliers for insurance purposes and to participate in sanctioned tournaments. The USFA membership form should be filled out and given directly to Kael Sherrard (or mailed to him at 5033 159th Pl. SE, Bellevue WA 98006) along with a **separate check (or credit card number) made out to the USFA** unless you have already renewed and can prove membership with your USFA card. For your information, their address is One Olympic Plaza, Colorado Springs, CO 80909-5774. Their website is at www.USFencing.org, fax 719-632-5737. Regarding that form, please note the following information to be included:

Division: Western WA

Competition Club: Hillside Cavaliers

Type: School

Coach: Kael Sherrard

Membership Type: Competitive Junior--**\$60/year** (or \$140 for three years).

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Equipment

The club supplies most basic, non-electric, equipment (although I do not have all sizes), but for competition you are required to buy **knickers/fencing pants (\$35-55) and long socks (\$5-7) and possibly** your own fencing glove (about \$15.00) if I do not have one that fits you. Many suppliers exist. I suggest either Blue Gauntlet (280 North Midland Ave., Building N-1, Saddle Brook, NJ 07663-5722, (201) 797-3332, www.Blue-Gauntlet.com) or Physical Chess (1012 Greeley Avenue North, Union, NJ 07083-8104, (800) 336-2464 (800) FENCING), www.physicalchess.com) for lower prices. Other vendors are listed at www.USFencing.org under "Directory" and "Equipment Vendors." Rain City Fencing, 1776 136th Pl. NE, Bellevue, is a local club that also sells BG gear. **Returning fencers should begin acquiring their own gear (mask, jacket, weapon)—especially electrical items. It is difficult to run a tournament sharing body cords, electrical weapons, lamés, electrical sabre masks, etc.**

What to wear

Wear long sweat pants or fencing knickers (**NO SHORTS**), a t-shirt, and some sort of athletic shoes (**NO SANDALS**) and socks (long ones for knickers). **BRING A WATER BOTTLE**. All boys are required to wear a hard, solid cup (see any athletic store) and girls who need them are required to wear chest protectors (see one of the above fencing suppliers).

Snacks

We will set up a rotating snack schedule so that each student will take turns bringing a snack and any related supplies for the group every session. Please let us know if you have allergies.

Tournaments

I hope to host a few tournaments at Hillside (dates TBA).

There is an additional entry fee of \$10 for tournaments at Hillside.

If fewer than six fencers register for a Hillside tournament, the event is cancelled.

We will attend other local tournaments if possible (**get electric gear—especially body cords and sabre masks!**). These are listed on the <http://askfred.net/>. Click "Upcoming Tournaments". Under "All Divisions", select "Western Washington", then click "Find Tournaments".

Space is limited. Call to be sure there is room for you.

Directions to Hillside:

From I-90 East, take Exit 11 A to Eastgate.

Veer right (south) off the exit onto 150th.

Drive straight up the hill in the left lane to the light on Newport Way.

Turn left (east) onto Newport Way.

Go two blocks to Eastgate Elementary and turn right (south) onto 152nd.

This winds uphill about half a mile and becomes 150th.

Look for a green street sign on your right that says, "Hillside School" and points left.

Turn left onto SE 46th Way.

Go about half a mile to a three way stop.

Drive straight through it for about another half-mile. The street numbers change several times as it curves, but stay on the main drag until you come to a choice between a right turn up a steep hill or a dead end on 159th Pl. SE.

Park on the side of the street before the dead end (there is little parking on campus).

Walk down the driveway to Hillside. Of the structures you will see, the barn-like one to the left down the paved drive is our gym.

For more information contact:

Kael Sherrard

5033 159th Pl. S.E.

Bellevue WA 98006

425-649-9388 or kael@zipcon.net

