



## Control your Dark Side

A recent scientific study found that 40 grams of dark chocolate per training day can boost one's aerobic performance! However, consuming more chocolate doesn't amount to greater athletic benefits - *and* it won't be long before you can't fit into your breeches, either. So don't overdo your Dark Side - or your Milk or White Side - this Easter, and you won't suffer unnecessarily during our new quest to turn your legs into powerful, all-conquering springs! Just imagine: you'll be able to jump tall buildings in a single bound (well, maybe *very* small buildings).

This term, besides our regular classes, we'll also be offering two new beginners courses and individual training for our ever-increasing ranks of intermediate fencers. The **Adult & Teen beginner** course will start on Thursday 19th April at 7pm and run for 13 weeks. The **Junior beginner** course will start on Sunday 22nd April at 10am and run for 12 weeks. Each class will comprise a group warm-up, games, footwork drills, technical skills, and the chance to fence other class members.

Our **coaching team** will continue to be led by three-time Olympian Professor Steve Paul, assisted by Paul Beasley, Chris Higginson and Don Coe. Steve will take the Sunday classes, helped by Paul and Chris. Last term, if you were a junior beginner on Sundays, you might be moved up to Paul's band of intermediate and advanced juniors. On weekdays, Paul will lead the sessions, with Chris offering individual coaching to our intermediate teens and adults.

Information regarding the **times, term dates** and **fees** is to the right. On the second page, you'll find **armoury** costs, as well as information about **club** and **external competitions**.

Finally, a massive **thank you** for all of you who helped out last term - your assistance is greatly appreciated. We look forward to seeing you all after Easter. In the meantime, remember to go *round* Cocoa Mountain rather than eat your way *through* it...

## Dates & times

### **Mondays**

**7-8pm** Juniors (intermediate)

**8-930pm** Teens & Adults

**Start:** 16th April **End:** 16th July

Note: no club 28th May (half term)

### **Thursdays**

**7-8pm** Adult & Teen beginners /  
Teen intermediates

**8-930pm** Teens and Adults

**Start:** 19th April **End:** 19th July

Note: no club 131st May (half term)

### **Sundays**

**10-1130am** Juniors - beginner,  
intermediate & advanced group  
lessons

**10am-1pm** Teens & Adults

**Start:** 22nd April **End:** 15th July

Note: no club 27th May (half term)

## Fees

Based on term lengths of 13 Mondays  
and Thursdays and 12 Sundays

<b>Juniors</b> (Mondays)	£104.00
<b>Juniors</b> (Sundays)	£120.00
<b>Junior beginners</b> (Sundays)	£96.00
<b>Teens</b> (Mondays)	£117.00
<b>Teens</b> (Thursdays)	£117.00
<b>Adult beginners</b> (Thursdays)	£130.00
<b>Adult members</b> (weekdays)	£130.00
<b>Adult members</b> (weekdays - with private lessons)	£195.00
<b>Adult members</b> (Sundays)	£180.00
<b>Adult members</b> (Sundays - with private lessons)	£240.00
<b>Monday/Thursday visitors fee</b>	£8.00

(note: does not include private lesson)  
To make it fairer to committed club fencers we have put an upper limit of 6 sessions a term as a visitor; thereafter we would expect you to join and pay pro-rata for the rest of the term.

## **PAYMENTS**

Payments may be made via:

- Cash (in an envelope, please, with the pupil's name on the front); or
- Cheque made payable to RTW F/C; or
- By bank transfer to: The Royal Tunbridge Wells Fencing Club, Account number 03045237 Sort Code 30-98-77.



## Competition compendium

The popular two-tier **Sunday electric junior competitions** will continue next term (dates TBC). A running ranking list will be posted on the club's notice board after the first two rounds. Your ranking after two rounds will determine your seeding in the final round, which will now be 'Direct Elimination' - complete with repechage (which means that you can't be knocked out in the first and second rounds - *phew!*). The top three ranked fencers at the end of the term in each league will receive prizes. Long-reigning top-tier maestra Dalma Rajan awaits your challenge...

This term, we will be holding **club competitions** for juniors and seniors on Saturday 19th May. Both competitions will bring together fencers from Mondays, Thursdays and Sundays, who will fight for the right to proclaim themselves 'club champions'.

The club events are great preparation for **external competitions**. For *younger fencers*, there are several county, regional and national-level competitions which take place within striking distance of Tunbridge Wells. For example, there are under 16 and 18 county epee championships in Kent, age-group regional- and national-level competitions such as the Elite Epee (two are held in Surrey every season) and the British Youth Championship qualifiers. Furthermore, there are British Cadet (14-17 years old) and Junior (17-20 years old) events in the London area. Please ask the club coaches which of these are an appropriate level for you.

For *seniors* (any fencer aged 13 or over), there are several competitions within an hour or two of Tunbridge Wells. These include the South East Epee, and the Sussex and Brighton Opens. Please see [www.britishfencing.com/events](http://www.britishfencing.com/events) for details.

### Contact details etc

Address: **Territorial Army Centre, St John's Road, Tunbridge Wells, TN4 9UU** | Course enquiries: [rtwfencingclub@gmail.com](mailto:rtwfencingclub@gmail.com)  
Attendance: **Can't make it on a Monday or Thursday? Text Paul on 07786000488** | Website: [www.rtwfencingclub.com](http://www.rtwfencingclub.com)

### Armoury fees

For club members only

**Weapon check** (test only - weight, tip legality, travel and electrical resistance test) **No charge**

**Tip** (dismantled, cleaned, adjusted and left legal) **£2.00**

#### **Tip replacement parts**

(supply, fit & test)

Grub screws	<b>£1.00</b>
Pressure spring	<b>£1.00</b>
Contact spring	<b>£1.00</b>

#### **Tip - complete**

(supply, fit & test)

LP Standard	<b>£5.00</b>
FIE GT2	<b>£7.00</b>

#### **Epee re-wire**

Supply & fit new wire using existing barrel & tip if possible	<b>£10.00</b>
Supply & fit new wire, new barrel & tip if necessary	<b>£15.00</b>

#### **Notes:**

- Re-wires can usually be completed between club sessions.
- Additional weapon maintenance by arrangement.
- All monies go into club funds.

### Rental costs

**There is now a cost for using club wires and weapons at external competitions:**

<b>Wires</b> (each)	<b>£1.00</b>
<b>Weapons</b> (each)	<b>£2.00</b>

Rentals must be agreed with Paul Beasley (who will make a note of the items rented and take the money).