

Fall, 2010



# SIT AND FIGHT

THE US W'CHAIR FENCING NEWSLETTER

SPECIAL POINTS OF INTEREST:	UPCOMING EVENTS!
<p><b>CRAZINESS!</b></p> <p>It has been the craziest summer on record as those in the US and many other countries have had to deal with changes and some misinformation with regards to the World Championships.</p> <p>Qualification pathways to the event were changed by the Local Organizing Comm. in France, and as a result, we were only allowed to send a certain number of athletes (fewer than we expected, and with more restrictions). Hopefully the dust has settled and those going will represent us well.</p> <p>We have also had to get the new executive director of US Fencing (Greg Dilworth) and Hi-Performance Director (Jim Page) up to speed with our programs.</p> <p>These gentlemen have been working hard for our cause and we look forward to their continued support.</p> <p><b>FOIL BIB:</b> The mask with a conductive bib for foil is currently required for International events. Beginning next season, the USFA will require the conductive bib for all qualification events (i.e. Wheelchair point events)</p> <p><b>For your next event, remember:</b> It will be required that chairs meet basic qualification standards including: A side must be secured on the non-weapon arm side. NO arm rest is allowed on the weapon side of the chair. A cushion may be used but not exceed 10 cm (3.94 in) in height and be bendable from corner to corner. The back must be a minimum of 15 cm higher than the seat/cushion. The highest point of the chair seat frame must not be higher than 53cm (20.86 in) from the floor The chair must be constructed in a way that the feet can not make contact with the floor.</p> <p>Personal equipment rules must be followed including the domestic requirements of the fencer's name printed in blue on the back of the jacket, or the rear leg.</p>	<p>November 4-13, 2010 <b>*World Championships*</b> Paris <i>Good Luck to our TEAM USA:</i> <i>Dennis Aspy, Mario Rodriguez, Mark Calhoun, Cat Bouwkamp, Andrea DeMello, Joey Brinson, Ryan Estep, Ken MaGaha</i></p> <p>November 20-12,2010 San Antonio, TX <b>*Coaching Wheelchair Fencing, USFCA Seminar*</b> See information on ASKFRED.net or contact <a href="mailto:wedge@austin.rr.com">wedge@austin.rr.com</a></p> <p>March 11-13, 2012 : Detroit, MI <b>*North American Cup*</b> Jan 31, deadline for regular entries</p> <p><b>Welcome to all our new Fencers! Glad to have you!</b></p>

The pod (competition area) at our National Events must be kept clear of those not actively running the competition (referees, fencers and pit-crew). Coaches may only enter the pod during appropriate coaching breaks. Spectators must remain outside of the pod as must fencing bags.

The are no world cups currently listed on the International schedule, but if there are...they would be found at:

<http://www.iwasf.com/iwasf/index.cfm/sports/iwas-wheelchair-fencing/wheelchair-fencing-events/>

**WANTED:**

We have a few Cadet level fencers and would like to add events for them, but need a few more. If you know of any that are interested in possibly competing. We hope to soon be able to field entries to an International Cadet World Championships.

Contact Gary [wedge@austin.rr.com](mailto:wedge@austin.rr.com).

Pia Douglas has a deal with a supplier to ship Fencing Chairs for less than \$400. Contact her if interested. [piadouglas@gcsff.org](mailto:piadouglas@gcsff.org)

There are benefits to becoming a Paralympic Sport Club. Your club can host a 'Paralympic Experience' and actually make some money by doing so, as well as bring in some new fencers. Check out the USP web site.

**THANKS GINNY FOR CO-ORDINATING THE 'WAY COOL' SPOKE COVERS FOR THE NATIONAL TEAM!**

**CONGRATS! TO CAT AND TAREQ FOR SWEEPING THE EVENTS AT THE CINCINNATTI NAC**

**VISIT OUR WEBSITE:**

[wheelchairfencer.org](http://wheelchairfencer.org)

**Rolling points list,  
Instructions on  
building a frame,  
Listings of clubs and  
coaches,  
and YOUR STORIES (if  
you submit them).**

**GIVE BACK!  
THERE ARE OTHERS  
OUT THERE THAT CAN  
LEARN  
AND BE INSPIRED BY YOU!**

*Mario Rodriguez is your athlete rep and member of the US Fencing Board of Directors.*

[uswcfencer@hotmail.com](mailto:uswcfencer@hotmail.com)

Great new product!! Sam's Clubs now have a pack of FOUR, 6-ft, RETRACTIBLE ratchet straps. No Excess strap to get in the way and very easy to use. We have tried to break them for a few months now and they still work great! Only \$20 for the 4-pack.

**YES, WE NEED IDEAS ON HOW TO GROW OUR SPORT HERE IN THE US. IF YOU HAVE SUGGESTIONS OR KNOW OF AN AREA OF THE COUNTRY THAT IS DEVELOPING CHAIR FENCING, PLEASE LET US KNOW.**