



January, 2010

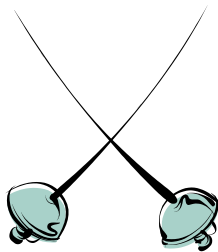
# sit and fight

## THE US W'CHAIR FENCING NEWSLETTER

<b>SPECIAL POINTS OF INTEREST:</b>	<b>UPCOMING EVENTS!</b>
<p>Les Stawicki, US National Coach, has stated that ALL future w'chair NACs will have the day prior to competition be set aside as a <b>TEAM TRAINING DAY</b>. Please begin adjusting your travel schedules.</p> <p>Congratulations to Mario Rodriguez, Sonia Fogal, Sonya Perduta, and Cat Bowkamp on their Gold medals in Pittsburgh. The women's events are heating up now and we also have some new guys fencing.</p> <p>Next stop? Dallas! Don't miss the entry deadline as it should be a good size event.</p> <p>Developmental Camps may still be available to help new programs. Contact Gary van der Wege or Les Stawicki for more info.</p> <p>The International Wheelchair Fencing website has not been updated in quite a while. More info can be found at the IWAS website, including the schedule of World Cups. <a href="http://www.iwasf.com/iwasf/index.cfm/sports/iwas-wheelchair-fencing/wheelchair-fencing-events/">http://www.iwasf.com/iwasf/index.cfm/sports/iwas-wheelchair-fencing/wheelchair-fencing-events/</a></p>	<p><b>January 29-31: Malchow, Germany</b> <b>*WORLD CUP *</b></p> <p>Good Luck, Mario, Gerard and Andrea. .</p> <p><b>February 26-28: Louisville, KY.</b> <b>*National Training Camp*</b></p> <p>Run by National Coach Les Stawicki. Schedule includes bouting with top able-body fencers who have a lot of seated fencing experience.</p> <p><b>March 12-14: Phoenix (Mesa) AZ.</b> <b>*Training Camp*</b></p> <p>Check out the flyer attached. It's a beautiful resort and they will be utilizing video analysis of your fencing. Tournament on Sunday.</p> <p>For more info, contact Pia Douglas <a href="mailto:info@gcsff.org">info@gcsff.org</a>. Register at ASKFRED.</p> <p><b>March 26-29: Dallas *NAC*</b></p> <p>Early Registration deadline is February 8.</p> <p><b>April 30-May 2: Montreal, Canada</b> <b>*WORLD CUP*</b></p> <p><b>July 4-7? : Atlanta</b> <b>*SUMMER NATIONALS*</b></p> <p>Keep watching for more info.</p>

<b>WANTED: PEOPLE WILLING TO RESEARCH AND HELP US APPLY FOR GRANTS.</b>	<i>Contact Gary <a href="mailto:wedge@austin.rr.com">wedge@austin.rr.com</a> if you have interest.</i>
<b>VISIT OUR WEBSITE:</b>	<b>www.wheelchairfencer.org</b>

**NEW YEARS RESOLUTION  
DID YOU PROMISE YOURSELF TO PRACTICE  
MORE TO MAKE MORE TO MAKE THE US  
WORLD AND/OR PARALYMPIC TEAM?  
START NOW!**



## **FENCING 101 :**

### **Hitting flat?**

Yeah, it's such a basic thing, but the tip **NEEDS** to start towards the target before your body. Concentrate on it and you will be surprised how it helps your accuracy.

**GIVING BACK!**

There are opportunities for all athletes to give back. Check out organizations like **ATHLETES FOR HOPE!**