

June, 2010



SIT AND FIGHT

THE US W'CHAIR FENCING NEWSLETTER

SPECIAL POINTS OF INTEREST:	UPCOMING EVENTS!
<p>ATLANTA NOTES: Training camp on Saturday will go from 2:00-5:00 PM in the venue or the Atlanta World Congress Center.</p> <p>There are a limited number of Loading Dock Passes for those driving and needing a closer place to park and unload/load equipment.</p> <p>Due to a typo in the Athlete Handbook, the format of competition will be ONE round of seeding with everyone promoted to a Direct Elimination. Sorry, there is nothing that can be done about it at this point in time.</p> <p>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>The pod (competition area) 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.</p> <p>Pit-crew volunteers will be provided with T-shirts for their services, as well as allowing them to be easily identifiable.</p> <p>Athletes and Friends Dinner: The plan is for a group dinner at Ted's Montana Grill on Saturday Evening. See you there.</p>	<p>July 3-6: Atlanta *SUMMER NATIONALS* July 3 Training Camp 2-5 PM July 4 Men's and Women's Epee July 5 Men's and Women's Foil July 6 Men's and Women's Sabre</p> <p>July 8-11: Warsaw, Poland *World Cup*</p> <p>November 4-13 *World Championships* Paris</p> <p>Welcome to all our new Fencers! Glad to have you!</p>

We have some new X-Large epee capes, thanks to money from last year's silent auction. You will also like the T-shirts for our Pit Crew volunteers. Get your friends and family to help and they get a free T-Shirt.

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 TEAM TRAINING DAY. Please begin adjusting your travel schedules.

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.

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

WANTED: Youth W'Chair Fencers!!!
We have a few Y-14 category 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. Contact Gary wedge@austin.rr.com.

Selling a chair that someone could use for competition? Please post an ad here!!

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.

**WAY TO GO CAT!
ANOTHER MEDAL!!!**

VISIT OUR WEBSITE:

wheelchairfencer.org

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

Contact Gary wedge@austin.rr.com if you have interest.

GOOD LUCK TO OUR FENCERS
IN WARSAW.

GO USA!