

November 13, 2009



sit and fight

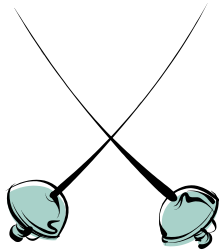
THE US W'CHAIR FENCING NEWSLETTER

SPECIAL POINTS OF INTEREST:	U P C O M I N G E V E N T S ! ! ! ! !
<p>The International Wheelchair Fencing Federation has NOT yet voted on the addition of Women's Sabre to the official World Cup or World Championships schedule. As a result, it is IMPORTANT that all women continue to register for and compete in FOIL and EPEE at both Domestic and International Events!</p> <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 TEAM TRAINING DAY. Please begin adjusting your travel schedules.</p>	<p>December 4-6: Pittsburgh NAC</p> <p>Don't forget to arrive early for camp.</p> <p>Women: You must compete in Foil and Epee.</p> <p>Women's Sabre MAY be added as a third 'free' weapon.</p> <p>January 29-31: Malchow, Germany WORLD CUP</p> <p>Registration Deadline is December 1.</p> <p>Registration must be made and paid through US Fencing.</p> <p>Website: www.vbrs-mv.de</p> <p>March 26-29: Dallas NAC</p> <p>Early Registration deadline is February 8.</p> <p>July 4- : Atlanta SUMMER NATIONALS</p> <p>Keep watching for more info.</p>
WANTED:	<p><i>People willing to research and help us apply for grants. Contact Gary wedge@austin.rr.com if you have interest.</i></p>
WEBSITE:	<p>www.wheelchairfencer.org</p>

ATHLETE OF THE MONTH

Congratulations to Cat Bouwcamp.

Cat was voted Outstanding American Woman Athlete of the month in the USOC on-line poll for her Bronze Medal performance at the World Cup in Warsaw...her first ever w'chair competition. She was tied for second in the overall Athlete of the Month Award as voted on by the USOC.



FENCING 101 :

Getting hit?

Are you making the most of your mobility in the chair?

Are you really moving as far forward and back as you can, or just relying on your blade to do all the work?

GIVING BACK!

Have you taken it upon yourself to bring someone else into fencing and worked to mentor them?