

British Academy of Fencing
ACADEMY NEWS



July 2015
Issue 81

"Run by coaches for coaches"

IFCA - WHAT IS IT?

Following the decision, taken at the AGM this year, for the BAF to withdraw from the AAI (as reported in our February issue), efforts have been made to establish an alternative international organisation for fencing coaches, namely the International Fencing Coaches Association (IFCA). These efforts have been led by our own President and Mike Bunke of the German Academy of Fencing. Philip Bruce gives more detail about the reasoning behind this in his column on page 4.

Obviously, such a new body does not spring to life fully formed and the task of setting it up

has to be approached in stages. The first step is an inaugural meeting, hosted by the BAF and the German Academy of Fencing, to be held in Manchester in September.

Contrary to what may have been said elsewhere, this cannot be a meeting open to all. Firstly, with no funds of its own, the IFCA is relying on the willingness of others to fund the event. As a consequence, space is limited. More importantly, it would be unfair on delegates who have flown in from other parts of the world to find themselves in a meeting swamped with members of one Academy. For these reasons, this is a delegate conference and the Academy will be fully represented by the members of our committee. This is no different in principle from our dealings with the AAI in the past, where we were only represented at congresses by a few people, the number of votes being decided on the basis of the number of members we had registered with that organisation.

Of course, we will attempt to keep you informed, through the various channels at our disposal, including Academy News, which will carry a report of the inaugural meeting in a later issue, probably November. We would urge all members to take their news from official BAF outlets and avoid gossip and speculation from unofficial sources, even if the latter is more entertaining.

For more information, the IFCA web site can be found at <http://internationalfencingcoaches.weebly.com/>



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THE PRESIDENT WRITES.....



The International Fencing Coaches Association

As I write, preparations are proceeding for the inaugural meeting of the International Fencing Coaches Association (IFCA). This initiative springs from long discussions I have had with Mike Bunke, the president of the German Academy of Fencing, in the wake of our respective withdrawal from the AAI. He and I had been, for a number of years, frustrated and dissatisfied with the direction the AAI was taking and were becoming increasingly concerned that it was no longer fit for its original stated purpose. The events of the last year served as a final straw and we began to draw up plans for a modern association of fencing coaches which could provide the kind of mutual support and education we both wanted to see in the AAI. We both feel that this is an exciting opportunity to make a real difference to fencing coaches around the world and are delighted at the very positive response we have already had from our colleagues abroad.

It is my hope that the BAF will have a major role in this organisation. One of the main differences between the IFCA and the AAI will be that membership will not be on an Academy, but on an individual basis (though National Academies and Federations will also be able to join). This will give individuals the option of opting in or out of the IFCA as they wish and ensure a more

modern and flexible approach to its governance.

In summary, the objectives of the IFCA are to:

- provide international recognition of approved national coaching awards through an agreed standard of coaching examinations.
- provide international coaching awards aimed specifically at coaches from countries where coaching awards are not obtainable but also available to all members.
- provide international coach education courses
- establish a rigorous professional standard for the qualification of stage and historical fencing coaches
- promote an exchange of methods of training and qualifying fencing coaches
- promote the exchange of ideas and knowledge between coaches around the world through the establishment of regular fencing congresses
- establish an international competition for fencing masters

These will no doubt evolve and develop as time goes on, but this is a start. At this moment, to prevent the host nation (Britain) appearing to overwhelm the international nature of the initiative, it has been agreed that the BAF delegates (the committee) should attend by invitation only. However, we will then work towards creating a much larger congress in the near future which will be open to all coaches who wish to attend.

As with any initiative, no sooner is it mentioned than speculation and rumours start flying about, so I would like to take a moment to clear up a couple of rumours that have come to my attention:

- It has been suggested that the IFCA is to be a replacement for the AAI. Sadly those who chose to spread that particular rumour totally miss that fact that the AAI still exists, and cannot therefore be replaced!
- It has further been suggested that the IFCA will be another layer of management within the management of international fencing. It will be nothing of the kind.

There have been others who have speculated the reasons for the creation of an international organisation of fencing coaches and chosen to attribute all sorts of hidden motives to those doing so. Speculation and gossip is always fun, but the facts are far duller – the AAI was, in my opinion, no longer fit for purpose as far as a number of national Academies were concerned, and the BAF was not the only Academy to withdraw or consider withdrawing. In recommending to the BAF that we withdraw from the AAI, I was acutely conscious that we would be thereby depriving our members of international recognition of their coaching awards and also of the opportunity to participate in international events such as the Fencing Masters World Championship. Thus, when the opportunity presented itself for the establishment of an organisation that could enable us to continue to offer our membership such benefits, I felt it my duty to push ahead with it. If anyone wishes to enquire further into the whys and wherefores of this, my email address is freely available and I would strongly recommend asking questions first before launching into uninformed speculation.

Websites, Forums, Social Media Sites and Electronic Notice Boards

Sadly, the enormous task of bringing this into reality has been much complicated in recent weeks by a great deal of irresponsible use of Social Media by some of our members. Can I please remind all our members that, whilst I would always defend the right to free speech and the right to voice personal opinions (however disagreeable!), when members make use of the web or Social Media they have an obligation not to spread factually incorrect information? Personal opinions are one thing, but there are a number of members who want to be thought of as 'experts' and take it upon themselves to 'inform' others of Academy policy, or procedures etc., without actually knowing the facts. All our members have the obligation to protect both our sport and the Academy by taking care not to irresponsibly spread misinformation to other members and the general public. In these days of forums and Facebook etc. it is all too easy to rush to answer questions without stopping to think – but it does not take much longer to fire off an email or two in order to establish the facts!

It should also be noted that postings made to our BAF Facebook page where any member of the Academy is mentioned by name in an abusive, critical or derogatory manner will not be tolerated and such postings will be deleted and the poster will be banned from the page.

Philip Bruce

DEN OF VICE

Contributions from the Academy's two Vice-Presidents



Well, end of season, competition calendar thinning out, school end in sight, long holiday to look forward to, time to plan next season!

This is the time when I get my new calendar out, the whole year is visible on an A3 sheet, with all the academic dates on it, from Sept 1st to August 31st (with a few days overlapping). It has seven columns and fifty-four rows.

This one sheet view gives me the full academic year, from which I can see the start and end of terms, all half terms and Christmas, Easter and Summer holidays. I collect the term dates from all the schools I work in and then put all the dates on my sheet. After that will go any competition dates, if available. Bristol Open is usually the first one, followed by Shropshire Open and so on. Courses, committee meetings, coach training all go in and, last but not least, personal dates like wedding anniversary, birthdays, holidays etc. Like my coaching plastron, I couldn't work without it!

Looking back over the last season, I generally consider those things not completed or done well, and then make a note to complete and do better this coming season.

Coaching is like that, you try something, it doesn't work, try again or try another way.

Giving routine lesson after routine lesson, day after day, getting bored to death with it.

But it is at exactly that point you should begin to develop, where else can you go?

I like watching other coaches give lessons; it gives me ideas, but I have to remember that I don't understand the context or hear the instructions being given.

I am looking forward to September and the start of the new season, but I will make sure that I drag the summer out for as long as I can.

To you all, have a restful summer, and don't forget the BAF AGM.

Prof Peter Northam, Vice President.



One of my responsibilities on the Academy committee is for safeguarding and child protection. Sadly, you only have to turn on the television or pick up a newspaper to see that this topic is all too familiar nowadays. Therefore, it is vital that, as fencing coaches, we are aware of the issues surrounding safeguarding and child protection.

The BAF Child Protection Policy and Procedure document (<http://www.baf-fencing.com/essential-documents.html>), as the name suggests, is a set of structures that have been put in place to inform members about the basics of child protection and most importantly what to do in the event of an incident. The document is not intended to be a substitution for a Safeguarding and Child Protection Course. I would urge all members who work with young people and vulnerable adults on a regular basis to seek out appropriate training. Indeed many of our members work in schools and colleges and the opportunity to be involved in whole school or college training and CPD (continuing professional development) may be a possibility.

Ignorance really is no excuse. Ask yourself a few simple questions, do you understand the issues surrounding safeguarding and child protection? What training have you received? Who would you report an incident to and how would you go about recording the incident? Although safeguarding and child protection is not the most uplifting of subjects, or indeed directly related to fencing, it is part of the responsibilities of a sports coach. And finally, please note that membership of the Academy does not imply that a coach has received child protection training.

Prof. Louisa Miller, Vice President

Letter from America

Some reflections on the importance of kit, by Bret Gantry

Dear fellow coaches of the BAF,

I've been gone to Texas now for nearly three years, and while I've not done much coaching here, I've kept my épée busy in practice if not competition. Texans (and my fellow expats from various nations) take our sport very seriously, so my fencing gear has had a lot of heavy use in that time.

My Leon Paul gear held up rather well for the first couple of years of frequent hard use, as it did in the UK, but over the last six months I've finally worn out my old jacket, breeches, socks and, most noticeably, my mask and gloves.

The nice thing about fencing kit is that it lasts. I last bought a full set of new gear about five years ago, and aside from wearing a couple of holes in the cuffs of my gloves from my épée pommel, it all kept together in one piece, until little things, like metal fatigue on the zip handle of my jacket, worn, unsticky velcro and the rubber ring on my mask coming unglued, made me first repair, then replace gear. Because there's only so many times you can restick that pesky ring around your mask before you become fed up with hot glue.

I replaced my kit with the same level of gear from LP, and I'm pleased to say, the same sizes still fit me fairly well. So as a scientist, I think it reasonably fair to make a comparison between worn and new.

The first thing that struck me when I put on my new jacket and breeches was that they were pretty consistent with the style of the old, which worked well for me. Then I stood up, only a couple of millimetres taller, but I was quite surprised by the thickness of my new socks. Then I started fencing in my new gear and was pleasantly surprised by how much I noticed how lighter my opponents seemed to be hitting me. They weren't going easy, but the new jacket was simply much thicker than the old one, as were the socks and breeches. Simply due to how much laundry and wear they'd gone through, my old kit was at least half as thick as the new gear and how much less protective than when it was new, I wonder?

And because I'd worn it out over so much time, I'd had no idea until I put the new kit on.

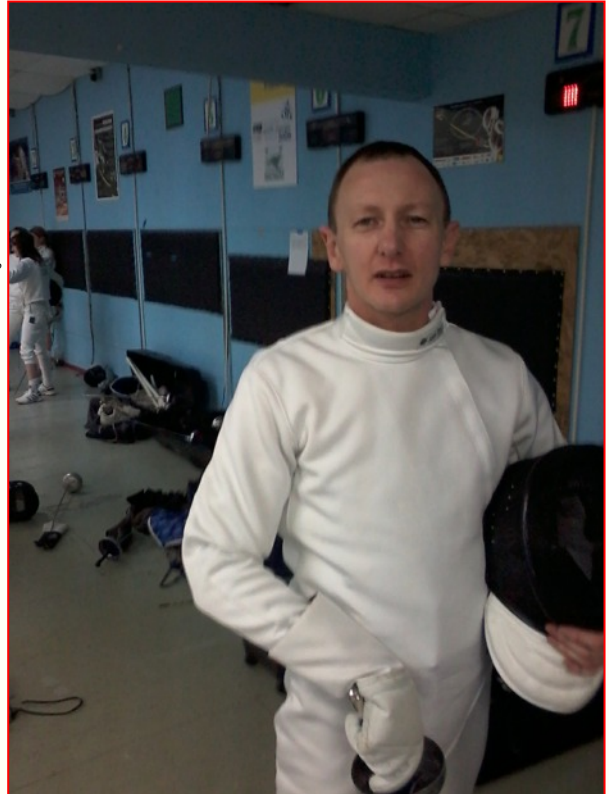
Smaller bruises and fewer of them. Damned if I didn't move better in it, too.

The second thing that struck me was the smell. From my old mask. This, the acme of LP technology five or so years ago served me very well through coaching and training and several trips to Denstone. It lost a few chips off the enamel, but held up really well until the rubber ring came loose and harder hits started making the velcro adjustments slip recently. My old mask was familiar, and comfortable like an old friend, and by the end of its life stank like a year old pair of running shoes washed in a troll's armpit! I got my new mask about a week ago and only realised how badly my old mask stank when I put it in the cupboard (planning to use it as a practice target) for a few hours. When I opened the door again, the stench hit me harder than a really hard thing. Seriously, I had to go and sniff my drying running shoes just to give my nose a break! That's what you get for never washing your mask padding! Straight in the bin for the old one. The outdoor bin.

The new mask smells sweetly of nothing much, and with the even lighter new padding, I can now hear a lot better. I have to screen out discussions from the other side of the salle now, not just the odd word from the next piste. I also swear my balance is better too. The positive effect on my endurance of having so much fresher air is entirely unquantifiable, but undeniable too.

The last thing is my glove. I patched my old gloves with a square of leather above the wrist, where my épée pommels were wearing the material away. I think I got about four years of hard wear out of my last two gloves until the extra padding wore through last month and always thought they held up quite well.

Until I put my new glove on. Suddenly, my point control feels about a million times better for no more complicated reason than I now have a glove that fits more snugly about my thumb, and with less worn material between my hand and my sword. I've always found the stickier glove types less comfortable, but the friction with a new, unworn glove has given me back a



little more control, enabling me to relax my hand just a hair more than I had been doing. And I'm making a few regular opponents work a little harder too!

To summarise, I'm breathing more easily and fighting better. I feel more competitive than I've been for a while. And all because I've replaced my kit.

I'm not writing this as an advert for a certain manufacturer. I'm writing as a fencer and sometime coach. We all choose the kit that suits ourselves and our budgets. What I'm trying to get at is that, while we all take care of our kit, clean it (mostly) and keep it in good repair, it's important to really look at it critically from time to time and evaluate whether it's still fit to do the job of standing between your body and harm. Because I used my kit so often, I stopped looking at it and didn't realise when that replacement time had come.

As a fencer, it's your neck and your responsibility.

As a coach, it's your club, and we all understand that your appearance is a subtle part of how you set the tone.

Your students will look at your kit.

Look at theirs.

Enjoy your fencing.

Bret Gantry

Houston, Texas

FENCING COACH EDUCATION IN NORTH WALES

An appreciation from Sarah Dolan and others



We would like to thank Welsh Fencing and the British Academy of Fencing. Since 2013 Welsh Fencing has provided coach education sessions in North Wales brought to us in full Technicolor with surround sound by the delightful Prof Peter Northam, Vice President of the British Academy of Fencing. It has been a valuable asset to us as coaches, aspiring coaches and we couldn't-do-it-without you super patient, super duper, stooges. These are just a few of the comments.

I'm a member of Abergele Fencing Club, which had been without a permanent coach until recently. Thanks to the training sessions we now have two qualified Level 1 coaches. Being a very new fencer-stooge at the first session, I really appreciated Peter's sympathetic, confidence-building and disciplined approach. I have probably learned as much as everyone else, if not more! It would be great if some way could be found to continue the training programme, building on the collective experience of the sessions to sustain and increase the standard of fencing in North Wales.

Alison Craig – Abergele Fencing Club

I'd like to say a great big thank you to the British Academy of Fencing and Welsh Fencing for giving me and a fellow fencer the opportunity to gain our Level one qualification - we needed to do this as there are no coaches at our club which is Abergele Fencing Club. So Jed Houghton and I (Pam Sykes) couldn't have done it without you!!

We gained so much from the coaching sessions - not only did we become level One coaches but we learned great techniques which we can carry through to our club. The sessions were friendly, informative and most importantly fun. Peter Northam was a great teacher - thorough and interesting.

Pam Sykes (veteran) and Jed Houghton (18yrs) - Abergele Fencing Club



There are very few coaches in North Wales and very few clubs and we haven't managed to attract everybody along to the sessions. We are lining up some prospective coaches who are too young to qualify at the moment. We are helping to keep clubs alive. We are working together to promote fencing.

I have enjoyed learning from everybody in the room, especially our guests from England and Sweden – techniques, opinions and ideas.

Sarah Dolan

SOCRATES REVISITED

by Professor Phil Carson

I very much enjoyed Bob Merry's article "It's All Greek to Me" (BAF Newsletter, May 2015). It's an approach I find extremely useful and one that is at the foundation of many successful modern coaching systems.

I sometimes describe it to my pupils as having a very rude conversation. You ask a question and as your opponent starts to answer it, you "interrupt" them and hit them.

In asking a question we are presenting the opponent with a problem to be solved. But how do we take an unlimited number of possible technical, footwork and timing combinations to start to work out, coach and learn how to fence in this way. For me, there are only three ways of asking the question: by distance, rhythm, or blade. Of course any action will contain all three of these elements, but how they are put together will determine the nature of the question and thereby the likely response(s) from the opponent. Importantly though, from both a fencing and a coaching perspective, there are only four ways of answering any question asked in fencing. These are 1. hit them; 2. make them miss; 3. deal with their blade first then hit them; or 4. point in line (foil and sabre only).

Distance is the main component of any fencing problem. In stepping in to distance for example, the fencer is asking a strong question. The problem for the opponent is that if they do nothing they are going to be hit. By way of answer, the opponent can employ any of the problem solving solutions above. For example a single light counter attack or stop hit; a beat counter attack; or simply by stepping out of distance, not wishing to engage in this particular conversation at this time.

Good coaches will develop their own system, method and language to help make sense of the complexity of the fencing bout such that regardless of the response to the question, they still get hit. So if the opponent counter attacks, the attack is finished in time; if they parry, they are hit with a disengage; if they step back, they are hit with a step lunge. I became even more aware of the effectiveness of this approach when I was coaching at last year's Athens World Cup senior sabre event and able to watch the warm up lessons being given to Yakimenko, Szilagyi and Montano. Yakimenko's lesson was characterised by preparations on the blade, Szilagyi with rhythm and Montano with the feet, but all three were employing this same simple approach: a single constant preparation by the fencer from which they learn to deal with any and every response from the coach. Three very different coaching styles, methods and focus and yet a very similar if not identical principle behind them.

This past three years I've been lucky enough to watch one of the best Italian foil coaches give this very simple problem solving and question and answer lesson, such that the fencer becomes incredibly sensitised, not about what to do, but more about when and where to do it. Interestingly, when our very good GB fencers were taking lessons from this coach, they were confused and frustrated, constantly saying, "but I don't know what you want me to do". After a day or two though, their nervous system began to settle down to understand that the "what" was largely irrelevant in the sense that they already knew how to do it. This makes sense to me, because where technique is everything when learning fencing, it needs to remain in the automatic part of the brain when competing. This is a conversation, but not one that requires technical matters to be taking up the (slow) reasoning and rational functions of the brain, it requires the nano-second firing of nerves and muscles within the context of a strong tactical mind concerned with formulating the question and indeed controlling the problems being presented from the other end of the piste.

When you have two fencers operating in this way, you see very good fencing. For example, in women's foil, the rippling footwork of Vezzalli as she moves in and out of distance, teasing her opponent into considering engaging, only to be hit with a counter time action. Or the mesmeric ability of Errigo to maintain right of way, draw the counter attack and yet still get the hit on in time. Or perhaps Di Francesca's ability to make the strongest of attacks and either hit directly or with a renewal before any riposte can be formed.

Many thanks to Bob Merry and his mate Mr Socrates for his thought provoking article which had much resonance with me and motivated me to put pen to paper for this short piece.

WORSLEY'S WORDS

Musings from your Members' Rep.



In my article this time, I'd like to talk about what I believe is the difference between members and supporters. Let's start with a couple of definitions taken from The Concise Oxford Dictionary (Ninth Edition).

Member – a person belonging to a society or a team.

Supporter – a person or thing that supports: esp. A person supporting a cause, team, or a sport.

In The Concise Oxford Dictionary (Ninth Edition), there are 13 definitions for the word support. The ones I feel most applicable to this article are definitions 6, 7 and 8.

Support – 6, give help or countenance to, back up, second, further. 7, speak in favour of (a resolution etc.). 8, be actively interested in (a particular team or sport).

The reason for speaking about members and supporters stems from some recent events. Events which have caused me to ask myself, "Am I a member of the BAF or am I a supporter?" I personally draw a distinction between the two, as I believe that a person can be a member of an organisation whilst not fully believing or subscribing to the doctrine or values of said organisation. Some may question this, how can some join an organisation and not believe in its objectives? The answer is quite easy really; how many people join the RAC to get breakdown cover? Do all those that join the RAC really subscribe to the points laid down in their Environmental Policy Statement, or how many of them actually agree with all the points in their document 2015: our view on the short-term motoring priorities for the Transport Secretary or the RAC's view on Ageing Drivers? I suspect very few indeed.

The same can be said of the BAF. How many people have joined the Academy with the primary purpose of getting insurance as a fencing coach? Or how many have joined just to get a fencing qualification? Don't get me wrong, there is nothing wrong with this. In fact, it's one of the main reasons for the existence for the BAF; to train and qualify coaches and to obtain insurance for its members. However, I feel that a supporter is not only a member of an organisation, but also believes in the aims, goals or principles of said organisation, they have bought into the whole ethos, as the definition states, they give help or countenance to the organisation, they back it up, they try to further the aims or the organisation and possibly most important of all, they speak in favour of it. And for me that is the really important bit of being a supporter, you speak in favour of the organisation to which you belong. There will be times when even the most ardent supporter disagrees with their organisation, but there are ways and means of airing and resolving these disagreements. Being a supporter also means being prepared to accept there are things you may personally disagree with, but if the majority of the organisation are happy with them, they are not going to change and why should they? I raise this point in this edition of the Academy News as recent events seem to indicate there are members (not supporters) who are not happy with certain things in the Academy and have decided to try to affect changes. This has taken the form of verbal or written criticism of other members of the Academy or the Academy's system of coach education. I personally feel that such individuals, although members of the BAF, are not supporters. If they were true supporters, they would have realized that a system of coach education that has taken over ten years to develop will not make changes at the drop of a hat, or just at the suggestion of a single individual. And, sniping from the side-lines as other people do their best to support the BAF, giving up in some cases, a considerable amount of their free time in order to support an organisation whose aims and goals they believe in, well that just stinks! This is certainly not the behaviour I would associate with a supporter of the BAF. I think that all our members should take a look at themselves and decide whether they are members or are they supporters.

The aims of the BAF can be found on the web-site at <http://baf-fencing.com/about-us.html>. It's worth reading them and see how many you agree with, I would suggest that the more of them you agree with the more likely it is that you are a supporter of the Academy rather than a member. If you are a supporter of the BAF and what it is trying to do, then you need to ask yourself, are you prepared to help the Academy when it needs it?

John Worsley, Members' Representative.

The British Fencing AASE Programme

An explanation of the scheme, courtesy of Professor Neil Brown



BRITISH FENCING



The British Fencing Advanced Apprenticeship in Sporting Excellence has been set up to provide fencers with opportunities to improve performance and develop as individuals in a cost effective way. We have worked with SkillsActive and South Gloucestershire and Stroud College to offer young fencers the chance of being part of and achieving the Advanced Apprenticeship in Sporting Excellence (AASE). The British Fencing programme is not physically based at the college, we run training at various venues around the country and include an international training camp.

Any 16-18 year old fencers who have completed their GCSE year and are ranked in the top 40 (for their age on any national ranking list) are eligible to apply for the British Fencing AASE programme.

What is AASE?

It is a Level 3 qualification based around an NVQ (National Vocational Qualification) in Achieving Excellence in Sports Performance; designed for fencers who have the realistic potential to achieve excellence

and are seeking to perform at the highest level. The programme will cover all areas of fencing and this innovative and exciting sporting programme will help you to develop as an athlete and fencer as well as gain a nationally recognised qualification.

Fencers will need to commit to attending AASE training days (approx. 25 days in holidays and weekends) and to maintaining a portfolio of their learning and training activity. The programme will fund these so there is no cost for the training.

Eligible fencers who are part of British Fencing's WCP Talent or Talent Identification and confirmation programmes will be guaranteed a place on the AASE programme (if their education is appropriate). Any fencers in both programmes will have extra help to manage their training load appropriately and may do a different programme to the other AASE fencers, the 2 programmes will complement each other.



AASE Facts

- Available to fencers resident in England only
- Fencers must be aged 16, 17 or 18 on the 1st September in the academic year (for September 2015 intake born between 2/9/1996 & 1/9/1999)
- Fencers must have completed their GCSE year before starting AASE
- Applicants must be in the top 40 in Britain at their age group
- Fencers must commit to take part in the AASE training days (the programme may be different for WCP Talent and TIC fencers) and complete the course

More About AASE

The Advanced Apprenticeship in Sporting Excellence (AASE) is a sports performance programme. It provides a structured training and development route across a number of sports for talented young athletes (aged 16 –19) who have a real chance of excelling in their sport

The AASE programme reflects the broad range of skills, knowledge and performance required by elite level sports people. It is designed to measure the athlete's ability to plan, apply and evaluate their development in the technical, tactical, physical and psychological aspects of their sport. It also addresses wider issues such as lifestyle, career development, communication, and health and safety.

The AASE programme currently runs in the following sports: Athletics, Badminton, Basketball, Boxing, Cricket, Fencing, Football, Golf, Handball, Judo, Lacrosse, Modern Pentathlon, Motor Sports, Netball, Rugby Union, Swimming, Table Tennis, and Tennis. There are over 2500 athletes enrolled in the programme.

AASE is designed to directly measure the athlete's ability to apply themselves to "professional" development in their sports, covering:

- 1) Technical Skills
- 2) Tactical Awareness
- 3) Physical Capabilities
- 4) Mental Skills

Importantly it also directly addresses wider issues, such as:

- 5) Lifestyle Organisation
- 6) Career Planning
- 7) Communication and Working With Others,
- 8) Health & Safety
- 9) Nutrition

These nine areas of focus directly contribute towards achievement of the certificates in the AASE Framework.

Fencers will produce a portfolio demonstrating what they have learnt about each of the units during their sporting pursuits. This could include a training log, a nutrition diary, video samples or a journal. They must also work with a qualified assessor to test understanding and relevant performance.

At the end of the AASE course fencers will qualify with an NVQ Level 3 certificate in Achieving Excellence in Sports Performance and Understanding Sports Performance.

You can find more information and an application form on the British Fencing web site at <http://www.britishfencing.com/development/aaseprogramme/> or email Neil Brown at neil.brown@britishfencing.com. See what the fencers think and some video taken on the 2-week AASE training camp in Tenerife last year:

<https://www.youtube.com/watch?v=UzdvxnmSX04&feature=youtu.be>

<https://www.youtube.com/watch?v=ERa6Zavyjs0&feature=youtu.be>

MORE USEFUL BITS.....**BAF RESIDENTIAL COURSE****Autumn Course - 26th to 31th October 2015****Course to be held at Denstone College, Staffordshire.****Fees: £440 (members) £510 (non-members)*****Please contact our Course Officer, Dave Jerry, for more information*****Contact details on page 3****First Aid Courses**

Are you interested in learning First Aid, or need to renew your qualification? I can provide training in Primary Care (CPR), Secondary Care (First Aid) and Automated External Defibrillator (AED) use. All qualifications are backed by Emergency First Response EMEA Ltd and are recognized by HSE.

For more details and information, contact Stuart Clough (details on page 3) or visit our website <http://efr.stuartclough.co.uk>

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