



# **Foil, Sabre, Epee Instruction**

Ages 7+

Chatham Club  
484 Southern Blvd  
Chatham NJ 07928

**908-527-6385**

**973-377-1900**

**973-746-1696**

[www.excaliburfencing.com](http://www.excaliburfencing.com)



Excalibur Fencing Club is a member club of the United States Fencing Association. We carry the association's insurance coverage and follow the safety rules prescribed by the USFA. But we also recognized that fencing carries risk of injury. Therefore, in the event of an accident involving you (or your child), we ask that you sign the following waivers attesting to your understanding of the risks involved and allowing Excalibur Fencing Club to provide medical care in the case of injury and there is no parent or guardian present.

This form will be valid for the 2008-2009 fencing season, September, 2008-June, 2009.

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Name \_\_\_\_\_  
(Please Print)

All Participants MUST Read and Sign Each of the Following Statements  
(for athletes under the age of 18, a parent or guardian must also sign)

**WAIVER OF LIABILITY:** Upon agreeing to fence at Excalibur Fencing Club, I agree to become a member of the United States Fencing Association and to abide by the current rules of the USFA. I enter into fencing related activities at my own risk and release the Excalibur Fencing Club, the Chatham Club, and its sponsors, referees, and tournament organizers from any liability arising from such activities.

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Fencer's Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent or Guardian for Minor \_\_\_\_\_ Date \_\_\_\_\_

**CONSENT FOR MEDICAL TREATMENT:** This is to certify that I, \_\_\_\_\_, give my consent to the Excalibur Fencing Club and its representatives to obtain medical care from any licensed physician, hospital or clinic for the above named athlete for any injury or illness that may arise during activities associated with fencing events at Excalibur Fencing Club, club tournaments sponsored by other USFA clubs, the New Jersey Division of the USFA, or national tournaments sponsored by the USFA (North American Cups, Junior Olympics, Age Group Events, National Championships, Summer Nationals).

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Fencer's Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent or Guardian for Minor \_\_\_\_\_ Date \_\_\_\_\_

## PERSONAL DATA

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Parent's Names (if under 18) or Contact in case of injury \_\_\_\_\_ Parent's Email \_\_\_\_\_

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Student's Email \_\_\_\_\_

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Address \_\_\_\_\_

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Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_



# 2008-2009 Goals



Name

Goal	
1	
2	
3	
4	
5	

Planned Tournaments	
1	
2	
3	
4	
5	



## Beginner Fencing Equipment

Item	Cost	Comments
Jacket	\$50-75	Stretch nylon or cotton; personal preference determines which.
Knickers	\$35-50	Stretch nylon or cotton; personal preference determines which.
Plastron	\$25-35	An inexpensive one is sufficient; specify right or left handed. Adolescent girls will also need a plastic chest protector (\$30).
Glove	\$15-25	Right-handed or left-handed.
Mask	\$90-125	This is the most important item. Buy a good one.
Weapon	\$35-45	Non-electric; french grip. Children under 10 should use a shorter blade: either 0 or 2 (30" or 32").
Socks	\$10	Long white socks that reach the knees (or at least come up to the knickers). Get these at Sports Authority, not a fencing store
Shoes (Optional)	\$50	Tennis or racquetball shoes are fine. You can also buy inexpensive fencing shoes (Victory; \$55) or expensive ones (Adidas; \$125-200).
Bag (Optional)	\$30	Recommended but not essential.
<b>Total</b>	<b>\$340-445</b>	<b>(Buying a package will cut this cost to approx \$150-175)</b>

**Note:**

There are two categories of clothing:

- *FIE* - Required for international tournaments and is usually constructed of a fabric such as ballistic nylon. It is rated to withstand 800Newtons of force. Not recommended for Beginners.
- *Non-FIE* - Allowed for all domestic tournaments and constructed with stretch nylon or cotton. It is not rated but can generally withstand 350Newtons. The price is substantially lower (\$50 for a jacket vs. \$300 for an FIE model), it is lighter weight, and accepted at all domestic USFA tournaments. **Recommended for Beginners.**

You will **not** need electrical equipment, but we have a companion sheet on request if you are interested.

Most manufacturers also offer starter packages at substantially reduced prices. Ask for a beginner's non-electric foil (or sabre) set. It will include most, but not all, of what you need for about \$150.

Fencing Equipment Vendors in NJ			
<p><b>Blue Gauntlet</b> 280 N Midland Ave Building N-1 Saddle Brook, NJ 07663 201-797-3332 <a href="http://www.blue-gauntlet.com">www.blue-gauntlet.com</a></p> <p>M-Th 9-7 F 9-6:30 Sun 9-5</p>	<p><b>Fencesmart</b> 2933 Vauxhall Road Union, NJ 866-366-2164 <a href="http://www.fencesmart.com">www.fencesmart.com</a> [Note that the entrance is a loading dock behind the Millburn Mini Mall]</p>	<p><b>Physical Chess</b> 1012A Greeley Avenue No Union, NJ 17083 800-FENCING <a href="http://www.physicalchess.com">www.physicalchess.com</a></p> <p>M-F 10-6 Sat 9-3</p>	<p><b>Absolute Fencing</b> 25 Kearny Street Bridgewater, NJ 732-868-9003 <a href="http://www.absolutefencinggear.com">www.absolutefencinggear.com</a></p> <p>M-F 9-7 Sun 10-4</p>



Electrical Fencing Equipment					
Item	#	Foil	Epee	Sabre	Comments
Jacket	1	\$65	\$65	\$65	Stretch nylon or cotton; personal preference determines which; FIE is \$250
Knickers	1	40	40	40	Stretch nylon or cotton; personal preference determines which; FIE is \$200
Plastron	1	20	20	20	An inexpensive one is sufficient; specify right or left handed. Adolescent girls will also need a plastic chest protector (\$30).
Breast Protector	1	30	30	30	Women only
Glove	1	25	25	25	Right-handed or left-handed.
Overglove	1			30	
Mask	1	55	55	85	This is the most important item. Buy a good one; FIE is \$150-200.
Weapon	2	100	110	110	2 prong connector; french or pistol
Body Cords	2	40	40	40	Blue Gauntlets are best
Mask Clip	1			10	
Lame	1	65		90	Optional; NA has enough unless you need either a very large or very small size.
Shoes (Optional)	1	50	50	50	Tennis or racquetball shoes are fine. You can also buy inexpensive fencing shoes (Victory; \$55) or expensive ones (Adidas; \$125-200).
Bag (Optional)	1	40	40	40	
<b>Total</b>		<b>\$540</b>	<b>\$475</b>	<b>\$635</b>	
<p><b>Note:</b> There are two categories of clothing:</p> <ul style="list-style-type: none"> <li>➤ <i>FIE</i> - Required for international tournaments and is usually constructed of a fabric such as ballistic nylon. It is rated to withstand 800Newtons of force. Not recommended for Beginners.</li> <li>➤ <i>Non-FIE</i> -Allowed for all domestic tournaments and constructed with stretch nylon or cotton. It is not rated but can generally withstand 350Newtons. The price is substantially lower (\$50 for a jacket vs. \$300 for an FIE model), it is lighter weight, and accepted at all domestic USFA tournaments. <b>Advanced Fencers may want to consider some FIE equipment, particularly the mask.</b></li> </ul>					

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