



Ellenbrook Fencing Club

Fencing is an exciting, safe, modern, and fast paced sport practiced world-wide by men and women of all ages. The objective is to score touches with the sword against a similarly armed opponent. It is one of only four sports to have been contested at every Modern Olympic Games!



There is a National Schools Fencing competition, for both individuals and teams – a great opportunity to represent both your school and State!

Times: Weds 6 – 8pm

Sat 9.30am – 11.30am

Where: Baskerville Hall

Coach: Cathy Ndreca - 0419049982

Cost: \$15 per person for 2 hours (normally \$20)

Fencing is a disciplined sport with strict rules, teaching many important attributes not only to sport, but also to life in general.

Respect: tradition obliges opponents to salute before a bout and to shake hands at the end;

Fitness: fast paced Olympic sport;

Tactics: Fencing is likened to 'high speed chess';

Coordination: helps with spatial awareness as fencers adjust distance relative to a moving opponent;

Reflexes: fencers must adjust speed to protect themselves and to score a touch;

Agility: learning to advance, retreat, attack and defend, all while maintaining balance.

Safety: plastic swords are used to deliver classes to beginners and younger children.



What To Wear: Track pants, Tee Shirt, Sneakers & Socks

What To Bring: Water bottle with water

Other Equipment: Will be provided