

Dear Parents,

Some of you may ask “what is fencing exactly?”

Fencing is an elegant, lifelong sport. It is great exercise for the mind and body. It is both challenging and fun. Anyone may fence, boys and girls, young and old. Whether chosen as a fitness regimen, a recreational hobby, or as a serious competitive sport, fencing is an excellent way to improve fitness while having fun.

There are many benefits to Fencing! Through a good program, one improves coordination, cardiovascular fitness, reflexes, muscle tone, poise and confidence. One may acquire the reflexes of a professional basketball player, the muscle tone of a gymnast, and the strategic abilities of a chess master.

Everyone who fences regularly can expect physical benefits. It allows for the burning of calories, plus it is a solid workout for the buttocks, stomach, and thigh muscles, which increases stamina and coordination. All types of fencing (epee, foil, sabre) develop strength, suppleness and agility, and improves overall flexibility.

Fencing is listed by the American Academy of Pediatrics as a moderate contact sport, which lowers the risk of serious injury.

Fencing is an excellent mental exercise. It increases focus and concentration as well as improves strategic thinking and decision making skills. It can help to relieve stress, which can help to lower one's blood pressure. The powers of observation and a greater understanding of strategy will be developed by learning the art of fencing.

Fencing enhances integrity, sportsmanship, and the desire to excel. It opens opportunity for college scholarships, such as Ohio State, California Institute of Technology, Penn State, Notre Dame, MIT, Stanford, and the Ivy League schools. Those who wish to compete, may have the opportunity to participate in national and international competitions, and maybe even the Olympics. Fencing is both exciting and challenging!

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