USFCA Special Topics Clinic:

High Performance Coaches Workshop- Epee

COACH DEVELOPER

Michel Sicard, Maitre
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LOCATION

Beverly Hills Fencers' Club 1990 S Bundy Drive, Suite 125, Los Angeles CA, 90025

310-204-0085

PLACES TO STAY

Four Points by Sheraton LA Westside- 5 miles from BHFC
5990 Green Valley Cir
Culver City, CA 90230

https://usafencingcoaches.fastbreaktravel.com/Event/98cf/

CLINIC MEETING TIMES

Saturday, August 8, 2026

9:00 AM - 8:30 PM

Sunday, August 9, 2026

8:00 AM - 5:00 PM

CONTINUING EDUCATION HOURS

15

COST

USFCA member: $300

Non-member: $400

WORKSHOP DESCRIPTION

A shared culture of the practice of the sword is key to reaching high-performance. This culture is built around the understanding of the competitive situation, the scientific knowledge, the experiential knowledge and the skills that we have acquired throughout our practice as a fencer, whether as a competitor and/or as a coach. Its transmission must not lock the individual into a closed, even dogmatic culture. On the contrary, this culture must be open, thus favoring the responsibility of the fencer in his strategic and tactical choices during the combat.

STUDENT-CENTERED LEARNING OUTCOMES

By the end of the clinic, Coaches in Training will be able to:

- Understand the technical and tactical/strategic elements to epee
- How to give high value epee lessons

CLINIC SCHEDULE

Saturday, August 8, 2026

9:00-9:15 AM: Introduction to the Course

9:15-10:00 AM: The Combat Situation

10:00-10:15 AM: Break

10:15 AM-12:00 PM: Individual Lesson – The Fundamentals

12:00 -1:30 PM: Lunch Break

1:30-3:00 PM: Individual Lesson - Training the Combat Situation

3:00-3:15 PM: Break

3:15-5:30 PM: Individual Lesson-Training the Combat Situation. The Fundamentals

5:30-7:00 PM: Dinner Break

7:00-8:30 PM: The Match-Managing the ratio of power during a bout

Sunday, August 9, 2026

8:00-9:00 AM: Preparation of the touch action

9:00-10:30 AM: The Individual Lesson - Training the Combat Situation

10:30-10:45 AM: Break

10:45 AM-12:00 PM: The Individual Lesson. The Fundamentals

12:00-1:30PM: Lunch Break

1:30-2:45 PM: The Individual Lesson - The Fundamentals

2:45-3:00 PM: Break

3:00-4:00 PM: The Individual Lesson - Training the Combat Situation

4:00-5:00 PM: Conclusion of Course

EQUIPMENT NEEDED

Coaches are expected to attend the clinic fully equipped to give an individual lesson (coach jacket, mask, glove, weapons, etc.) Bring a notebook and pen.

DIVERSITY, INCLUSIVITY, AND ACCESSIBILITY STATEMENT

This clinic is committed to following the commitment to inclusivity and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this course, students' learning needs will be addressed both in and out of class, and diversity that the students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Presentations will be accessible to individuals with mobility disabilities, and will mitigate the effects of other disabilities that might present a barrier to attendees.