

# USFCA Coaches Academy 2022

## Coach Developers/organizers:

Rob Handelman, D.C, Maître d'Armes  
Elsayed Emara, Maître d'Épée and Fleuret  
Vinnie Bradford, Maître d'Armes  
Connie Louie, PhD in Clinical Psychology, Maître de Sabre  
Jerry Benson, Maître d'Armes  
Julie Seal, Maître de Fleuret  
Ina Harizanova, Psy D in Clinical Psychology

## Special Weapon Instructors and lecturers:

Andrey Geva, Maître d'Épée  
Cedric Loiseau, Maître d'Épée  
Christian Rascioni, Maître d'Armes  
Gia Kvaratskhelia, Maître de Fleuret

## Clinic description:

This three weapon clinic is a face to face, hands on clinic that includes floor work and lectures on a variety of topics including how to help your fencing business succeed, how to work with students on the autism spectrum, how to organize group lessons, and sports psychology. There are over twelve hours of lecture classes and all will be available as **zoom classes**. For those attending the face to face sessions there is a total of 37.5 hours of instruction. Our teaching goal is to have each coach (of any level) improve their knowledge of coaching and ability to present various coaching cues and preparations. During the face to face sessions on the gym floor the lead coaches will demonstrate and the attending coaches will practice the actions immediately afterwards. We will then work to integrate them the last two days in option lessons (for Y10, Y14/Vet, and high level). The lessons will use the fencing elements of distance, timing, tempo, speed and initiative to help improve your students.

In addition, there will be face to face lectures daily that will simultaneously be presented on zoom for coaches that can only attend with distance learning.

Total number of face to face instructional hours: 37.5

Total number of online instructional hours: 12.5+

## What you can expect from classes on the gym floor:

Twenty seven hours of work on the gym floor is scheduled at the Academy. Up to six hours daily of face to face classes in practical technique in all three weapons instructed by experienced coach developers and world-class coaches. Instruction will focus on the individual teaching and option lessons. The practical sessions are sequential and progressive. Sessions do not repeat and are not available on zoom. There will be lessons for advanced coaches through beginning coaches. All levels of coaches are welcomed! Please see the schedule at the bottom of the document for more detail.



**What you can expect from Online and Live Lecture Classes:**

Twelve and half hours of zoom classes a coach can take remotely. (All zoom classes are included in the face to face in the tuition. Below is the schedule of lecture classes that will also be available for remote attendance.

**Tuesday July 26:**

- 3-4:30 pm CST            Group Class Concepts (all ages): preparing for the class, teaching the class, teaching group drills - Vinnie Bradford
- 4:30-5:30 pm CST        Youth Training – specific concepts for Y10/ 12 all weapons - Elsayed Emara and Connie Louie-Handelman
- 5:30-6:30 pm CST        Autism and Fencing: Retooling How We All Think

**Wednesday July 27:**

- 11:00-12:00 pm CST     Saber Q & A – with our high-level coaches - Christian Rascioni and Connie Louie
- 1:00-2:00 pm CST        Marketing your club using Social Media - Julie Seal

**Thursday July 28:**

- 11:00-12:00 pm CST     Epee Q & A – with our high-level coaches - Andrey Geva and Cedric Loiseau
- 1:00-2:00 pm CST        The Business of Fencing, a New Model, Branding to Marketing to Profit for Adults and Beginners - Jerry Benson

**Friday July 29:**

- 11:00-12:00 pm CST     Foil Q & A – with our high-level coaches - Gia Kvaratskhelia and Vinnie Bradford
- 1:00-2:00 pm CST        The Marketing of Fencing, Modern Applications" "Opening the Front door and Closing the Back Door" - Jerry Benson
- 6:30-7:30 pm CST        Sports Psychology Ina Harizanova

**Saturday July 30:**

- 1:00-2:00 pm CST        Sports psychology/mental toughness training continued- Ina Harizanova
- 6:30-7:30 pm CST        Sports psychology/mental toughness training continued- Ina Harizanova



## Testing for certification of Moniteur, Prévôt or Maître

Practical exams will be available for all levels of coaches. To be eligible to take a practical exam at the Coaches Academy you must:

- Become member of United States Fencing Coaches Association prior to online written exam
- Take online written exam through the [USFCA](#) website and pass with 75% prior to practical exam
- One-and-one practical exams (to be scheduled at the Academy) must pass with 75% to earn a Moniteur certification. Prevot practical exam must be passed with 65% to earn certification.

## What to bring to the practical exam

- Proof of membership and you should know your membership number
- Proof of passing the written exam
- Proof of payment for practical exam
- Candidates must be FenceSafe Certified and have a current background check on file with USA Fencing

## Textbook and materials:

### Required:

- Coaches are expected to attend the clinic fully equipped to give an individual lesson (coach jacket, mask, glove, weapons, etc.)
- Helpful to come with another coach or student.
- Notebook or video recorder

### Suggested Reading:

- *Taking Foil Groups to the Competitive Level*, Vinnie Bradford, 1994
- *Fencing Sabre: A Practical Training Guide for Coaches, Parents and Young Athletes*, Handelman and Louie, 2010, Second edition 2015, Pattinando Publishing, San Francisco, CA
- *Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes*, Handelman and Louie, 2014, Pattinando Publishing, San Francisco, CA
- The Fencing Metrics Course *Everything You Wanted To Know About Epee And More at Fencingmetrics.com*
- “Fascinate – How to Make Your Brand Impossible to Resist” By Sally Hogshead

## Diversity, Inclusivity, and Accessibility statement:

The USFCA Coaches Academy is committed to diversity, inclusivity, and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this Academy, 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 our 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.

**Venue Location**

Notre Dame University  
Castellan Family Fencing Center, located in the North Dome of the Joyce Center  
South Bend, Indiana

**Accommodations**

Special room rates are available at the Ivy Court Inn & Suites which is walking distance from the venue.  
Use the code: **ND Fencing Officials Group US Fencing Coaches Association.**

Ivy Court Inn and Suites  
1404 Ivy Court  
South Bend, Indiana 46637  
(574) 277-6500  
[www.ivycourt.com](http://www.ivycourt.com)

Reservations can be made by calling directly at (574) 277-6500 and mentioning the group name: **ND Fencing Officials Group US Fencing Coaches Association.** At this time, all reservations should be reserved with a form of payment to guarantee the reservations. The hotel has blocked out a chunk of rooms for this event and will honor the discount for reservations made up to June 25th. After the 25th they will continue to accept reservations however, the hotel cannot guarantee availability of the group rate or specific room times as were originally reserved in the block. Reservation and rates after June 25th will be based on hotel availability and the rate that is available at the time.

## 2022 Coaches Academy Schedule

Date	Time (CST)	Presentations			Online
July 26 Tuesday	1:00-1:30 PM	<i>Introductions for the Academy</i>			
	1:30-2:45 PM	<i>How to prepare your individual lessons for the USFCA exams: Moniteur, Prévôt and Master</i> Rob Handelman			
	3:00-4:30 pm	<i>Preparing to teach a group fencing class and designing paired drills</i> Vinnie Bradford			✓
	4:30-5:30 pm	<i>Youth Training: Specific concepts for Y10 &amp; Y12</i> Elsayed Emara and Connie Louie			✓
	5:45-6:30 pm	<i>Autism and Fencing: Retooling How We Think</i> Julie Seal			
July 27 Wednesday	9:00-11:00 am	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by USFCA Coach Developer Staff	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	
	11:00-12:00 pm			<i>Question and Answer with Christain Rascioni and Connie Louie</i>	✓
	12:00-1:00 pm	<b>Lunch</b>			
	1:00-2:00 pm	<i>Marketing your program using social media - Julie Seal</i>			✓
	2:00-4:30 pm	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson, Julie Seal	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by USFCA Coach Developer Staff	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	
	4:45-5:30 pm	<i>Self-care for coaches</i> Vinnie Bradford			

	5:30-6:30 pm	<b>Dinner</b>			
	7:00 - 8:00 pm	GRIP - a self-evaluation tool	PRACTICAL EXAMS (7:00-8:30)		
<b>July 28 Thursday</b>	9:00-11:00 am	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by USFCA Coach Developer Staff	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	
	11:00-12:00 pm		<i>Question and Answer with Andrey Geva and Cedric Loiseau</i>		✓
	12:00-1:00 pm	<b>LUNCH</b>			
	1:00-2:00 pm	<i>The Business of Fencing: A New Model</i> Jerry Benson			✓
	2:00-4:30 pm	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson, Julie Seal	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by USFCA Coach Developer Staff	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	
	4:45-5:30 pm	<i>Self-care for coaches</i> Vinnie Bradford			
	5:30-6:30 pm	<b>Dinner</b>			
	7:00 - 8:30 pm	PRACTICAL EXAMS			
<b>July 29 Friday</b>	9:00-11:00 am	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by USFCA Coach Developer Staff	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	
	11:00-12:00 pm	<i>Question and Answer with Gia Kvaratskhelia and Vinnie Bradford</i>			✓
	12:00-1:00 pm	<b>LUNCH</b>			
	1:00-2:00 pm	<i>The Marketing of Fencing: Opening the front door and closing the back door</i> Jerry Benson			✓
	2:00-4:30 pm	<i>Foil Coaching with Gia Kvaratskhelia</i> Assisted by Vinnie Bradford, Jerry Benson, Julie Seal	<i>Epee Coaching with Andrey Geva and Cedric Loiseau</i> Assisted by Ina Harizanova	<i>Sabre Coaching with Christain Rascioni and Connie Louie</i>	

	4:45-5:30 pm	<i>Self-care for coaches</i> Vinnie Bradford			
	5:30-6:30 pm	<b>Dinner</b>			
	6:30-7:30 pm	<i>Sports Psychology</i> Ina Harizanova			✓
	7:30 - 9:00 pm	PRACTICAL EXAMS			
<b>July 30 Saturday</b>	9:00-12:00 am	<i>Practice and Integrate material learned from Gia, Vinnie, and staff into individual lessons</i> by USFCA Coach Developer Staff Vinnie Bradford, Jerry Benson, and Julie Seal	<i>Practice and Integrate material learned from Andrey and Cedric into individual lessons</i> by USFCA Coach Developer Staff Ina Harizanova and Elsayed Emara	<i>Practice and Integration material learned from Christain and Connie into individual lessons</i> by USFCA Coach Developer Staff Connie Louie and Rob Handelman	
	12:00-1:00 pm	<b>LUNCH</b>			
	1:00-2:00 pm	<i>Sports Psychology continued</i> Ina Harizanova			✓
	2:00-4:30 pm	<i>Practice and Integrate material learned from Gia, Vinnie, and staff into individual lessons</i> by USFCA Coach Developer Staff Vinnie Bradford, Jerry Benson, and Julie Seal	<i>Practice and Integrate material learned from Andrey and Cedric into individual lessons</i> by USFCA Coach Developer Staff Ina Harizanova and Elsayed Emara	<i>Practice and Integration material learned from Christain and Connie into individual lessons</i> by USFCA Coach Developer Staff Connie Louie and Rob Handelman	
	4:45-5:30 pm	<i>Self-care for coaches</i> Vinnie Bradford			
	5:30-6:30 pm	<b>Dinner</b>			
	6:30-7:30 pm	<i>Sports Psychology continued</i> Ina Harizanova			✓
	7:30 - 9:30 pm	PRACTICAL EXAMS			
<b>July 31 Sunday</b>	8:00-10:00 am	<i>Advanced lesson techniques (all three weapons): Option and teaching lessons</i> Rob Handelman Assisted by USFCA Coach Developer Staff			
	10:00 - 1:00 pm	PRACTICAL EXAMS			