
 <p>NCDP National Coaching Development Program Core Coaching Education Clinic</p>  <p>3 Weapon Clinic presented by Franco Cerutti, Rob Handelman, Connie Louie, Elsayed Emara</p>	<p>NCDP Three Day Clinic Syllabus September 27-29, 2024 Monday 30th testing on request Weapons: Épée, Foil and Sabre Register at USFCA.org - Clinic #137</p>
<p>Fortune Fencing 139 W Maple Ave Monrovia, CA 91016 309-868-2737 Fortunefencing.com</p>	<p>Coach developers Elsayed Emara, Maître d'Épée Franco Cerutti, Maître d'Armes Rob Handelman, D.C., Maître d'Armes Connie Louie-Handelman, PhD, Maître de Sabre</p>

Schedule Date	Times	Hours
Friday 9/27/24	9:00-1:00 (4)	1 hour Lecture Break
	1:00-2:00 Lunch	
	2:00-7:00 (5)	Total 9
Saturday 9/28/24	9:00-1:00 (4)	1 hour Lecture Break
	1:00-2:00 Lunch	
	2:00-7:00 (5)	1 hour Lecture Break
		Total 9
Sunday 9/29/24	8:00-12:00 (4)	1 hour Lecture Break
	12:00-1:00 Lunch	
	1:00-3:00 (2)	Total 6
		Total of: 24 credit hours
Monday 9/30/24	9:00-12:00	Testing if needed

Clinic Fees:

\$425 for members and \$525 for non-members

\$50 for students to take lessons all days any time – please register

Discounted hotel: Hampton Inn Los Angeles/Arcadia/Pasadena

311 E Huntington Dr., Arcadia, CA 91006 +1-626-574-5600

Dates Available: September 26-30, 2024 Room Types: Run of the House

Rate: \$139.00 plus 12.20% tax

Amenities: Free Breakfast Buffet, Free WIFI, Free local calls within our zone, Free Parking, Outdoor heated pool and a fitness room.

Call the hotel directly at 626-574-5600 and identify yourself with the group

FORTUNE FENCING SEPT code **FFS** on or before **September 4, 2024**

Other Hotel Options:

Doubletree by Hilton Hotel Monrovia - Pasadena Area

924 W Huntington Dr., Monrovia, CA 91016

+1 626-357-1900 Cost: \$149

Extended Stay America - Los Angeles - Arcadia

401 E Santa Clara St, Arcadia, CA 91006

+1 626-446-6422 Cost: \$138 Priceline - free breakfast - all-suite hotel

Instruction

Before the clinic: Each CIT (Coach in Training) is asked to send a Preassessment 5 min video of an option lesson to robhandelman@gmail.com

Please let us know specific topics you want to learn as a CIT at the clinic?

Topics: over 24 hours we will cover 6 different actions from the categories:

Offensive, Defensive, Counter-offensive and Second Intention Actions.

Each 4 hour segment will take a selected action from Beginning to Advanced level instruction ending with a formative assessment for each CIT.

Clinic organization: an action is selected from one of the below categories:

- Attacks: Simple, Compound, False Attacks, Attacks in the Preparation
- Blade Control: Attack au Fer, Prises de Fer
- Parries (opposition, beat, yielding, sweep), 1st and 2nd Intention
- Counter-attacks, Continuation attacks, Counter-time
- Preparations and advanced tactical situations

Segment may cover the action in a:

- Group Class
- Teaching Lesson of the action with tactical components
- Option Lesson for the action with tactical components for bouting

Methods to cover:

- Technical examples to teach fencing actions using EDGCC format (Explain, Demonstrate, Guide, Correct, Critique with feedback)
- Teach varied footwork involved for an action and how to use it on the strip
- Teach coach cues in a lesson to improve a fencer's timing, distance, tempo, speed, initiative, and tactical application needed for the action
- Finish with a Formative assessment for the action to receive credit towards continuing education hours or certification hours

Lecture topics and workshop:

Sports psychology training for competitors

Fencing competitive training topics for various levels:

- Fencing periodization and Training cycles
- FTEM – Framework for training representing the major phases of athlete development (Foundation, Talent, Elite & Mastery) or
- Introduction to the Athlete Long-Term Athlete Development (LTAD) Model

Sample Actions with Formative Assessments and lectures during the 24 hour clinic

Topics	Level 3	Level 4-5
1. Friday AM	1 Group class with functional and footwork	1 Group class with functional and footwork
Lecture	Fencing competitive periodization, introduction of the six pillars of fencing performance	
2. Friday PM	Types of Lessons, Coaching Methods and Cues Preparations 1 Simple attack 1 Attack in the Preparation	Types of Lessons, Coaching Methods and Cues Preparations with varied footwork for 1 Simple attack, 1 Compound attack 1 Attack in the Preparation
3. Saturday AM	1 Defensive parry riposte (PR) Teaching Lesson	1 Defensive parry riposte and a 2 nd intention PR Teaching Lesson
	Competitive training topics – tactical analysis of bout strategy for competition	
4. Saturday PM	Option Lesson – One tempo attacks to varied targets 1 Counter-attack (CA)	Option Lesson – Two or more tempo Compound Attacks 1 Counter-attack and a close out CA
	Lecture break - Sports psychology	
5. Sunday AM	Option Lesson: Blade control actions = 1 Prise de Fer and 1 Attack au Fer	Option Lesson: Blade control actions = 1 Prise de Fer and 1 Attack au Fer with preparatory set ups
Lecture	Fencing competitive Introduction to the Athlete Development Pathway Model	
6. Sunday PM	Option Lesson 1 Continuation Attack (remise)	Option Lesson with strip tactics 1 False attack with Continuation Attack, Counter-time
Monday AM	Certification Testing if requested in any of the three weapons	

References and recommended reading:

Fencing Sabre: A Practical Training Guide for Coaches, Parents and Young Athletes (2015 2nd ed.)

Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes (2014).

The Addendum: Fencing Foil/Sabre: A Practical Training Guide for Coaches, Parents and Young Athletes (2015)

USFCA glossary - <https://usfca-glossary.glideapp.io/>

Theory, Methods, and Exercises in Fencing, Wojciechowski, Z. 1989

Taking Foil Groups to the Competitive Level, Vincent Bradford, 1994

Theory and Methodology of Training by Tudor O. Bompa and Carlo Buzzichelli | Apr 24, 2018

Specific Learning Outcomes

The coach will learn:

- Pedagogy and differences of Group Classes, Teaching and Option Lessons that are used in the club along with aspects of the ones needed for the tests.
- How to use EDGCC when instructing
- To perfect various major cues for: Hand Movement , Positioning, Distance, Foot Movement, Hand and Foot co-ordination, Timing, Tempo, Speed and Initiative
- To teach a fencer the footwork needed in an action and how to use it on the strip
- To integrate varied types of coaching footwork for higher level students
- To focus on option lessons at the Y10, Y14 /Vet, Elite level using the same actions
- To vary the lesson level altering the fencing elements and coaching reactions
- How to fix the lesson when things are going wrong
- How words determine who you are as a coach and how it affects your fencers
- How to meet and greet a new student and parent to encourage continuing with fencing
- How the fear of success interferes with confidence for your competitors
- How to set up higher level training cycles for your competitors
- How to integrate Long-Term Athlete Development(LTAD) in training programs or integrate evidence-based framework model of the major phases of athlete development (Foundation, Talent, Elite & Mastery)
- How to use video tactical analysis in bout strategy for competition

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 will 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.