NCDP Core Clinic: MidWest Sabre Clinic: Day 1 & Day 2

Instructors: Fencing Master, Paul Geraci
Fencing Master, Rick Thompson
National Armourer, Alexandra Dickinson
Sports Medicine, Dr. Joseph Hui

Clinic Dates: Day 1- Saturday Oct 4
Day 2- Sunday Oct 5

Clinic Times: Each day is 9am-6pm, with a 1 hour lunch break 12pm-1pm.

Venue: Indianapolis Fencing Club – 1706 Pleasant St. Noblesville, IN 46060

Contact: Paul Geraci – (765)490-9349 geraci51@aol.com

Places to Stay: Hotel options with discount rate: Deadline September 12

Link: https://groups.reservetravel.com/group.aspx?id=89687

Fee: $150/day for USFCA Members. $250/day for non-USFCA Members.

Clinic description:
This clinic is designed to teach the necessary coaching skills commensurate with the Moniteur (level 3) using the standard NCDP clinic format, with concentration on sabre. The clinic will focus on group warmups and games, leading into proper technique with dynamic footwork, then exploring lesson building, as well as how to teach tactical skills. The clinic is offered in two parts: Day 1 & Day 2. Coaches in training are encouraged to attend both days, when possible.

Guests:
Dr. Joe Hui is a dual board-certified primary care and sports medicine physician with over a decade of clinical experience. He has since practiced in a range of settings, including sports medicine, urgent care, emergency medicine, and family medicine. His areas of expertise include preventive health, musculoskeletal care, and diagnostic ultrasound. Known for his compassionate approach and clear communication style, Dr. Hui is passionate about making complex medical topics understandable and actionable for his patients and students alike. And of course, he is also a sabre fencer!

Alexandra Dickinson is USFA National Armourer, a USFCA Moniteur d'Epee, a National Medalist, and currently serves as the Indiana Division chairperson. Last year she taught a class at the USFCA MidWest clinic on "Armourey for the Coach". She can often be found at NACs working with the armoury staff.

Coaches In Training(CIT): Learning Outcomes:

- The CIT will learn about proper warm-ups and dynamic stretching.
- The CIT will learn fencing games designed to isolate and develop skills.
- The CIT will learn to design, organize and implement lesson themes based on tactics.

- The CIT will develop a cue system.
- The CIT will begin to form their own coaching pedagogy.
- The CIT will gain insight into basic repair work for coaches.
- The CIT will have a deeper understanding of injury treatment, coping, and prevention

Clinic schedule: Day 1

10/4/2025	9:00 – 10:00	Warmup, Stretching & Fencing Games	Rick Thompson
	10:00 – 10:30	Stance, Group footwork.	Rick Thompson
	10:30 – 11:00	Lesson Introduction	Paul Geraci
	11:00 - 12:00	Teaching Lesson Themes Part 1: Simple Attack	Rick Thompson
	12:00 – 1:00	Lunch	
	1:00 – 2:00	Teaching Lesson Part 2: Defense	Paul Geraci
	2:00 – 3:00	Lesson pedagogy	Paul Geraci & Rick Thompson
	3:00 – 4:00	Sports Medicine	Dr. Jospeh Hui
	4:00 – 5:00	Group Bladework – Technical exercises for the class	Rick Thompson
	5:00 – 6:00	Bouting lessons “Off the Line”	Paul Geraci

Clinic Schedule: Day 2

10/5/2025	9:00 – 10:00	Warmup, Stretching & Fencing Games	Rick Thompson
	10:00 – 11:00	Teaching Lesson Themes Part 3: Compound Attack	Rick Thompson
	10:00 - 11:00	Fencing Theory, Terminology, Rules	Paul Geraci & Rick Thompson
	11:00 – 12:00	Teaching Lesson Themes Part 4: Counteroffence	Paul Geraci
	12:00 – 1:00	Lunch	
	1:00 – 2:00	Additional Topics: Point in Line, Parry Seconde, Pris de fer	Paul Geraci & Rick Thompson

	2:00 – 3:00	Sabre Equipment – Armoury for the Coach	Alexandra Dickinson
	3:00 – 4:00	Putting the lesson together: designing a practical lesson using the tactics learned	Paul Geraci
	4:00 – 5:00	Officiating Concerns	Roundtable
	5:00 – 6:00	Situational Bouting Exercises	Paul Geraci

Total number of instructional hours:

The USFCA will issue 8 continuing education hours upon the completion of each clinic. Those who attend both days receive 16 hours.

Materials Required:
Coaches are expected to attend the clinic fully equipped to give an individual lesson. Please have a coach jacket, sleeve, mask, glove, weapons, etc. Some loaner equipment may be available. Please inquire with the clinic organizers.

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.