

Syllabus



Title of Course: Fencing Coaching Certification Course 2021
Course Level: Moniteur and Prevost
Epee Instructor: Margaret Read De Long, LAT, Maître d'Armes
Foil Instructor: Vinnie Bradford, Maître d'Armes
Meeting sessions: Friday, Saturday, Sunday
Course Date(s): October 8, 9 & 10
Meeting Time and Location 9 am to 6:30 pm, Salle De Long Fencing Center, 3525 Pershing Dr, El Paso, TX 79903
Telephone: 915-346-4338
E-mail: salledelong@gmail.com
Hours: 22 contact hours (CEUs)
Cost: \$250 USFCA Member/ \$325 Non-Member
Fencers \$60 for one day/\$100 for two days

Course Description:

This Fencing Certification Course - Moniteur and Prevost level will focus on teaching fencing methodology, drill types and progression, techniques and tactics, fitness and exercise, safety and risk management, rules and fencing terminology as well as planning group lessons. The Moniteur and Prevost levels are a professional certification regulated by the United States Fencing Coaches Association. Participants will concentrate their studies on one out of the three fencing disciplines (foil or epee). The knowledge gained through this first level of certification will allow the coach to teach group recreational fencing classes in a club, community centers, and school-based programs without direct supervision. There are no previous requirements to take this certification course.

Course Objectives:

Throughout this certification course, the participant will acquire the knowledge necessary to coach recreational fencing classes and earn a certification as a Moniteur from the United States Fencing Coaches Association. By the end of this course, the participant should take and pass the online written test and schedule his/ her practical exam with a certified examiner (maître d'armes) in one weapon.

Certification Requirements:

- Fencing equipment is required to participate in this course. Equipment rental will be available for this course
- 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 clinic) must pass with 75% to earn a Moniteur certification, otherwise an Assistant Monitor certification. Prevot practical exam must be passed with 75% to earn certification.

Strongly Recommended Reading:

- United States Fencing Association Rulebook available on USA Fencing website
- United States Fencing Coaches Association Glossary of Terms available for members on the USFCA website
- Risk Management for Fencing Coaches available for members on USFCA website

Other Recommended Reading:

- Recommended reading available at [American Fencers Supply](#)
- Sport Physiology for Coaches, Brian Sharkey, 2006, Human Kinetics Publishing Co. Champaign, IL. Available from [Human Kinetics Publishers](#) website
- Taking Foil Group to the Competitive Level by Vincent Bradford
- Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes, Handelman and Louie, 2014, Pattinando Publishing, San Francisco, CA

Handouts and Visual Materials:

Available by Instructor during training sessions or via email

Attendance:

Regular attendance is necessary to ensure maximum progress and the success of group practical activities. Participants are expected to arrive on time and stay for the entire session. Participants can be suspended from class if any of their actions interrupt and/or cause damage or threaten the safety of other participants, instructors, or Salle De Long Fencing School.

In case of an emergency please call 911.

Technology:

Out of courtesy to others (including instructor), course participants should refrain from checking and using cell phones, headphones, and other electronic devices except if it is authorized by the instructor. They should be turned off and put away during class sessions.

Course Evaluation:

Participants will be provided with a course evaluation link and will be expected to fill out the course evaluation form online (can be done on the mobile phone) during the last session In addition, USFCA requires those who are taking the practical certification exam to complete a Candidate Feedback Form after completing the practical exam.

Calendar

Sessions	Date	Topic
Session 1 Morning 9am-Noon	Date Friday October 8, 2021	Introduction to the course. Three parts to a workout Sport Related Fitness components: warm-up activities and games strengthening and endurance stretching Assignments: Warm up activity (description, purpose, advantages/ disadvantages, age group) Teaching groups Risk Management and Injury prevention Classic Teaching Methods and applications Assignments: Grips, holding the weapon, basic footwork
Session 1 Afternoon 1-3pm	Date Friday October 8, 2021	Fencing Theory and Terminology Classification of Fencing Actions and Basic Terminology Short Tactical Wheel Teaching Groups Cont. Developing the curriculum Developing a lesson plan

		<p>Group Drill Methodologies introduction to drills types (preparatory, tutorial, opposition, analysis, bouting and exchange)</p> <p>Drill Design Introduction to distance (short, close, medium, long) and practice with a partner,</p>
Session 3 Late afternoon 3:30-6:30	Date Friday October 8, 2021	<p>Teaching Groups Cont.</p> <p>Assignments: Design group classes for an assigned topic and age group</p>
Session 1 Morning 9am-Noon	Date Saturday, October 9, 2021	<p>The Individual Lesson 3 Types of Lessons (Teaching, Option, and competitive warm-up lesson)</p> <p>Lesson Methodologies Blocked, serial, random coach initiated/student initiated foreseen, partially foreseen, unforeseen</p> <p>Teaching Lessons based on Short Tactical Wheel simple attacks (direct vs. indirect) simple attacks (with preparation vs. without preparation), terms (tempo, disengage, cut-over).</p> <p>Assignments: Individual lessons actions from tactical with and without blade</p>
Session 2 Afternoon 1-3pm	Date Saturday, October 9, 2021	Trouble shooting on the strip and equipment repair.
Session 3 Late Afternoon 3:30-6:30pm	Date Saturday, October 9, 2021	<p>The Individual Lesson Cont.</p> <p>Compound attacks, counter attacks, remise and reprise with/ without redouble, application of tactical actions (foreseen, unforeseen, partially unforeseen actions)</p>
Session 1 Morning 9-11am	Date Sunday October 10, 2021	<p>Review</p> <p>Mock practical exam</p> <p>Course and Instructor Evaluation</p>
Session 2 Afternoon 1-5pm	Date Sunday October 10, 2012	<p>Practical Exam and candidate feedback form</p> <p>Practical Exams Schedule TBA</p>

STATEMENT OF INCLUSIVITY AND ACCESSIBILITY:

This workshop is committed to serving students from diverse backgrounds and perspectives. The diversity that the students bring to this workshop are viewed as a resource, strength and benefit. Materials and activities presented will be 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.

WAIVER OF LIABILITY

This waiver of liability must be signed by the participant prior to the start of any classes, camps, practice sessions, programs, competitions, or club activities with, or held on the premises of, Salle De Long Fencing School. If the participant is a minor (under 18 years of age), the waiver must be completed by a parent or guardian of the participant. No student, participant, or club member will be allowed to participate without this signed waiver. Upon entering events/activities sponsored by or taking place at Salle De Long Fencing School, I agree to abide by the rules of Salle De Long Fencing School. I understand and appreciate that the participation in a sport activity carries a risk to me of serious injury, including permanent paralysis, or death. I voluntarily and knowingly recognize, accept and assume this risk and release Salle De Long Fencing School, its coaches, its members, and its sponsors (including but not limited to Sale De Long Fencing School) from any and all liability stemming from my fencing and related activities

BY SUBMITTING THIS FORM BELOW, YOU ARE AGREEING TO ALL THE STATEMENTS ABOVE.

Print Name and Sign

Date