

Club Benefits & How to JOIN!

Club Benefits:

Club members have exclusive opportunities to

- Attend weekly practices & club meetings;
- Use club equipment; and
- Attend club facilitated clinics or competitions

Costs:

Club dues are \$200 per year (\$100 due in September and \$100 due in January). The Fencing Program is currently available September through May.

Join:

To receive your membership packet please email us, give us a call, or stop by!



***Although the West Branch Fencing group is organized as a intermural club from a programmatic perspective the leadership of the group is organized and managed by the Donald Heiter Community Center. The "Club" does not contain officers, a charter, or have an interworking government. For more information please contact the Donald Heiter Community Center.*

West Branch Fencing Club The Donald L. Heiter Community Center



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A program of the Donald Heiter Community Center
Lewisburg, PA



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What is fencing?

Fencing is a combat sport in which athletes try to trick each other into making mistakes so they can hit with a lightweight, flexible sword.

Advanced athletes are known to be fast, intense and physical, however, the sport is able to be modified for most ages and abilities and universally, all fencers have fun.



There are three disciplines in fencing: foil, epee and sabre. Each has slightly different rules which appeal to different mindsets and body types.

West Branch Fencing Club Members start with foil, trying to score by touching their opponent's torso with the blunt tip of their weapon. The difficulty of hitting the small target area makes for a very dynamic game. Epee also scores with the point, but the whole body is target area. There's a lot to defend, so these fencers often cautiously look for just the right moment, then act decisively. Sabre fencers can use either a thrusting or a cutting motion to score on anywhere above the waist. It's easy to touch your opponent in sabre, so fencers have an incentive to initiate the attack, which means the bouts are incredibly fast and very exciting.

You can participate in fencing at any level. You might just want to fence recreationally a few times a month. Then again, you might fall in love with fencing and start competing locally or nationally.

Why Fencing?



Engaging games-based workout—Club Members learn fencing in an innovative and collaborative learning environment that builds their strength, balance, agility and coordination. Whether you're already an athlete or have yet to discover the joy of sport, you'll be eager for your next workout.

Mental challenge—Fencing is a constantly changing puzzle. Each opponent has different ideas, different strengths. You will learn to adapt, and improvise new solutions.

Personal growth—You will learn to be confident and focused, and to feel more comfortable and in control in competitive situations and throughout your personal and scholastic/ professional life.

Individual fit—Wins are not based solely on size, strength, and speed but also intelligence, creativity and determination. Fencing's three weapon disciplines each appeal to different personalities, so you can find the one you love best.

Successful curriculum—Our club systematically build your skills, progressively adding new ideas while repeating and reinforcing old ones. We blend innovative techniques with traditional methods to ensure a winning curriculum!

Make friends—Our club promotes a social, healthy, and encouraging learning environment where good sportsmanship and self improvement are essential. This healthy environment promotes a safe space for all people.

Competition opportunities—Club members are encouraged to participate in local, state, and national competitions individually, or help organize inner club competitions or clinics, or to compete as a group.

Low cost—We supply all club members with any necessary equipment, so you can try fencing with minimal start-up costs.

Fun!—Nothing beats the visceral joy of tricking your opponent and then hitting them!

About the West Branch Fencing Club



The West Branch Fencing Club, formerly, the West Branch Fencers, is a program of the Donald Heiter Community Center. The group is lead by passionate, talented fencers from the region who are dedicated to teaching, learning, and sharing.

The West Branch Fencing Club has two levels of membership.

- ⇒ Beginner and Intermediate Fencers meet on Monday evenings (excluding holidays) from 7 PM– 8:30 PM. During this time more experienced fencers act as mentors to provide a healthy and safe learning environment.
- ⇒ Advanced and approved Intermediate Fencers meet on Wednesday evenings from 7:30 PM– 9:00 PM during which time more fast paced and intense training takes place. These advanced fencers are always welcomed to attend our Monday sessions to help as mentors or work, in a learning environment, on specific skills.

Equipment is provided to all club members for borrowed use.

** Currently the West Branch Fencers Beginners/ Intermediates do not meet over the summer months.