

G.A.T.E.WAYS

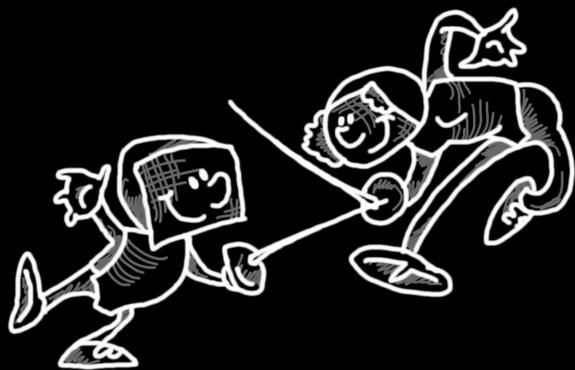
and

New South Wales Fencing Centre

invite Year 5 and 6
highly able children with physical talent to

'EN GARDE!!'

Building 2, 190 Bourke Road, Alexandria



G.A.T.E.WAYS is an independent organisation offering challenging and enriching activities and experiences to develop and extend highly able children. Now in its 26th year, G.A.T.E.WAYS runs a range of stimulating school programs as well as programs that take students beyond the classroom and into different learning environments.

This ON LOCATION program for both girls and boys will run over two full days. Over its duration, students will learn to fence. They will develop the fundamental skills of fencing in both Epee and Sabre. The challenge of fencing is as much mental as physical. Fencing is an 'open skills' sport. Moves are executed as a sensorimotor response to ever-changing situations. This is where gifted children excel and thrive in the challenge of thinking at speed in a competitive situation. Intelligent children develop intelligent strategies.

The tip of a fencing blade is the second fastest moving object at the modern Olympics, behind only a bullet. The fastest feet cannot beat the tip of a blade, but strategy can beat the fastest feet.

Dates/Times: Fridays: March 12th and March 19th 2021 9.30 – 3.30

*Parents are responsible for organising transport. Parking is available around the centre – observe parking restrictions.

*Children should meet at 9.15 for registration each day

*Pick up time each week is 3.30 pm.

*G.A.T.E.WAYS office inquiries – 02 9940 0303

Requirements: *Participants will need a water bottle, snacks, lunch (no nuts please)
2 x dry t-shirts, runners and shorts or yoga pants for each day. (Students do not need to wear school uniform).

Fees: \$247 (includes GST)

En Garde! An Introduction to Fencing: Program Outline

This ON LOCATION program for both girls and boys will run over two full days. While bouts, one rapidly needs to analyse the opponent to deliver hits and utilise the skills to prevent being hit. The NSW Fencing Centre's world class coaching team will teach participants basic footwork, technique and skills through a series of games-based drills, before introducing them to electric fencing. Students will then use the skills learned to fence electrically with the Epee and Sabre. In addition, participants will learn the rules of fencing, how to referee and score as well as the etiquette of the sport.

Over two days of fencing coaches will use games to teach:

- Agility
- Co-ordination
- Speed
- Footwork

Coupled with drills and games that teach:

- Fencing
- The tactical structure of priority
- Hand-eye co-ordination
- Attack, Parry-riposte and counterattack

Everything in this two-day program is geared to train students for electric fencing in one-on-one bouts. Sabre is an explosive, fast, slashing weapon requiring quick feet and lightning strategy changes. Epee is a thrusting, 'point' weapon. Patience is key and timing is everything.

At the end of the program, students will be presented with a certificate outlining what has been achieved during the program.

About the NSW Fencing Centre

The NSW Fencing Centre is the largest fencing facility in Australia, with 10 pistes, and the only permanent venue in NSW. It is also home to the Australian National Head Coach, Antonio Signorello. Maestro Signorello coached the Italian National Team for 7 years, and his athletes have won medals at Olympic, World, European and Asian levels. He brought his knowledge experience to Australia in 2008 and has been implementing his vision throughout Australian fencing ever since, with great success. Antonio has worked closely with his top-class coaching team to ensure that all our programs are of the highest possible standard.

Safety is of paramount importance at the NSW Fencing Centre, and all the equipment we use conforms to the international governing board's standards. Fencing is the 5th safest sport at the Summer Olympics.

