

STAR SWORD CLUB

News

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FREE SESSION

Please remember that THIS SATURDAY - 8th of March, Star Sword is running a FREE SESSION. The session is **open to everyone** - even people with no previous experience, and so is an excellent opportunity to get friends/family involved in the sport! The session will run **14:00 - 16:00** at the Star Centre. Please contact me if you require any further information.

COACH EDUCATION SESSION

Please remember that THIS SATURDAY - 8th of March, Star Sword is running a Coach Education Session. This will run **11:00 - 14:00** and will follow a similar format to the last one. I expect to see all our coaches and prospective coaches in attendance, plus some volunteers to receive lessons if possible. Again the session is **free and local** so please make it a priority to attend. If you received documentation last time please bring it along with you again. Contact me if you have any questions.

NOTE TO NEW MEMBERS

Firstly, congratulations on completing the Beginners' Course and joining us as full members! Sessions continue as normal on Thursday evenings. Fee's are now payable weekly, monthly, or annually - details [here](#).

I'd love to see you all to continue to progress in the sport so please keep putting your names down for individual lessons. In addition, you'll find you progress a lot quicker if you fight the more experience fencers on the electric box. Do do this however you need at least pair of breeches. Those who wish to purchase there own kit can use the links below:

Budget brands:

BladesBrand UK - Starter kit (mask, glove, plastron, jacket, foil) £115 [here](#) - Breeches £27 [here](#) - Electric Kit (foil, lame & wire) £95 [here](#)
Jiang UK - Starter kit (mask, glove, plastron, jacket, foil & bag) £150 [here](#) - Breeches £25 [here](#) - Electric Kit (foil, lame & wire) £68 [here](#)

Premium brands:

Leon Paul - Starter kit (mask, glove, plastron, jacket, foil) £199 [here](#) - Breeches £30 [here](#) - Electric Kit (foil, lame & wire) £110 [here](#)

Please have a chat to me in club or give me a call/email before you purchase anything.

WELSH CLOSED FOIL CHAMPIONSHIPS

Three Star Sword fencers competed in the Welsh Closed Foil Championships this weekend. Gareth Crowther had a tough pool and was defeated in the L32 by David Rees, finishing 17th. Max Weedon performed extremely well in the pools and breezed his first DE, to be drawn against Mark Evans in the L8. The fight was extremely close and Mark only just managed to edge Max out 15-14. Max finished 5th overall. Louise Webster competed in the women's foil and was taken out by the eventual champion Olivia Orchart in the L4, earning her 3rd place. Congratulations to all our competitors!



From left top right: Nikki Evans, Olivia Orchart, Abi Difford, Louise Webster

ASSESSMENT DAY

On Thursday the 13th of March, I will be running assessments for anyone wishing to take their Bronze, Silver, or Gold BAF award. Please see the Resources section of our website for syllabus details. Contact me if you require any further information.

BOWLING SOCIAL

On Saturday the 1st club members gathered at Hollywood Bowl, Cardiff Bay. The evening was great fun and picture will be appearing on the website shortly. Many thanks to social secretary, Hayley Porter, for organising the social.

If you have any questions please don't hesitate to contact me on the details below.

Kind regards,

Mr Peter Russell

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