

### Youth Beginner

We offer 3 classes per week  
Come when you can  
Lessons not required  
Punch card

Start Here

### Youth Competitive

Meets 2x per week; 1.5 hr per class  
1 lesson per week  
Sports Psych and Conditioning  
In-house tournaments plus 1 travel  
RFC Jacket Required  
Electric Fencing Gear  
Monthly Card for Class  
Punch or Monthly Card for Lessons

Move to Here

### Youth Allstars

Meets 3x per week; 1.5 hr per class  
2x lessons per week  
Sports Psych and Conditioning  
All designated tournaments  
RFC Jacket Required  
Electric Fencing Gear  
Monthly Card for Class and Lessons

Or Here

## Youth Program Requirements

## Resources

**Iris Zimmermann - Owner**

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**David Taylor - Head Coach**

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**Kim Schultz - Travel/Admin**

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**US Fencing**

[www.usfencing.com](http://www.usfencing.com)

**US Olympic Committee**

**Facebook (updates, notices)**

[www.facebook.com/rocfencing](http://www.facebook.com/rocfencing)



@rocfencingclub



@rocfencing



## Youth Fencing Program



### Rochester Fencing Club

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## Welcome to our Youth Program

Our Youth Program is specifically designed for our fencers under the age of 13 (Youth 14 category from US Fencing). The program build and develops the critical fundamentals for the developing fencer: Footwork, blade work, tactics, conditioning and mental skills.

Our coaching staff is

### Youth Beginner

Our Youth Beginner program is the most flexible program and is perfectly designed for students just starting out. We offer 3 class times per week and the athlete can attend any or all classes as best suited to their schedule. Lessons are not required, but encouraged if the athlete is interested in moving to the Youth Competitive level. A monthly membership fee is required and can be paid in one payment (pro-rated) or on a monthly basis.

### Youth Competitive

The next step after the beginner classes in our competitive program. The requirements to remain in the Competitive level include classes, lessons and tournaments. The threshold to achieve and maintain in the competitive is very achievable and is designed around our local tournaments. There is only 1 travel tournament required, which is within driving distance.

### Youth Allstars

Our Youth Allstars is our most comprehensive program and is designed for

### How do I move to another level?

#### Youth Beginner to Competitive

- Pass the skills test (administered by coach)
- Competed in at least 3 Mini-Musketeers
- Taken 10-20 lessons in 6 months
- Attend at least 30 beg. classes in a year
- Agree to next level requirements

#### Youth Competitive to Allstars

- Attend at least 30 comp. classes in 6 mon.
- Taken 30-36 lessons in 6 months (Avg. 5-6 per month)
- Competed in our in-house tournaments (RFC Challenge, Flower City Youth Cup)
- Competed in at least 2 travel tournaments
- Agree to next level requirements

**Our youth program is designed to help the athlete build skills not just in fencing but also in life. Leadership, team work, positive attitude, resilience, and sportsmanship.**

