Fencing Institute of Texas, Inc.

Welcome New Fencers and Fencer's Families!

FIT is a non-profit 501(c)(3) member club of the United States Fencing Association dedicated to enriching lives through the sport of fencing. We are a full range school, teaching all three Olympic weapons (foil, epee and sabre), and encouraging competitive team as well as recreational fencing for all ages! The only paid individuals are our coaching staff; all other persons you see "working" at FIT are unpaid volunteers.

We owe you four things when you come to FIT:

1. **A safe environment**
2. **A fun atmosphere**
3. **Lear n new skills**
4. **Develop old skills**

Fencers and Fencer's Families owe us two things:

1. **An honest opinion**
2. **A chance to correct mistakes**

FIT programs are specially designed by world-class coaches with classical education and pedagogy. Students are challenged mentally, physically, and emotionally. The programs are designed to provide optimal learning in a fun atmosphere through rigorous conditioning, games of concentration, drills, private lessons, and bouting. Our students learn:

- How to win and lose graciously
- How to evaluate the cause and effect of their actions
- How to overcome attitudes and fears
- How to think strategically and solve problems quickly

Fencing:

- Unites the young and the old
- Transcends cultures
- Teaches students to focus on goals
- Channels aggression into positive actions

RECREATIONAL PROGRAMS

PAGE PROGRAM

- Ages 6-11 years old
- Beginner through Intermediate
- Class Times (students may attend one class per week; if students are unable to make their regular class time, they may attend the other class time that day.)
    - Saturday mornings, 9-10 AM—Coach Volodymyr and Coach Rhonda
    - Saturday afternoons, 3-4 PM—Coach Kati and Coach Janos

SQUIRE PROGRAM

- Ages 12-15 years old
- Beginner through Intermediate
- Class Times (students may attend one class per week; if students are unable to make their regular class time, they may attend the other class time that day.)
    - Saturday mornings, 10-11:30 AM—Coach Volodymyr and Coach Rhonda
    - Saturday afternoons, 3-4:30 PM—Coach Kati and Coach Janos

FITNESS FENCING

- Ages 15 through Adult
- Beginner through Intermediate
- Class Times (students may attend as many or as few classes per week as they'd like)
    - Monday and Wednesday, 7-8 PM—Coach Kati
    - Tuesday and Thursday, 7-8 PM; and Satruday, 2-3 PM—Coach Rhonda

What comes next?

COMPETITIVE PROGRAMS

Entry into the Competitive Team Program requires a commitment on the fencer's behalf as well as time commitments of the parents and coaches. For this reason, we encourage only those who are serious enough about fencing to purchase their own equipment to enter into the competitive programs.

TUITION—All competitive team members pay tuition in addition to the training fees.

- Individual Tuition — $600 per year
- Family Tuition — $900 per year
- Discounts are given for annual and semiannual payments

TRAINING PROGRAMS:

- **HIGH PERFORMANCE GROUP** — $60 per month
  - Group instruction only to teach blade work, footwork, endurance
    - Youth classes are Monday—Thursday, 5-6 PM; Saturday 11:30-1 PM (ages 10-14)
    - Cadet/Junior/Adult classes are Monday—Friday, 6-7 PM; Saturday, 11:30—1 PM
- **YOUTH HIGH PERFORMANCE PACKAGE** — $115 per month
  - Group instruction Monday—Thursday, 5-6 PM, Saturday, 11:30-1PM
  - Minimum of 4 private YOUTH lessons per month
- **HIGH PERFORMANCE PACKAGE** — $175 per month
  - High Performance Group instruction Monday—Thursday, 6-7 PM
  - Minimum of 4 private lessons
- **MASTERS PACKAGE** — $250 per month
  - High Performance Group instruction Monday — Thursday, 6-7 PM
  - Additional group instruction during specially arranged times
  - Minimum of 3 private lessons per week

OPPORTUNITIES TO PARTICIPATE

We encourage you to join our **FIT Booster Club**. Dues are only $15 per year. The Booster Club operates like any school, band or other Booster Club to foster our fencing community and promote a family environment at FIT.

We also encourage you to join the **FIT Yahoo Group**: fenceintexas This is a private email list server, so you will have to identify yourself when you join. It is a great tool for listing equipment for sale and making travel arrangements. Brenda also posts upcoming tournaments and USFA information on this group.

There is a wealth of information on the FIT web site: www.fenceintexas.org - including a student guide that discusses fencing terminology and forms for camps, etc. Brenda is also the North Texas Division Secretary and web master and maintains the Division Calendar at: www.northtexasfencing.org

If you haven't registered on www.askfred.net, you should do so as soon as possible. This web site is where most tournaments are posted. You can pre-register for events and your results will be maintained in the fred database.