

New Brunswick Fencing Provincial Team 2017-18

Fencing-Esprime New Brunswick (FENB) maintains a provincial team to support the development of our athletes, and identify athletes who are preparing to achieve performance goals outside the province.

For the 2017-18 fencing season, the FENB Athlete Development Committee (ADC) will focus the provincial team program on developing skills of our fencers, rather than on performance goals. The Team program will emphasise creating training opportunities and coordinating participation in out-of-province tournaments that will challenge team members to advance their skills.

The Team program is intended to give as many athletes as possible the opportunity to develop their skills, and find the pathways forward for them in the sport. As such, feedback from athletes, coaches, and family members is encouraged to help us adapt to the needs of our Team.

Development Streams

The 2017-18 NB Provincial Team will recognize two “streams”. The streams are designed to guide developing fencers to the activities that will challenge them and help them improve most effectively. Fencers should indicate the stream in which they would like to participate, but the ADC may have additional feedback on this choice. For Streams 1 and 2, target outcomes are not focused on performance and are instead focused toward athlete development.

Stream 1

Fencers in **Stream 1** have previously competed within NB and are making their first forays outside NB for competition. In this stream, fencers should be looking for additional challenge beyond the local events. They should also be prepared to face new challenges from more experienced fencers. The goals in this stream are to get experience with a wider variety of competitive situations.

Stream 2

Fencers in **Stream 2** have competed outside of NB in previous years and are seeking additional challenges. A fencer in this stream should be prepared to put in additional training to be able to get the most out of multiple out-of-province events. The goals of fencers in Stream 2 are still to learn from and adapt to more competitive situations. The expectation is that a Stream 2 fencer has learned from events outside of NB and is developing methods to overcome those challenges.

Training Opportunities

Camps

Fencers who join the Provincial Team will have access to additional development opportunities throughout the season. In addition to regular FENB training camps, Team members will also be able to register for Team-only training camps and camps lead by out-of-province coaches.

Currently planned events include:

- September 30 - October 1, 2017
 - includes: fitness testing, training plan design, competition plan design
- January 3-4, 2018
- March Break, 2018

Non-Sport Specific Training

The ADC is preparing additional training opportunities later in the season that focus on physical fitness and mental preparation.

In the fall of 2017, the ADC has scheduled sessions on: competition plan design, training plan design, and fitness testing. These will be included as part of the first scheduled training camp and are only available to fencers who have enrolled in the Team program.

Out of Province Competition

The Provincial Team plan includes several "projects"; targeted competitions where the FENB Executive Director will coordinate with participants while they arrange: travel, accommodation and preparations for the event. FENB will not be paying for, or be responsible for, athletes travel to any of these projects. Team members that sign up for a project are **required to share the costs of a designated coach** that will travel to the project. The designated coach will provide: support and guidance at the event, optional advice on preparations, and feedback on tactics/strategy/techniques after the event. The designated coach will make every effort to equally share their attention among participating Team members.

Stream 1 Projects

Fencers in Stream 1 should select one or more of the projects to participate in. Registration deadlines for each Project will be designated soon.

Quebec Youth event (December 9-10, 2017) Longueuil, QC

Quebec Youth Provincial Championships (April 14-15, 2018) Montreal, QC

Under 15 National Championships (May 2018) Ontario

Quebec AAA Provincial (May 12-13, 2017) Sainte Anne des Plaines, QC

Junior/Senior Quebec AAA (fall 2017) Quebec

Terre des Hommes (September 23-24, 2017) Montreal, QC

This event has quite a high level of challenge and comes early in the season. There is both a Junior event, and the Senior event which will be broken down into a Division I and Division II

event based on results from the pools. For confident Stream 1 fencers who are willing to enter a strong competition early in the year, this may be a very good challenge.

Stream 2 Projects

Fencers in Stream 2 should compete at three (3) of the following Projects. If you are not able to attend three of these events, please discuss with the ADC. Registration deadlines for each Project will be designated soon.

Canada Cup East

(November 3-5, 2017) Markham, ON

This event is fairly early in the season, and involves substantial travel to attend. For fencers looking to evaluate their relative National ranking, this event will be important for national points. *(Project registration deadline: October 7, 2017)*

Canada Cup

(January 19-21, 2018) Quebec City, QC

The high level Canadian event is relatively close and is likely to be well attended. For Stream 2 fencers, this is easily the most effective event to attend to gain experience and find a challenge. Cadet, Junior and Senior events will be held.

Canadian National Championships

(May 2018), Ontario

Fencers looking to evaluate their development over the year should consider the National Championships. The competition level will be high and it is well placed in the season to bring together the training and competition plans.

Richmond NAC (Div II, III)

(April 20-23) Richmond, VA

This North America Cup is presented as an alternative to the National Championships. The Division II and III events have massive numbers of fencers and will include a wide variety of fencing styles. The challenge presented at these events can be overcome, so it may be a very effective development experience. The pressure at the Div II and III events is considerably lower than that at Div I or Canadian National events.

Note: Each project will have a **designated coach**, the assistance of the FENB Executive Director for **coordination**, and a **Project deadline** (in advance of the event registration deadline). Projects that do not have sufficient participation, according to the designated coach, will be cancelled immediately after the deadline date.

Joining the Provincial Team

To join the Provincial Team, you will need to meet the following requirements:

- Submit the Provincial Team application form, including:
 - Application form with athlete information
 - Signature of personal coach
 - Code of Conduct agreement
 - \$100 Project Fee
 - Training plan for the year (see below)
 - Competition plan for the year (see below)
- Be in good standing with FENB and have paid your CFF membership for the year.

The Athlete Development Committee will determine if an application is accepted. Acceptance is primarily determined by commitment to development (shown through the application), and capacity in the program, if there is a very large enrollment.

Team members are not expected to be prepared to submit training/competition plans until after attending the sessions at the September 30th camp.

Deadline (application): September 30, 2017

Deadline (training/competition plan): October 15, 2017

The Project Fee: This fee will be held by FENB and put towards the costs of the first Team Project in which the fencer participates. Where the Project Fee does not cover all the costs that a fencer is required to contribute, the Executive Director will send the fencer an invoice for the balance.

When registering for a subsequent Project, the Project Fee must be submitted again. If a fencer signs up for a project, and then cancels after the deadline, **their Project Fee will be forfeit.**

Team Purpose

Members of the New Brunswick Provincial Team are expected to be training towards competition outside of New Brunswick. Fencers who wish to continue training within the province are welcomed by FENB and the Athlete Development Committee (ADC); however, joining the Provincial Team implies a desire to represent New Brunswick outside of its borders.

Given that the 2017-18 season is a development season, Team members should be taking any and all opportunities to improve their skills and gain additional exposure to higher levels of competition. When competing outside of the province, having a coach to give objective, targeted feedback can make the event far more productive. A program that is seeking out mental, planning, and physical training opportunities beyond the typical skills training will make much more adaptable and confident athletes. It is the hope of the ADC that participants in the NB Provincial Team will have a productive and challenging season under this program.