



## New Brunswick Provincial Fencing Team 2018–19

Fencing-Esgrime 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. Provincial team members represent FENB beyond our borders, and therefore must represent our best efforts and drive towards excellence.

### Team Purpose

Members of the New Brunswick Provincial Team are expected to be training towards competition outside of New Brunswick. For the 2018–19 fencing season, the FENB Athlete Development Committee (ADC) will focus the provincial team program on developing 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. At the start of the season, we expect that most Team members will have little experience competing outside of the province so we will make every effort to make that transition a positive experience.

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 2018–19 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. Fencers 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. Given the smaller number of expected Stream 2 fencers, the ADC will be coordinating targeted training opportunities such as out-of-province training camps or embedding in out-of-province clubs. Resources will be set aside for these activities. In return, it is expected that Stream 2 fencers will make themselves available for training with Stream 1 fencers within the province.

## Training Opportunities

Given that the 2018–19 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. Undertaking 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.

## Camps

Fencers who join the Provincial Team will have access to additional development opportunities throughout the season. Training camps within the province will primarily target Stream 1 fencers and their development needs. Coaching at these camps will be provided by in-province coaches. Stream 2 fencers are expected to participate as training partners whenever possible (at no cost).

For Stream 2 fencers, the ADC will coordinate and subsidize out-of-province training opportunities. These events will be timed to best assist the Stream 2 fencers prepare for their targeted competitions.

Currently planned events include:

- September 8–9, 2018
- January 2019
- March 2019

## Non-Sport Specific Training

The ADC will continue to provide fitness training through the Atlantic Sport Center. These training sessions will be offered to Stream 2 fencers, but in most cases are not appropriate for Stream 1 fencers. Stream 2 fencers that opt into the fitness training are expected to attend regularly and enthusiastically.

## 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.**

Each project will have a designated coach, 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. **Team members that sign up for a project are required to share the costs of the designated coach who 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 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. More projects may be added based as the schedules of other regions are updated. Team members are encouraged to send requests to add additional projects to the FENB Executive Director.

<b>Quebec Youth event</b>	(December 2018) Longueuil, QC
<b>Quebec Youth Provincial Championships</b>	(April 2019) Montreal, QC
<b>Quebec AAA Provincial Championships</b>	(May 2018) QC
<b>National Championships</b>	(May 17–20, 2018) Quebec, QC
<b>Junior/Senior Quebec AAA</b>	(TBD) QC

### Stream 2 Projects

Fencers in Stream 2 should compete at the two following Projects. If you are not able to attend one of these events, please discuss with the ADC. Stream 2 fencers are also expected to compete in two additional out-of-province events. Registration deadlines for each Project will be designated soon.

**Canada Cup East** (October 26–28, 2018) Gatineau, QC  
This is a high level event but is conveniently close to NB. For fencers looking to evaluate their relative National ranking, this event will be important for national points.

**Canadian National Championships** (May 17–20 2019) Quebec, QC  
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.

### Other Suggested Stream 2 Events

#### **NAC (November 2018, Kansas City)**

The US North America Cups are challenging events that provide a wide range of fencing styles to compete against. While there may not be enough Stream 2 competitors to run a provincial project, the ADC will make efforts to help with coordinating and preparing for this event.

## Terre des Hommes

(September 22–23, 2018) 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 fencers who are willing to enter a strong competition early in the year, this may be a very good challenge.

## Joining the Provincial Team

To join the Provincial Team, you will need to take the following steps:

- Submit the Provincial Team application form, including:
  - [Application form with athlete information and Code of Conduct agreement](#)
  - \$100 Project Fee  
FENB can accept e-transfers to [fencingnb@gmail.com](mailto:fencingnb@gmail.com), otherwise, please make all cheques payable to *Fencing-Escrime NB* and send to:  
Fencing-Escrime NB  
20 Horsfield St., Saint John, NB, E2L 1L7
  - Training/competition plan for the year (see below).  
Please send plans to the Executive Director at the email address / mailing address listed above.
- 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 expected to submit training/competition plans **before September 30, 2018.***

*Blank training/competition forms may be found [here](#), and a sample form may be found [here](#).*

**Deadline (application):** Stream 2: September 1, 2018

Stream 1: September 30, 2018

**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.**