



Fencing-Esgrime NB Provincial Team 2019-20

Through the guidance of the Athlete Development Committee (ADC), Fencing-Esgrime NB (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.

Purpose

For the 2019-2020 fencing season, the Provincial Team program will focus on developing our fencers, rather than on performance goals. An important part of this development is competing in tournaments outside of the province, so members of the New Brunswick Provincial Team are expected to be training towards competition outside of New Brunswick. At the start of the season, we expect that many Team members will have little experience competing outside of the province so we will make every effort to make that transition a positive experience. For more information on whether the program is appropriate for you, consult **Appendix A** for the NB development path.

Joining the Provincial Team

Athletes born in 2008 or before are invited to join the Provincial Team. To join, you will need to be in good standing as a member of FENB, possess a current Competitive CFF licence, and submit the following items:

- 1) [Application form with athlete information and Code of Conduct agreement](#)
- 2) \$50 administrative fee

FENB can accept e-transfers to fencingnb@gmail.com, otherwise, please make all cheques payable to *Fencing-Esgrime NB* and send to:

Fencing-Esgrime NB

20 Horsfield St., Saint John, NB, E2L 1L7

Applications for the Provincial Team are due by the end of Saturday, September 21st.

- 3) Training/competition plan for the year (see below).

All plans must be reviewed and given to your coach. Your coach will then send it to the Executive Director at fencingnb@gmail.com. This will act as an electronic signature from your coach for your training plan review.

Team members are expected to submit training/competition plans through their coach by September 30, 2019.

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

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.

Features of the Provincial Team

Training Goals and Tracking

Given that the 2019-2020 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. One requirement of being on the Team is that, in consultation with their coach, athletes are required to develop and submit a year-long training plan at the beginning of the season. In conjunction with this training plan, **Team members are required to submit an online check-in on a weekly basis in order to remain in good standing with the Team.** The results of this check-in will be shared across the Team and associated coaches. It is the hope of the ADC that this additional accountability will help participants to have a productive and challenging season.

Training Camps

Fencers who join the Provincial Team will have access to additional development opportunities throughout the season.

General Provincial Team Camps - Including the season starter camp in September, there will be three camps for all of the Provincial Team:

- Group training camp (\$75 - two days): September 14-15, 2019
- Group training camp (\$40 - one day): December 2019
- Group training camp (\$40 - one day): April 2020

“Select” Provincial Team Camps - Additionally, there will also be *invitation-only* camps featuring multiple provincial coaches and guest coaches from outside the province with a heavy emphasis upon individual lessons and personalized training. The projected dates for these “select” camps are:

- October 18-20, 2019
- November 2019
- February 2020
- March 2020

Out-of-Province Competition

March 2020 Toronto Tournament: All provincial team members will be expected to participate at the March International Tournament to be held in Toronto **March 12-15, 2020**. This will be a subsidized event, with designated provincial coaches attending.

Apart from the March 2020 Toronto tournament, the Provincial Team will no longer be sending designated coaches to out-of-province competitions. However, the ADC has prepared the following list of potentially appropriate competitions and can offer guidance and logistical support. This list is not complete, but it includes many that balance a challenging field of competitors with relative proximity to NB. Furthermore, the ADC will try to communicate to the Provincial Team as a whole about external tournaments or training camps in which any Team Members are already competing in order to encourage additional participation.

U15

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Categories</u> |
|-------------|------------------------------|-----------------|--------------------------------------|
| Nov 23-24 | Quebec Youth Circuit #1 | Gatineau, QC | Youth, Cadet |
| Dec 14-15 | Boston RYC | Boston, MA | Y10, Y12, Y14 |
| Dec 14-15 | Quebec Youth Circuit #2 | Longueuil, QC | Cadet, Youth |
| Jan 24-26 | Canada Cup 2 | Gatineau, QC | U15, Cadet, Junior, U23, Senior, Vet |
| Feb 8-9 | Quebec Youth Circuit #3 | Montreal, QC | Youth, Cadet |
| Mar 28-29 | Quebec Youth Circuit #4 | Anjou, QC | Youth, Cadet |
| Apr 10-12 | American Challenge RYC, RJCC | Parsippany, NY | Y10, Y12, Y14, CDT, JR |
| May 1-4 | Mission SYC | Long Island, NY | Y10, Y12, Y14 |

Cadet

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|-----------|-------------------------|---------------|--------------------------------------|
| Nov 23-24 | Quebec Youth Circuit #1 | Gatineau, QC | Youth, Cadet |
| Dec 14-15 | Quebec Youth Circuit #2 | Longueuil, QC | Cadet, Youth |
| Jan 24-26 | Canada Cup 2 | Gatineau, QC | U15, Cadet, Junior, U23, Senior, Vet |
| Feb 8-9 | Quebec Youth Circuit #3 | Montreal, QC | Youth, Cadet |

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| Mar 28-29 | Quebec Youth Circuit #4 | Anjou, QC | Youth, Cadet |
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| Mar 28-29 | Boston RJCC | Boston, MA | Cadet, Junior |
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|-----------|------------------------------|----------------|------------------------|
| Apr 10-12 | American Challenge RYC, RJCC | Parsippany, NY | Y10, Y12, Y14, CDT, JR |
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| May 2-3 | Quebec Youth Provincials | Montreal, QC | Youth, Cadet |
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Junior

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| Sept 21-22 | Terre Des Hommes | Montreal, QC | Junior, Senior (DIV1 & 2), Vet |
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| Nov 2-3 | Thrust Fall ROC/RYC, Y8 | Suffern, NY | D1A, D2, Vet, Y8, Y10, Y12 |
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| Jan 18-19 | Challenge Desjarlais | Montreal, QC | Junior, Senior, D2, Vet |
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| Jan 24-26 | Canada Cup 2 | Gatineau, QC | U15, Cadet, Junior, U23, Senior, Vet |
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| Feb 1-2 | Boston ROC | Boston, MA | D1A, DV2 |
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| Mar 28-29 | Boston RJCC | Boston, MA | Cadet, Junior |
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|-----------|------------------------------|----------------|------------------------|
| Apr 10-12 | American Challenge RYC, RJCC | Parsippany, NY | Y10, Y12, Y14, CDT, JR |
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| Apr 25-26 | Coupe Pretemps | Laval, QC | Junior, Senior, D2, Vet |
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| May 23-24 | Quebec Prov. Championships | Montreal, QC | Junior, Senior, D2, Vet |
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Senior

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| Sept 21-22 | Terre Des Hommes | Montreal, QC | Junior, Senior (DIV1 & 2), Vet |
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|---------|-------------------------|-------------|----------------------------|
| Nov 2-3 | Thrust Fall ROC/RYC, Y8 | Suffern, NY | D1A, D2, Vet, Y8, Y10, Y12 |
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|-----------|----------------------------|--------------|--------------------------------------|
| Jan 18-19 | Challenge Desjarlais | Montreal, QC | Junior, Senior, D2, Vet |
| Jan 24-26 | Canada Cup 2 | Gatineau, QC | U15, Cadet, Junior, U23, Senior, Vet |
| Feb 1-2 | Boston ROC | Boston, MA | D1A, DV2 |
| Mar 23-24 | Coupe Pretemps | Laval, QC | Junior, Senior, D2, Vet |
| Apr 17-20 | Div 1 Championships + NAC | St Louis, MO | D1, D2, VET |
| May 23-24 | Quebec Prov. Championships | Montreal, OC | Junior, Senior, D2, Vet |

Appendix A: NB Athlete Pathway, or, Should I Join the Provincial Team?

Please note that this pathway is directed towards fencers who are interested in pursuing a competitive path and are looking to develop in that direction.

| Situation | Potential Next Step |
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| No tournament experience | Find an appropriate first competition. The Alfred Knappe Team tournament is a fun introduction to competition. For other tournaments, younger fencers should begin in their own age category; older fencers should look for a “Novice” event if possible. |
| I have fenced 1-2 tournaments / events in my city. | Try travelling to tournaments in other cities in NB to get a feel for out-of-town competition. |
| I fenced more than 3 tournaments this year (or last year) and want more. | The Provincial Team may be for you, it will offer you the chance to compete outside of NB with enough support to make it less daunting. |
| I am placing highly in my own age category. | Consider fencing in the next age category up at the next tournament if there is one. The Provincial Team is also a good option for you, as tournaments outside of NB can provide a greater |

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| | challenge and variety of opponents. |
| I am placing highly in age categories above my own | The Provincial Team is for you, as tournaments outside of NB can provide a greater challenge and variety of opponents. |
| I train once a week. | Add at least another training session and consider adding cross-training. |
| I train as many times as possible but I want more. | The Provincial Team is for you since they hold training camps that are good training opportunities themselves, and are also designed to help improve your training (and competing) habits. Also, if there are no additional training opportunities at your club, you may want to visit another local club as well. |
| I need stronger training partners. | The Provincial Team is for you since they hold training camps that are good training opportunities themselves, and are also designed to help improve your training (and competing) habits. |