



## **MEMBER'S HANDBOOK**

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Revised September 2017

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### About Salle Holyrood

Salle Holyrood was founded in June 2011 by Sean Walton and Keith Cook to provide a positive training environment that would encourage and support all our members to achieve their potential. It also provides a pathway into mainstream fencing for the many children introduced to the sport through Fencing Fun plastic fencing classes. We are a socially inclusive club that promotes fencing as a sport for all people over 8 years and all abilities from complete beginner to elite athlete, including wheelchair fencers. We endeavour to provide the best coaching and training environment to achieve these aims.

### Membership

Our fee structure can be found at the back of this handbook. Your membership fees cover the club's regular expenses of hall rental, coaching fees, and the purchasing and ongoing maintenance of equipment. Members must arrange for their membership fee to be paid on a monthly standing order on the first of the month. Please use the fencers name as the reference on every payment.

If the club has to increase fees to cover running costs, 4-weeks notice will be given and we will request you increase your standing order to the new monthly fee. If you intend to leave the club, please notify the club membership secretary by email ([membership.salleholyrood@gmail.com](mailto:membership.salleholyrood@gmail.com)) to allow us to update records and enable those on our waiting list the opportunity to join.

**Please note that membership is calculated on a 12 month basis. Please DO NOT cancel your standing order over the summer.** Given the number of possible training hours a week, our fees are modest and are meant to be paid over the whole year.

#### HOW TO JOIN

##### **Apply**

complete the membership form at the back of this pack or obtain one from our membership secretary by email at [membership.salleholyrood@gmail.com](mailto:membership.salleholyrood@gmail.com).

##### **Set up Payment**

Check the correct monthly fee using our fee structure  
Set up a Standing order to: Account Name: Salle Holyrood Fencing Club  
Account Number: 10023805, Sort Code: 83-19-15, payable on the 1st of the month  
Please use your/your child's name as a reference.

##### **Enjoy the benefits**

Access to training sessions 4 days/week, 15 minute lessons with club coach, access to members area of website for extra training, development and equipment maintenance support, quality sparring and lots of great events and social activities.

### Our Coaches

**Keith Cook** - Keith is a former British Senior Champion and British Team member, European Bronze medallist and 6 times Commonwealth medallist. He has now been coaching for over 8 years and holds a Level 3 Coaching Qualification. Keith is Director of grassroots company, Fencing Fun, which was the catalyst for setting up Salle Holyrood. The company now teaches plastic fencing to over 1,200 young children in Edinburgh and the Lothians. Keith is also an Athlete mentor for Sky Sports, The Dame Kelly Holmes Trust and the Winning Scotland Foundation. He is an active ambassador for Dyslexia Scotland and is 4 times winner of the Edinburgh Young Person's Coach of the Year Award, British Fencing's Innovation Award 2016 and Community Coach Award 2017.

**Sean Walton** - A former British junior foil champion at several age groups, Scottish senior international at foil and epee and Scottish Team Manager, Sean is a vastly experienced coach having produced British champions at cadet, junior and senior level. He spent several years as Assistant National Coach for Northern Ireland. He has an International Fencing Master's Diploma (BF Level 5) and has been coaching for over 20 years. Sean also has his own blog and, alongside Gavin McMenemy, boasts the best fencing podcast around, winning British Fencing's Innovation Award in 2017.

**Gavin McMenemy** - Gavin has been a keen competitive fencer for over 20 years, preferring now to share his knowledge in epee fencing as a coach. Gavin has a Level 2 epee coaching qualification and is also a keen photographer, check out his fantastic fencing photography on Instagram and at many fencing events. Gav is also the voice at many Scottish Fencing events, and the other half of the Award-Winning Fencing Podcast.

**Andy Alderman** - Andy brings a wealth of coaching experience to Salle Holyrood. As Head Coach at highly successful Shetland Fencing club for 21 years, he is one of only a handful of fully-qualified, British Fencing Academy Professors in all three weapons. Andy is Scottish Fencing Academy/Scottish Fencing Team Epee Coach. Andy now coaches grass roots fencing on a daily basis with Fencing Fun and is Development Officer with Scottish Fencing.

### Volunteer Coaches

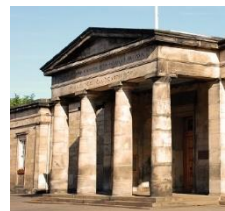
The club is also fortunate to have several volunteer coaches who assist us on a regular and ad-hoc basis to support our junior members and adult beginner's sessions.

If you would be interested in coach development or helping out in a voluntary coaching capacity whilst working towards a coaching qualification, please speak to Keith Cook, Coach Development Officer.

**The safety and welfare of our members is paramount. All our coaches, whether paid or voluntary, are Disclosure Scotland checked. Our lead coaches are all listed on the British Fencing Coaches Register.**

## Training and Class Schedule

All our training sessions are held at Edinburgh Academy Senior School Gymnasium, 42 Henderson Row, Edinburgh, EH3 5BL. Access to the gymnasium is via the main school gates and there is ample parking within the school grounds, in front of the gymnasium.



All our sessions are open to members to attend and we also welcome guests (£10 guest fee per session). Some however, have a specific function or focus. Every session will start with a group warm up which sometimes includes dynamic exercises, strength and conditioning work or footwork drills.

**Please check our website and facebook page for up to the minute information on class days and times.**

### **Monday 5.45-9.30pm**

5.45 -7pm U/13 Junior Fencers (structured, technical session with free sparring)  
7-8.30pm Adult Beginner's Class (free to members, £10 for pay as you go attendees)  
7-9.30pm Junior Performance and Senior Fencers

### **Wednesday 7.00 to 9.00pm**

Open to all.

### **Thursday 5.45-9.30pm**

5.45 -7pm U/13 Junior Fencers (structured, technical session with free sparring)  
7-9.30pm Junior Performance and Senior Fencers

### **Saturday 12.00 to 2.30pm**

This session is available for additional sparring work for our Performance Fencers or privately arranged individual lessons. **It is not coach-led.**

On arrival at each training session please sign in using the club register at the door.

#### **RECIPROCAL AGREEMENT WITH EDINBURGH FENCING CLUB**

We have instigated a reciprocal agreement with Edinburgh Fencing Club for the benefit of member's keen to train additional sessions. For no extra cost, our members can attend a Tuesday night EFC training at St Thomas of Acquins. In return EFC members are welcome to train at Salle Holyrood on a Monday evening.

## Camps

Each year we run an Easter (3 day) and International Summer Camp (5 days) for junior (over 8 years) and senior fencers. These are led by Keith Cook with high-profile guest coaches supporting the larger numbers at the Summer Camp. The camps involve a combination of pressure training, scenario training, understanding and developing the inner skills of a fencer, sparring, strength and conditioning, footwork drills and individual lessons and of course, some fun and games!

### Individual Lessons

All club members are entitled to short club lessons (15 minutes) from one of our club coaches. To receive a lesson, simply add your name to the lesson list book which resides with our sign-in register at the front of the hall. These lessons do not guarantee you a specific coach, day or time-slot.

If you wish to arrange private lessons (normally 20-30 minutes) with a specific coach, please contact them directly to discuss your requirements and their pricing structure.

## SUPPORTING YOUR CLUB

### Club Kit

At Salle Holyrood we have a club tracksuit and other merchandise available. **Check our website for current club kit and offers.** Please speak to Keith Cook for more information and advice about the current range and options as we do have some tracksuits in stock. Salle Holyrood is a great club, with members who conduct themselves brilliantly on the piste and off.

We encourage you to promote the club as much as possible by sharing our name at competitions and wearing your tracksuit with pride.

### Sponsorship

We are extremely grateful to Laurence McIntosh Ltd for their continued support. So far their assistance has enabled us to offer subsidised tracksuits for all members in 2016 and purchase 2 new wireless boxes to increase our member's effectiveness at training.

If you would be interested in supporting the club with corporate sponsorship, please contact [jo.salleholyrood@gmail.com](mailto:jo.salleholyrood@gmail.com)

### Easy fundraising

Easy fundraising is a fantastic way to shop online as usual but earn great rewards for Salle Holyrood. There is no additional cost to you, you will simply be raising money to help our club with every purchase and even just from searching online. Even if you already support your child's school page, why not think about sometimes giving a donation to Salle Holyrood instead? All you need to do is sign up to Easy Fundraising and every time you go shopping online for flights, holidays, accommodation, food etc, etc, you can be helping to fix a foil! There are over 3,243 shops and sites that give Easy fundraising a commission for your purchase. They turn that into a donation and give it to us. **Our page is <https://www.easyfundraising.org.uk/causes/salleholyroodfenc/>**

### Events & Fundraisers

Many of the competitions, social gatherings and events run by Salle Holyrood are not only to increase the cohesion of the club but also to raise funds to ensure the sustainability of the club. **All events are listed on the club website and your continued support is much appreciated.**

## Club Management

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### The Management Committee / Volunteers

Salle Holyrood, like many sports clubs, is run by a voluntary committee. The more volunteers we have involved, the better our club will run and we would welcome any new members on the committee or offers of ad-hoc help.

There are many things that you can do to make our club better and Salle Holyrood will support volunteers in learning new skills whether as a club officer, coach, official armourer, social organiser or helper at training sessions or competitions. Take a little time to get to know the club and its values, then please step forward, raise your hand and make a difference.

**Our current committee members are detailed on the Salle Holyrood website and on page 10 of this handbook.**

### Policies & Procedures

The good governance of the club is paramount for its continued success and our management committee consider this a fundamental part of their role. We have a comprehensive suite of policies and procedures in place, which can be viewed on our website.

### Club Welfare

At Salle Holyrood we believe that the welfare of our members is everyone's responsibility, particularly when it comes to protecting children. The British Fencing guidelines to welfare and child protection are available to download from our website.

If you have concerns about the welfare of any young person or vulnerable adult, please immediately contact our Welfare Officer, Mark Penman, via [welfare.salleholyrood@gmail.com](mailto:welfare.salleholyrood@gmail.com) 07967 927453 or British Fencing's Welfare Officer, Liz Behnke on 077177 40125

## About Fencing

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### A Brief Guide to the Sport of Fencing

Fencing is one of only 5 sports to feature in every modern Olympic Games since 1896. The dynamic sport is an exhilarating combination of skill, speed and tactics, sometimes referred to as 'physical chess'. Safety equipment consists of a mask, jacket, under-plastron (a kind of half-jacket worn under the main jacket), glove and chest guard. All these items are tested to CEN safety standards and made of highly resilient materials. Hits are recorded using electronic scoring equipment that lights up to show who has hit. Fights are usually first to score 5 hits in group (or pool) stages and 10 or 15 hits in elimination bouts. There are 3 weapons used, each with different rules and target areas:

**Foil:** the lightest weapon, arguably requiring the most skill. Hits are only scored with the point of the foil and the target area is the torso. Rules govern who scores the hit when fencers hit simultaneously - the attacking fencer has priority until the attack misses or is parried, priority then passes to the other fencer.

**Epee:** the heaviest weapon and arguably the closest to real duelling. Hits are only scored with the point and the target area is the whole body, everything from the top of the head to the tip of the toe. Rules are simple, hit first to score.

**Sabre:** the cutting and thrusting weapon. Hits can be scored with any part of the blade and the target area is everything from the waist up. Same rules as foil for who gets the point when fencers hit simultaneously.

### What to Wear

Tracksuit trousers, trainers and t-shirt are ideal. Salle Holyrood will supply all fencing equipment but we ask that it is returned neatly at the end of each training session. **It is recommended by British Fencing that all fencers wear breeches when training at the club. Fencers must always wear full protective equipment when fencing. If you are unsure what protective clothing to wear, please check with the lead coach on duty.**

### FENCING SAFETY RULES

- Always follow the coach's instructions
- Always wear appropriate clothing including fencing kit
- Always make sure your fencing kit is on properly
- Always carry weapons by the point when not in use
- Always take care of club equipment
- Never point a weapon at someone who is not wearing a mask
- Never hit another fencer unless they are ready to fence you

**A complete set of our policies and procedures can be found at [www.salleholyrood.com](http://www.salleholyrood.com)**



## Competitions

There are a range of competitions to suit all ages and abilities and Salle Holyrood strongly encourages its members to take part. **To enable all our fencers to enjoy fencing at organized events, we ask that members of Salle Holyrood also join the sport's governing body, Scottish Fencing. This not only gives full insurance cover but access to a huge number of recreational and competitive events.** A comprehensive calendar of events for all ages is in our member's area, enabling you to sort by category.

**The format for competitions** is usually one or two rounds of pools (groups of 5, 6, or 7 fencers who fence each other for a maximum of 5 hits or 3 minutes) followed by direct elimination where fencers are seeded according to their results in the pool(s) and the winner of a fight progresses to the next round while the loser is eliminated. Elimination continues until the winner is decided. Direct elimination fights are to a maximum of 10 or 15 hits depending on the age group. There are also an increasing number of recreational events which run more like a 'round-robin' format, rather than with any elimination which guarantees a full day of fencing, ideal for those new to the sport.

There are **entry fees for competitions**, usually around £15-25, payable to the competition organisers when you enter.

**Our young fencers are encouraged to take part in the Youth Development Series** run by the Foundation for Scottish Fencing (for age groups Under 9, 11, 13 and 15). It's a great way to gain competition experience.

**As a club we also run competitions throughout the year.** These are run partly to give our fencers good competitions and sparring sessions but also to raise funds for the club. We ask that you lend your support to these events where possible.

**A referee is in charge** of the fight and awards hits according to the rules. The referee has absolute control of all matters on the piste (fencing area) and his/her authority must not be questioned. The piste is 14 metres long and 1.5 meters wide. There are competition calendars on the Scottish Fencing and British Fencing websites and we have provided links to these sites in the useful information section of this pack. We also have a competition calendar on our website.

### Equipment for competitions

The club currently runs a hire system for equipment for use at competitions. Members should enter what they have borrowed in our kit hire book and pay the appropriate fee (£1 per item) which goes a little way to covering any repairs or replacement required after use. **Do please let us know if any equipment is damaged or broken so that we may fix it or get replacements.** We ask that equipment is borrowed the week prior to, and returned the week following, the competition (whites should be washed before returning to the club). **Young fencers are reminded that they must wear breeches for competitions and will need to have long socks (knee-length).**

## Salle Holyrood Fencing Club - Useful Information

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### Committee

<b>Head Coach</b>	Keith Cook - keith.salleholyrood@gmail.com
<b>Welfare Officer</b>	Mark Penman - welfare.salleholyrood@gmail.com
<b>Chair</b>	Jo Cook - jo.salleholyrood@gmail.com
<b>Membership Secretary</b>	Fiona McDonald - membership.salleholyrood@gmail.com
<b>Treasurer</b>	Rachel Caughey - treasurer.salleholyrood@gmail.com
<b>Secretary</b>	Nikki Crawford - info@salleholyrood.com
<b>Committee Members</b>	Ann McLaughlin, Reggie McAndrew, Richard Ramage
<b>Youth Members</b>	Mhairi McLaughlin, Finlay McAndrew

### Social Media

**WEBSITE**                [www.salleholyrood.com](http://www.salleholyrood.com)  
For your login to the members area of our website, please email  
[jo.salleholyrood@gmail.com](mailto:jo.salleholyrood@gmail.com)

**FACEBOOK**            [www.facebook.com/salleholyrood](http://www.facebook.com/salleholyrood)

**TWITTER**             @SalleHolyrood

**EVENTBRITE**        <http://salleholyrood.eventbrite.com/>

### Useful Links

Scottish Fencing	<a href="http://www.scottish-fencing.co.uk">www.scottish-fencing.co.uk</a>
British Fencing	<a href="http://www.britishfencing.com">www.britishfencing.com</a>
Foundation for Scottish Fencing	<a href="http://www.f4sf.scottish-fencers.org/">www.f4sf.scottish-fencers.org/</a>
Fencing Equipment	<a href="http://www.leonpaul.com">www.leonpaul.com</a>

### Bank Details

Account Name:     Salle Holyrood Fencing Club  
Account Number:   10023805  
Sort Code:         83-19-15

## Appendices

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### Fee Structure

Membership Type	Cost
Full Member	£40
Junior Member (under 18)	£30
Concessionary Member (student, non-working)	£30
Family Package: 1 adult plus 1 child under 18	£60
Family Package: Any 3 family Members	£70