

Cardiff University

Website	www.cardiffunifencing.co.uk		
Facebook and Twitter	Facebook.com/CUFencingClub twitter.com/CUfencing		
Contact email address(es)	Club President: Tom Brien – president@cardiffunifencing.co.uk Coach: Peter Russell – coach@cardiffunifencing.co.uk		
Size of fencing club	90 Members		
Cost to Join (Athletic Union and fencing club fees where appropriate)	AU Fee – £10 per year Fencing Club – £40 (£30 in Sports Fayre) per year		
Venue details (where/size/quality/storage for personal kit)	Location – Cardiff University, Talybont Sports Centre Size – 2 well spaced badminton courts plus large cricket net area (nets removed), total space around 4 badminton courts		
Coach(es)	Peter Russell		
Additional coaching costs	No costs to members for coaching		
Details of beginners courses (cost/coaches)	Beginners' course runs for 6-8 weeks, two times a week and is included in fee. Finishes with beginners' competition		
Club night information (number of pistes/footwork/free fencing etc.)	Two sessions a week are open to all members. These are both two hours long. They will start with a basic warm-up including footwork. There is then some group training followed by free-fencing. There is typically four pistes (one metallic) at training, although this can be up to six depending on numbers. One-on-one coaching is offered throughout the session		
Composition of club (experienced fencers/any weapon speciality etc)	Around 33 % experienced (prior to university) members, including a number of notable international fencers. No real specialty.		
Does the club run out of term time?	No		
Club equipment to use for training and competitions?	Yes (external competition use by agreement)		
Teams entered into BUCS, which leagues and finishing positions for last year	Team	League	Final Position 12-13
	Men's	Western Con.	2 nd (BUCS Trophy Semi-Final)
	Women's	Premier South	3 rd (BUCS C'ship Semi-Final)
Do you send fencers to the BUCS individuals, does the AU pay for transport and entry fees?	Yes. Entry fee is typically around 70 % subsidised transport is 50 %		
Do club members attend open competitions?	Yes		
Do you have other regular matches? Friendlies, local leagues etc.	Yes regular matches against local clubs. Also run a friendly competition.		
What about social events? After training, dinners, parties etc.	Many social events run including post-training pub visits, large monthly socials, a few house parties and three formal dinners.		
Can elite fencers get sports grants, scholarships or other help from the University? Please give details of where from and how much.	Yes. They vary in value from free gym use to £ 1000+ per annum, depending upon level. Also, can include, physiotherapy etc. along with lectures and information. Applicants should contact the sports & exercise division and enquire about the <i>High Performance Program</i> .		
Hall of Fame – list some fencers who are currently at your university or who are recent alumni.	Amy Radford (GB), Lucy Ridsdale (Scotland), Edward Sibert (Scotland), Chris Wild (Wales), Jo Chen (Wales, alumnus), Chris Markall (GB, alumnus)		

What is the best thing about your university fencing club?	Strong sense of community amongst membership, run & attend some great events. Compete to a very high level. Great facilities – professional coaching, sectional metallic piste etc.		
What is the worst thing about your university fencing club?	Some training sessions fall at awkward times (weekends)		
Anything else we should know?	In recent years the club has become extremely well respected on the BUCS circuit having produced some excellent fencers. Also have reputation for run very good competitions.		
Any advice for prospective applicants	Apply to Cardiff early there are a lot of people after each place. Don't be afraid to ask for an interview, this will allow you to really sell yourself		
If there are local clubs that university fencers sometimes attend then please list the following information for each:	Russell Swords		
Cost to join	Free to CUFC members		
Venue details (where/size/quality/storage for personal kit)	Star Sports Centre, Cardiff		
Coach(es)	Peter Russell		
Additional coaching costs	None		
Details of beginners courses (cost/coaches)	Regularly run throughout the year		
Club night information (number of pistes/footwork/free fencing etc)	Warmup followed by footwork and (weapon specific) group work plus free-fencing		
Composition of club (experienced fencers/any weapon speciality etc)	Around 50-50		
Club equipment to use for training and competitions?	Partial for training (body wires not supplied) not for competition		
Does the club have any teams and if so what leagues/events do they compete in?	No		
Do club members attend opens competitions?	Yes		
Any other information?			