



BRITISH FENCING



NATIONAL FENCING  
ACADEMY



ENGLAND FENCING

# BRITISH FENCING and ENGLAND FENCING COACH, CLUB AND VOLUNTEER CONFERENCE LOUGHBOROUGH UNIVERSITY SATURDAY 19 MARCH 2011

Following the successful British and England Fencing conference held in March 2010, we are pleased to announce that the first of this year's conferences for coaches, club organisers and other volunteers (e.g. referees, armourers, event organisers) will be held on Saturday 19 March 2011 at Loughborough University 9-5. The conference will be running alongside a National Academy training day & the team preparation day for the World Cadet & Junior Championships so many of the top young fencers in the UK will be in attendance.

**Content** We will have a combination of development and information briefing activities, the overall theme will be preparation for long-term success

- Key note session with the British Fencing development team
- A guest speaker – Mark Hatton, an inspiring story for all. [www.lugetalks.com](http://www.lugetalks.com)
- Practical coaching master classes with leading experts: Pierre Harper, Robert Kiss, Peter Frohlich, Jes Smith
- Truro & Fence Cornwall example, a club which now provides work for 6 full-time coaches & has its own premises
- Strength and Conditioning theory & practical sessions with the National Academy lead S&C coach, Anthony Turner
- Sports Psychology for fencing coaches with Jonathan Katz
- Long Term Athlete Development presentation with Jon Rhodes
- Change 4 Life & school fencing developments with Ben Champion
- An Armoury Workshop (3 hours – Sunday 20<sup>th</sup> March)
- Level 3 referee training & examination (Sunday 20<sup>th</sup> March with the British junior team)

Most of the sessions will be repeated so it will be possible to attend several.

**Cost:** The charge for the conference will be £50 to include all refreshments and lunch.

**Reserving a place.** Please now complete & return the application & session choice form below.

**Continuing Professional Development.** Coaches and others attending this conference will be eligible for a British Fencing CPD certificate.





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Application Form

Please complete and return this form (with your session choices) by 15<sup>th</sup> March via email to Katie Dolan on [events@britishfencing.com](mailto:events@britishfencing.com) or by post to:-

British Fencing, 1 Baron's Gate, 33-35 Rothschild Road, London W4 5HT

For further information about conference sessions please contact Katie Dolan on [events@britishfencing.com](mailto:events@britishfencing.com)

The charge for the conference will be £50 to include all refreshments and lunch. Sunday only will cost £30

**PERSONAL INFORMATION**

**PAYMENT**

<b>BFA No</b>		<b>Card Type</b>	
<b>First name</b>		<b>Card Number</b>	
<b>Surname</b>		<b>Card Holder</b>	
<b>Home address</b>		<b>Address (if different)</b>	
<b>Postcode</b>		<b>Issue No.</b>	
<b>Telephone</b>		<b>Expiry Date</b>	
<b>Email</b>		<b>Start Date</b>	
		<b>Security Code</b>	

Any dietary or medical requirements?

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What best describes you:

- Event Organiser   
 Coach   
 Team Manager   
 Armourer  
 Referee   
 Club Organiser   
 Other (Please specify)

Please specify your particular interests at the conference

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Please note that Coaches and others attending this conference will be eligible for a CPD certificate.

**Signature**

**Date**





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### Conference timetable

09:00 - 09:15	Delegates arrive, check in, coffee
09:15 - 09:45	Introduction & opening, latest British Fencing developments - Ben Campion
09:45 - 11:00	Session 1
11:00 - 11:15	Networking break, coffee
11:15 - 12:30	Session 2
12:30 - 13:30	Lunch
13:30 - 15:00	Session 3
15:00 - 15:30	Networking break, coffee
15:30 - 16:15	Mark Hatton
16:15 - 16:30	Close - Ben Campion
16:30 - 17:00	Depart

### Session choices

	<b>Session 1</b>								
<input type="checkbox"/>	Epee practical Jes Smith	<input type="checkbox"/>	Foil practical Pierre Harper	<input type="checkbox"/>	Truro story Richard Bonehill	<input type="checkbox"/>	LTAD Jon Rhodes	<input type="checkbox"/>	School Fencing Ben Campion

	<b>Session 2</b>								
<input type="checkbox"/>	Sabre practical Peter Frohlich	<input type="checkbox"/>	Foil practical Robert Kiss	<input type="checkbox"/>	S&C theory Anthony Turner	<input type="checkbox"/>	LTAD Jon Rhodes	<input type="checkbox"/>	School Fencing Ben Campion

	<b>Session 3</b>								
<input type="checkbox"/>	Sabre practical Peter Frohlich	<input type="checkbox"/>	Epee practical Jes Smith	<input type="checkbox"/>	S&C Practical Anthony Turner	<input type="checkbox"/>	Truro story Richard Bonehill	<input type="checkbox"/>	Sports Psychology Jonathan Katz

	<b>Sunday 20th</b>		
<input type="checkbox"/>	Armoury course Andy Goodier	<input type="checkbox"/>	Level 3 referee TBC





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## Presenter Profiles

### Richard Bonehill



Head Coach at Truro for 10 years, Richard Bonehill was named Cornwall Sports Coach of the Year 2006 and retired in September 2007 to concentrate on his own training and competing at World Veteran level. For the past 12 consecutive years he has been chosen to represent Great Britain at veteran level at the World Championships. In 2010 he realized his life long ambition when he became World Veteran Sabre Champion. Along with his protégé, Jon Salfield, Richard has masterminded many major projects including the development of Truro Fencing Club, The Duel on the Beach and the TFCGold Foundation. Richard is a British Fencing coach educator and assessor and a wheelchair fencing coach qualified by The British Disabled Fencing Association.

### Peter Frohlich



Péter Fröhlich leads the TFC Performance Program. He is a Hungarian master and one of the world's most respected sabre coaches. As well as GB Olympic Sabre Coach in 1992, 1996, 2000 & 2008, Peter was the national coach of Hungary in the 1980s, and has coached many World and Olympic medallists. Himself a successful fencer, Peter represented Hungary internationally and reached the final of the World Championships. Peter now lives the majority of the time in Truro. From January 2009 to the 2012 Olympics, he will be training the TFC Performance athletes and is involved in development of elite-potential youth fencers at TFC.

### Andy Goodier



Andy is one of a small number of British Fencing Master Armourers & is the East Midlands armourer. He has extensive experience of running the weapons control at world championships & at multiple world cup events. He is also a key part of the organising team for all British Championships & many other events. He also has experience of running maintenance/repair courses for the several regions & British Fencing & has started on a Level 3 Certificate of Tutoring in Sport. He has experience of travelling with national teams to major events.

### Pierre Harper



As a Competitor, competed at 3 Olympic Games (1980, 1984, 1988), 6 National Titles, competed at 3 Commonwealth Games (winning 3 Individual and 3 Team Events in a row, spanning 12 years - this has never been equalled!!), Best International Results: 11th in Los Angeles Olympics, L8s in senior world cup events  
As a Coach. Coach to current National Cadet Men's Foil Champion, Coached the Cadet Men's Foil Team who took silver at this years Cadet European Championships, Coaches three of the GB Cadet Foil Team, Head Coach of Newham Swords Fencing Club

### Mark Hatton



Mark is one of Britain 's greatest ever Luge racers. He raced in the 2002 Olympics in Salt Lake City and in the 2006 Olympics in Turin . In Salt Lake he achieved his goal of being the highest ranked finisher from a country without a home track. Proudly self funded for the majority of his 12 year career he was told he was too old to pursue a career in Luge when he started at 21.

He is twice Commonwealth Champion and four times British Champion. He was Great Britain 's fastest ever Olympian with a top speed of 86.7mph.

Despite a non healing fracture in his spine in 2001, through hard physical work and a fierce competitive spirit he overcame this to race for Team GB in two Olympics. During his full time career he raced in every World Cup but one due to injury and all Major Championships. He built his own sled with his coach in his shed.

### Jonathan Katz



BSc, MSc, Postgrad Diploma in Counselling Psychology (BPS), PhD. BASES Accredited, BPS Chartered and HPC Registered Psychologist. Jonathan is an authority on counselling and effective communication systems within performance sport settings. Jonathan's clients have included the British Paralympic Association, the Tennis Foundation, the FA, the British Disabled Ski Team and World Class Lifting and individuals in sports including shooting, triathlon, athletics, table tennis, equestrian, judo, swimming, gymnastics, cricket, motor sport and cycling. He was the GB HQ Psychologist for the 2004 Athens and 2008 Beijing Paralympic Games and lead psychologist for the 2006 Turin Paralympic Games. He was also psychologist to the British Disabled Ski Team at the 2010 Vancouver Paralympic Games. He has also provided training in counselling skills to sport psychology and sport science practitioners in association with BASES and to sports coaches in association with UK Sport.

He has been a qualified coach since 1986 and has provided coaching support to British fencers at World Cups and World Championships. He is qualified by British Fencing and the BAF.





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### Robert Kiss



Robert has competed at international level, representing Hungary in the 1992 Barcelona Olympics where he came 4th and in the 1996 Atlanta Games where he finished 5th. He was the Hungarian national foil champion seven times.

He took his degree at the Hungarian University of Physical Education in 1998 and has since received his Diploma as Fencing Master at all three weapons from the University of Budapest. He coached at the well-known Vasas Club in Budapest for six years before being invited by the British Fencing Association (BFA) to come to England and support fencing in the North-West

He has adopted the successful Hungarian fencing system and has been developing it to suit the communities in which he now works. Whilst retaining the discipline and standards of the traditional system using modern teaching methods in line with those promoted by Sport England and Sports Coach UK.

### Jon Rhodes



Jon has worked with a variety of sports at both elite and amateur level for five years including rugby, football, boxing, kayaking and volleyball. After obtaining a Masters degree in 2007, he briefly worked for the LTA and at the British Judo Performance Institute before lecturing in colleges and universities.

He has set up two performance academies and currently works with elite fencers and rugby players. Jon is currently the performance director for GUE fencing; lecturer in sports psychology; and coaches at various clubs in both psychology and strength and conditioning.

### Jes Smith



Professor John 'Jes' Smith is a Master of the British Academy of Fencing and a member of the Académie d'Armes Internationale. He has taught at clubs, schools and colleges in London for many years. He has been involved in coach education for England Fencing and holds level 5 awards at each weapon. He is a Lead Tutor for British Fencing and has recently been appointed as Lead Coach to British Fencing National Academy, Brunel. Previously he has been coach to the Ladies' Epee Squad and has attended Junior and Senior World Championships both as personal trainer and squad coach. He has written "Foil Fencing: The techniques and tactics of modern foil fencing"

### Anthony Turner



BSc, MSc, PGCE Anthony Turner is a senior lecturer and the programme Leader for the MSc in Strength and Conditioning at the London Sport Institute, Middlesex University. Anthony has a Masters in Sport and Exercise Science, a PGCE and is an accredited practitioner of the National Strength and Conditioning Association, the UK Strength and Conditioning Association and the American College of Sports Medicine. Anthony works with a wide variety of male and female athletes including Olympic and Paralympics athletes and with team sports such as football, rugby, basketball and cricket. Anthony has published a number of articles within the field of Strength and Conditioning and is currently undertaking a PhD which investigates how to develop power in combat sports.

