



Dear Member,

Welcome to the February 2021 edition of the Coach Digest, with the latest updates, articles and news from our Coaching Development Team.

COACHING NEWS

IOC Statement on Gender Equality in the Olympic Movement

Over the past 25 years, the IOC has played an important role in promoting women in and through sport, and it will continue to do so by setting ambitious targets. In the challenging context we live in, now more than ever, diversity is a fundamental value that we need to respect and draw strength from. [Click Here](#)

British Fencing

UK Sport. British Fencing welcomes the news today that UK Sport has awarded a one year investment of £418k to support the long term success of elite fencing in the UK. The funding is part of an indicative four year award totalling £1,672,485 to create a pathway to Olympic success in 2032. [Click Here](#)

BF Launches Community Club Restart Fund Supported by an FIE grant, BF invites community clubs to apply for financial support of up to £250 to restart session activity. The Covid-19 Community Club Restart Fund is designed to help BF affiliated community clubs restart session activity after the enforced shutdown. [Click Here](#)

Katie Arup - UK Sport's new female coaches leadership programme

27 coaches from 15 sports, including



fencing coach Katie Arup, coming together as part of a plan to more than double representation in the Olympic and Paralympic high-performance community by Paris 2024.

Katie updates us on the journey so far [Click Here](#)

Return To Play

Sport England - To access the frequently asked questions on the national lockdown restrictions in England [Click Here](#)

Sport Scotland - Coronavirus (COVID-19) information and resources [Click Here](#)

Sport Wales - Coronavirus Essential Information [Click here](#)

Sport NI - Return to Sport [Click Here](#)

British Fencing - GUIDANCE ON NATIONAL LOCKDOWN - 4TH JANUARY (ENGLAND) BF issues guidance on the national lockdown and how it impacts fencing activities in England from 4th January 2021. On 4th January the PM announced a national lockdown to counter the steep rise in coronavirus (Covid-19) infections in England. [Click Here](#)

ACTION PLEASE: Communications Survey

BF is currently running a survey of all our communications channels and content and would appreciate your input. We'd like to know what content works, what you'd like to see more of and how we can improve. What content would you like to see in the coach digest?

**HAVE
YOUR
SAY**



The survey takes less than ten minutes and is anonymous. Thanks in advance for your valuable input [Click Here](#).

British Fencing Coach Register

The new BF Coach Register is now in place. The transition period ended January 2021 and the new version is now live. To see the new version of the Coach Register please [Click Here](#)

We will be running a drop in clinic to provide guidance on updating the sport 80 profile. The clinic will take place on 4th March at 17.00.

To register please [sign up here](#) and add any specific questions. We will cover uploading certificate and the coach CV.

To be on the new Coach Register, registered coaches need to create a Coach Profile. [Click Here](#)

COACHING ARTICLES



Mindfulness questions solicited from ADP Fencers.

1. Questions about mindfulness practice timing (frequency and duration)
2. Questions about mindfulness technique
3. Questions about Mindfulness practice fitting in with fencing etc [Click Here](#)

Principles of Great Coaching: Person-Centred

UK Coaching Physical Activity Development Lead Craig Blain discusses the importance of developing relationships with participants to unlock the potential to deliver a person centred experience. [Click Here](#)



Psychological Wellbeing of Athletes: What Can Coaches Do?

There has recently been a number of athletes bravely coming forward to share their stories about the psychological distress challenges they have experienced. [Click Here](#)

BF COACHING FRAMEWORK

Introduction to Coaching Fencing

The development of a coaching philosophy is a way to set expectations for the coach and the athlete. A coaching philosophy is a coaching tool to help guide coaches in their process of coaching. [Click Here](#) to start to develop your coaching philosophy.

ATHLETE DEVELOPMENT PROGRAM

Dual Career - Gerek Meinhardt: Olympic fencer and medical student

Fencing is a sport that demands surgical precision. And so it is perhaps apt that Rio 2016 bronze medallist Gerek Meinhardt is now studying to become a doctor at the University of Kentucky College of Medicine. [Click Here](#)

ADP Culture & Values Session.

The aim of this session is to explore Culture and Values and being part of the British Fencing

ADP Camps WADA Code

Following the adoption of the 2021 WADA Code and amendments to various international standards,

December ADP Camps

Between the 28th and 30th December 2020, British Fencing's Athlete Development Programme (ADP) hosted its fifth

Performance Pathway.

[Click Here](#)

the FIE has adopted new anti-doping rules, which will come into force on 1 January 2021. [Click Here](#)

virtual training camp. 150 athletes joined in for 50 online sessions over 3 days, bringing athletes together from across the country over the festive period. [Click Here](#)

SAFEGUARDING

On-line Safeguarding and Protecting Children Course

**BRITISH
FENCING**

Safeguarding and Protecting Children in Fencing

Online Renewal

START >



BF is now taking bookings for the new Online Renewal SPC Course. Certificates are approved for the BF Registers.

For more information [Click Here](#)

Do you have a concern about a young person in fencing? If so, report it. Safeguarding is everyone's responsibility. [More information here](#)

The NSPCC has created new resources to help adults respond to a child who raises a concern. [More Info](#)



To update your communication preferences, please click [here](#).

By clicking this [Unsubscribe](#) link, you will unsubscribe from all our communications.

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