

## **Junior Development Programme**

### **1. Purpose**

The purpose of RFC's Junior Development Programme is to support its junior members in their fencing, giving them access to coaches and providing affordable, structured lessons to develop footwork, blade-work and tactics.

### **2. Structure**

The Programme will run from 19:00 until 20:00 on Wednesday's, with its dates published on the Club website beforehand. As a guide, the lessons will run as follows:

- 19:00 to 19:15: arrival & group warm-up.
- 19:15 to 19:30: group footwork session.
- 19:30 to 20:00: group skills exercises, provisionally to cover the following topics:-
  - Parries & hitting in opposition
  - Counter-attacks
  - Counter time
  - Ceding parries & breaking distance
  - Flick-hits
  - Flèches
  - Foot hits
  - Feints & preparations
  - Second-intention
  - 'Bouting' psychology: attacking and defensive
  - Workshop: dealing with your 'nightmare' fencer

### **3. BFA Achievement Awards**

At the end of each programme, juniors will be encouraged to take a BFA Achievement Award examination of the relevant level, as advised by their coach. The link to the award scheme can be found on the BFA website (click [here](#) to go to it directly). There will be no cost for taking an exam, however, if successful the student will need to pay the cost price of their certificate (£4) which will be ordered and signed by the coach.

#### **4. General Practice & Junior Piste**

Juniors will be encouraged to attend training on both Monday's and Wednesday's. Any juniors who attend the club later (for example, after junior lesson has started) on a Wednesday will be encouraged to continue as usual. In addition, every Wednesday (until 21:00) one of the pistes will be marked "Juniors Only" and as such reserved exclusively for junior members to practice on.