

CLUB POLICIES AND RULES

ESCRIMEUR

BEST FENCING TRADITIONS.
STYLE. RESULTS. SPORTSMANSHIP.

FENCING CLUB

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GENERAL

- * Escrimeur fencers have to maintain their schedule based on the picked Training Tier (training goals). We distinguish the following Tiers (lowest to highest): **3 - Non-Competitive Fencing, 2 - Basic Competitive Fencing, 1 - Attain Fencing Rating.**
- * Each student has an **individual schedule** for group classes and/or private lessons, and responsible to regularly monitor his/her individual **Fencer Goals And Accomplishments Chart.**
- * Fencing class consists of **warm-up, stretching, main class theme, push-ups + sit-ups** at the conclusion.
- * We broadly use various **rewarding and encouragement** systems for our fencers. A unique **Escrimeur Progress Monitoring** system is utilized to improve the quality of fencing.
- * All students at Escrimeur are rated in the following manner: **B - beginner**, no or minimal fencing experience; **I - intermediate**, consistent fencing experience with occasional tournaments; **A - advanced**, broad competitive fencing experience and consistent results.
- * Fencers must come to class **on time** and must **sign-in Attendance Sheet** prior to start.
- * Zero-tolerance **discipline** policy is enforced during all classes.
- * No food (except snacks from the vending machines), beverages (except bottled water and sport drinks) are allowed in the building. No snacks and electronics allowed at the salle.
- * All bags and belongings must be stored in the designated area at all times.

DRESS CODE

We require the following Dress Code during all classes: comfortable sweat pants for the beginners and fencing trousers - for all other fencers, t-shirt, fencing sneakers; complete fencing outfit - for drills and bouts (may be provided by the club to beginners). Fencers are responsible for proper maintenance of their individual and club gear and have to wear clean outfits and possess functional and clean gear.

ACTIVITIES

Private Lesson - a 20-minute intense drill with a coach. Main purpose is to introduce new fencing elements, to check the quality of fencer's performance, to work with a fencer on mastering his/her technical and tactical skills, to update fencer's individual goal tracking system, to work with a fencer on improving his/her psychological and physical stamina.

Group Class - a 60-minute drill with a group of fencers which includes footwork, handwork, sparring, bouts, mini-tournaments, as well as conditioning and various athletic and fun activities.

Boot Camp - a 2-hour class with intense footwork, handwork, sparring and tournament-style bouts.

Super Escrime - a 90-minute fencing with themes and rewards.

Clinic - a class where fencers learn and have hands-on experience in various aspects of fencing such as rules, gear, psychology, and more.

Tournament - standard fencing event governed by the rules of USFA. USFA sanctioned tournaments may be rated, non-sanctioned tournaments are not rated. Escrimeur maintains a series of annual tournaments for all age groups.

MAKE UPS AND CLASS CANCELLATIONS

All the scheduled classes must be attended to allow coaches to maintain efficient training environment. Unless there was an official notification via sms, phone, email, website and/or notice on the club's bulletin board regarding class cancellation, all classes will take place as scheduled. If you are not sure whether a class will take place, check with the head coach (sms, phone or email) in advance.

- * We do **NOT** process refunds for unused classes, but encourage fencers to take make-up classes where they are eligible.
- * A student may be eligible for **1 make-up class per month** if the head coach is notified (via phone, text message or email) of the student's absence due to one or a combination of the below listed circumstances at least 2 hours prior to the scheduled class. In case of "no show" the student's account will be billed for the missed class.
- * The following circumstances **ONLY** may be considered for a make-up class:
 - official club closing;
 - medical reason;
 - family grievance;
 - unforeseen commuting problem or road emergency

PAYMENTS

- * Monthly packages normally have a built-in discount, while individual classes have to be paid for at their full price.
- * Escrimeur billing for monthly programs is processed prior to the start of the next training period.
- * All payments for monthly programs must be made prior to start of the programs. The grace period is 10 days, after that a Late Payment Fee of \$15 will be assessed, and a student will not be allowed to practice until the payment is made in full.
- * All payments are non-refundable.
- * A \$30 fee will be assessed for the bounced checks.