



# Hutt Valley Fencing Club

## Tuesday Session Restructure Proposal

Tuesday August 8<sup>th</sup>, 2017

Dear Hutt Valley Fencing Club,

Welcome back to fencing for term 3! We hope you all enjoyed a well-deserved break from school and fencing, and are ready for a fresh term of training and competition.

The club committee held the term 3 planning meeting on August 3<sup>rd</sup> to discuss the future direction for the club. Over the last year, the club has continued to grow, and now has more than 50 active fencers, which is fantastic. However, as was raised at the meeting, this presents an issue with regards to space and contact-time with coaches, especially on the large Tuesday and Thursday sessions. A proposal has been developed for a change in the structure and timing of these lessons, to better cater to the needs of fencers of all abilities. The new structure outlined below will be run as a trial on Tuesdays, **commencing on August 15<sup>th</sup>**. There will be no change to Wednesday, Thursday, or Saturday session times.

### 6.00pm – 7.00pm

- **Under 13 and beginner session** coached by Russell will continue as normal.
- **Conditioning session** with High Performance Wellington will continue as normal.

### 7.00pm – 8.30pm

- **Intermediate and senior session**, coached by Robert, Nick, Russell and Nathan.
- Fencers are expected to **arrive 10 minutes before the session begins**, and should be kitted up and ready to fence by 7.00pm. This will save time during the session, and cater for the slightly shorter session.
- Fencers will be split across two venues; the main clubrooms and the 'Green room'; and will be split into smaller groups to work with one of the coaching team. This aims to reduce crowding, and allow coaches to provide more attention to individual fencers.
- Private lessons with coaches may be available during this time. Please speak to your coach to arrange this.

### 8.30pm – 9.30pm

- **Invitational training** for selected high-performance fencers, coached by Robert

If you have any feedback, concerns or queries regarding these proposed changes, please contact us at [huttvalleyfencing@gmail.com](mailto:huttvalleyfencing@gmail.com). All the best for the new term of fencing!

Kind regards,

HVFC Committee