

The Advance

e-news for DHS Wildcats Fencing

Issue 1: May 20, 2018



MEET OUR NEW COACH!

Carol Hickey will be joining the Dunwoody High School fencing team as an assistant coach! She has fenced all over the world for 10 years and was ranked at #2 in the world ranking of epee.

Ms. Forbes noted that during Coach Carol's first practice with the team, "she jumped right in giving feedback to them", so it looks like the team will be quickly knuckling down in the fall. She also plans on implementing some great ideas to help everyone with their blade work. We look forward to welcoming Coach Carol in the fall!



**May 10: First-time practice with Coach Carol:
preparing for the middle school demonstration**

photo credit: Hannah Soderberg

Fencing Camp - Support Our Team! *Improve Skills and Raise Team Funds*

If you won't be basking on an exotic beach or touring exciting destinations during the last week of June, then **make sure you're signed up** for the camp that **we are hosting!**

Consider it an extension of the season, but with the freedom to focus on fencing skills without the school day and homework. The DFC summer fencing camp is a great way for experienced fencers to improve technique and work on tactics for the upcoming season. Summer flies by, so make sure you squeeze in some dedicated fencing practice and fun with your fencing friends!

When: June 25 - 28 (Monday - Thursday)
9:00 am - 1:00 pm
Where: DHS Cafeteria
Cost: \$200 (includes camp T-shirt)

Register online by [clicking here](#) and [click here](#) for the waiver. For questions, email dunwoodyhsfencing@gmail.com.

Booster Club Approved

April 19

At the fencing team banquet, parents unanimously approved bylaws and a slate of officers to create a booster club for our DHS fencing team! Look for more details, and note our board members listed toward the bottom.

Congratulations to our new captains for 2018-19!

Team Captain: Megan Murphy

Boys' Team Captain: Robbie Garber

Girls' Team Captain: Sarah MacElroy

Assistant Captains:

Sara Gelber

Hannah Soderberg

Summer Practice Opportunity

Thursdays | 7:15pm

Dunwoody High School fencing team members may fence on Thursdays at 7:15pm at Kingswood Methodist Church for the summer at no charge.
In addition, if Dunwoody High School fencing team members pay for both June and July (full membership) at Dunwoody Fencing Club (\$250 total) prior to June 5th, they will receive the August membership at no charge (Buy 2, Get 1 free). Full membership includes M, W, F, S practices at our Roswell location.

Kathy Vail
Vice-chair, Georgia High School Fencing League

!!! !!! !!!

Get Your Sports Physical ASAP

Avoid back-to-school madness (aka August)!

!!! !!! !!!



May 11: The team dazzled Peachtree Middle School 8th graders.
Time will tell who will be next fall's fencing freshmen!

photo credit: Christine Hilgert

Be sure to check out our new website and pictures site -
find them in Helpful Links & Files below.
**Many thanks to our webmaster,
Gary Sonnier!**

Coach's Corner



Summer Shape-up Drills by Coach Vail

This is a program of jump rope for fencing and a good way to work on conditioning over the summer.

Drill 1

(20 jump intervals)
Start on both feet to find a rhythm.

Alternating feet...both feet
2 on each foot (LLRLLRR...)
Both Feet
5 on each foot
Both feet
10 on each foot
Both feet
20 on left foot
Both feet
20 on right foot
Both feet

Repeat or work backwards.
Total time: ~3 minutes

Drill 2

LRLLLLRRRRLLLLL
RLLRRRRLLLLRRRRR

Repeat as long as possible.

Drill 3

Three 3-minute rounds:

Alternate - feet together and one foot at a time. Add double jumps in the final 30 seconds of each round, multiple double jumps in succession, fast pace.

30-second rest between rounds

VOLUNTEER now! (click here)

Submit News and Photos (click here)

CAMP! CAMP! CAMP!

DHS Teacher Sponsor

Looking Ahead

Ms. Forbes is hot on the trail for a sponsor to replace her in 2019-2020. Ms. Sonya Williams is a special education paraprofessional working towards her certification and is planning on replacing Ms. Forbes at the end of next spring. She won't be a co-sponsor next year, but Ms. Forbes will train her during the course of the year to ensure a smooth transition. Since Ms. Williams is focusing on her studies this summer, more details will be worked out this fall.

Ms. Forbes is working hard to make sure the club is in great shape when she leaves!

We love our SPONSORS!

Hmmm...who will fill this space?

Helpful Links & Files

[Absolute Fencing Gear](#)

[Camp \(June 25-28\): Online Registration](#)

[Camp \(June 25-28\): Waiver Download](#)

[DHS Fencing Website](#)

[DHS Fencing By-laws](#)

[Dunwoody Fencing Club](#)

[Email DHS Fencing](#)

[Pictures: Browse and Add!](#)

[Volunteer Sign-up](#)

2018/19 Calendar

June

25-28 (Mon-Thu): Dunwoody Wildcats Summer Fencing Camp
9am - 1pm | Location: DHS Cafeteria

August

6 (Mon): First Day of School

TBD: 9 (Thu): first day of practice (TBD: regular practice on Thursdays 3:10-5:30)

TBD: 16 (Thu): parents' meeting | Location: TBD

September

15 (Sat): Tournament - Round 1; Location: TBD

28 (Fri): TOURNAMENT PREPARATION after school

29 (Sat): HOME TOURNAMENT - Round 2

October

TBD: Homecoming parade participation

20 (Sat): Tournament - Round 3; Location: TBD

27 (Sat): Tournament - Round 4; Location: TBD

November

No tournaments are scheduled...Happy Thanksgiving!

December

1 (Sat): Tournament - Round 5; Location: TBD

14 (Fri): **TOURNAMENT PREPARATION after school**

15 (Sat): **HOME TOURNAMENT - Round 6**

January

12 (Sat): Tournament - Round 7; Location: TBD

26 (Sat): Individual Championship; Location: Chattahoochee HS

February

2 (Sat): Team Championship; Location: Alpharetta HS

March

TBD: Last Practice Date for the 2018/19

TBD: DHS Pep Rally Demonstration

TBD: GHSFL Day at the Capitol (Recognition of GHSFL schools and champions)

TBD: End-of-the-Year Banquet

TBD: Demonstration at Peachtree Middle School

Head Coach

Kathy Vail

bbhk@mindspring.com

Assistant Coach

Carol Hickey

DHS School Sponsor

Cecilia Forbes

cecilia_m_forbes@dekalbschoolsga.org

2018-2019 Board

DHS Wildcats Fencing, Inc.

President - Sharon Murphy

Vice President - Sarah Taliaferro

Secretary - Cailin Thelen

Treasurer - Eric Kasowski

At Large - Nancy Averbach

At Large - Christine Hilgert

At Large - Laura MacElroy

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