



Mid-South Planning Guide

September 2019 - June 2020 *“I love fencing, now what?”*

Our **Youth Academy** program is our 10 month, skill-based training program organized by weapon and age, as a progression for those who have completed a beginner class or camp. *Classes meet September through June* and have their own registration and flexible contract agreements.

- All equipment is included in the monthly \$115 fee for one weekly class.
- Additional participating family members receive a 10% discount.
- Tuition payments are set up as a monthly auto-payment from a credit card.
- No academy classes one week for winter break in December and DPS spring break.

| Youth ACADEMY Schedule: | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-------------|--------------|--------------|-----------------------------------|-----|---------------|
| Youth Academy Sabre: (Ages 8-14) | 5:00-6:30pm | | 5:30-7:00 pm | | | 9:00-10:30 am |
| Youth Advanced Sabre Academ:y (must have blue and red pin) (Ages 8-14) | | 5:30-7:00 pm | | | | |
| Homeschool Academy: (Ages 8-18) | | 1:00-2:30 pm | | | | |
| Youth Epee and Sabre Academy (Ages 12-18) | | | 7:00-8:30 pm | 7:00-8:30pm (ages 12-adult) | | |

Our **Competitive Team** practice schedule for sabre has built-in practice times, camps and breaks for healthy sport development. It allows room for the elite competitor to train independently at their own pace yet support the multi-activity kid who needs some flexibility. Annual membership contracts can be bundled (\$360-\$650 monthly) or unbundled \$90/\$210 with other services paid à la carte. All participants must be on weekly individual lessons to participate. Talk to your coach! Special packages can be designed for foil and epee too.

| Competitive TEAM Practices though June: | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|--|-----------------------------|---|-----------------------------|--|--|
| Footwork, Fitness and Flexibility | | | | | 6:30-7:15pm | 9:30-10:15 am |
| Y10, Y12 Sabre Team: | 5:00-6:30 pm | | 5:00-6:30 pm | | | 10:30 am-12:30pm |
| Y12, Y14, and Cadet (14-16 yrs) Sabre Team: | | 5:00-7:00 pm | | 5:00-7:00 pm | | 10:30 am-12:30pm |
| CDT, JR, DIV1/2, VET Sabre Team: | 7:00-9:00 pm | 7:00-9:00 pm | 7:00-9:00 pm | 7:00-9:00 pm | | 9:30 am-12:30pm |
| Open Boutng: | 7:00-9:00pm and Small Group Tactical Lessons. | 6:00-7:00pm 7:45-9:30 pm | 7:00-9:00 pm and Small Group Tactical Lessons. | 6:00-7:00pm 7:45-9:30 pm | Small Group Tactical Lessons. Self-directed open boutng. | 11:15am-12:30pm Saber 12:00-2:00 pm Epee & Foil |

Competitive Sabre Camp Dates: High Performance Summer Nationals Saber Camp: June 22nd-26th.

Mid-South Fencers' Beginner Options:

Choose a beginner group class and/or take individual lessons to learn at your own budget and pace. All equipment is provided. Cost is \$150 for a six-week group session and \$240 for six, 20 minute individual lessons scheduled throughout the week. In summer, join a camp! Register online or at the front desk.

| Beginner Group Instruction | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------|--------------|-----------------------------|--------------|-------|-------------|----------|
| Beginning Fencing (Ages 7-12) | 4:00-5:00 pm | 12:00-1:00pm (Ages 7-16) | | | | |
| Beginning Fencing (Ages 9-14) | | | 5:00-6:00 pm | | | noon-1pm |
| Beginning Fencing (Ages 13+) | | | | | 7:00-8:00pm | noon-1pm |
| Beginning Longsword (Ages 14+) | | 7:30-8:30pm | | | | |

Become a member of Mid-South... *when you identify as a fencer and are looking for professional support to grow your skills.*

- \$90 base monthly rate allows you to choose weekly class or individual lesson options à la carte.
- Flexible class and open practice times for all weapons.
- Bundled and unbundled memberships offer flexibility and structure to assist in goal attainment, planning and budgeting.
- As a nationally acclaimed club, you will have a recognized team affiliation to be proud of.
- 10% discount for additional family members and hardship scholarships available.
- Annually contracted members must be USA Fencing **Mid-South Fencers' Club** affiliated members and maintain their own working equipment.

Class Pass and Open Bouting Schedule for Basic Membership:

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----------------------------|--|-----------------------------|---------------------------------------|---|--|
| Footwork, Fitness and Flexibility Group Classes: | | | | | 6:30-7:15pm Footwork | 9:30-10:15 am Fitness |
| Intermediate & Advanced Group Classes: | 7:00-7:45pm Epee | 7:00-7:45pm Sabre 7:30-9:00pm Longsword | 7:00-7:45pm Foil | 7:00-7:45pm Sabre | | 10:30-11:15am Sabre |
| Open Bouting (All Weapons included in membership.) | 6:30-9:30 pm All Weapons | 6:00-7:00pm, 7:45-9:30 pm Sabre | 6:30-9:30 pm All Weapons | 6:00-7:00pm, 7:45-9:30 pm Sabre | 6:00-9:00 pm Foil/Epee 8:00-10:00 pm Advanced Longsword | 11:15am-12:30pm Saber 12:00-2:00 pm Epee & Foil |

Basic Member Cost: \$90 per month on automatic payment.

A la carte prices for this membership:

20 Minute Individual Lesson Card for nine sessions: \$288

30 Minute Individual Lesson Card for nine sessions: \$432

10 Group Class Passes: \$140

15 Group Class Passes: \$190

Mid-South Fencers' Club

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