

## Boyne Valley Fencing Club

Boyne Valley fencing club is running its second beginners course in Drogheda from the 2<sup>nd</sup> February !

**Fencing is a modern, safe and exciting sport ideal for men and women of all ages. With its history in sword-fighting skills, fencing has become a vibrant sport which promotes outstanding technical skill, fitness, agility, quick reflexes, a cool head and tactical awareness**

### Location

- **St. Oliver's Community College, Rathmullen Rd, Drogheda**

St. Oliver's Community College Drogheda is a second-level school which offers superb facilities. The College is set in a 19-acre campus on the banks of the Boyne

### Introductory course

7.00pm - 8.15pm Children from 11 to 17years old\*

8.15pm - 9.30pm Adults

\*Children will be grouped in similar ages

The course will run for 10 weeks. By the end of the course you will be at a stage where you could enter your first tournament, having covered the basics of tactics, movement, attack and defence.

First Course will run from 2<sup>nd</sup> February

### What you need to bring

- We will provide all the safety equipment that you need to enjoy the sport
- All you need bring is trainers (flat soles are best such as squash shoes), T-shirt, and tracksuit trousers (with closed/no pockets)

### Contact Us

[Boynevalleyfencing@gmail.com](mailto:Boynevalleyfencing@gmail.com)

Telephone: Marcos Simpson 086 170 6218



## Coaches

### - **Marcos Simpson (Head Coach)**

Marcos has 23 years fencing experience and over the course of his career represented England at U20 level and Captained the Irish Senior Sabre team.

With 7 years coaching experience, his teams have won the All Ireland Universities title no less than four times, and a large number of his fencers have represented Ireland at Senior International, B and Student level.

Marcos is a qualified coach and member of the Irish Academy of Arms. He is also the Sabre Mentor (and former Treasurer) for the Irish Fencing Federation, a qualified Accountant and married with two children.

### - **Emma Foy (Club Secretary)**

Emma is a key member of the Dundalk IT team which won the prestigious DkIT Team of the Year award in 2009. Emma also herself won the "Administrator of the Year". Emma has won a number of domestic medals and has represented Ireland at Student and Ireland "B" level.

### - **John McCabe (Coach)**

John captained the DkIT team which won the All Ireland University title in 2009, John is ranked in the top 10 in Ireland and has represented his country at Student and B level. John is a young coach studying for his coaching badges and bring huge energy and enthusiasm for the sport!

## Fees

### - **Introductory course:**

The first 10 week beginners' course will run from 2<sup>nd</sup> February will cost €110.

This covers:

- Your own fencing glove (worth €15)
- Coaching fees
- Insurance
- Hall Rental

On top of group and individual instruction, we will provide you with all the safety equipment that you need to enjoy the sport!

### - **Experienced Fencers**

Membership fee is €30/month which covers insurance and hall rental. If you would like lessons from our resident coaching staff this will be charged at €20 per lesson

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