

MANITOBA FENCING ASSOCIATION
Fencing Coach Course – Aide-Moniteur Level
Weapon: Foil
Season: 2016- 2017

INTRODUCTION :

Fencing, whether considered a sport or a simple recreational activity, quickly gives beginners an irreversible passion for the sport. The program that the MFA is providing will instruct Fencing Coaches in “training to beginners”. The objective is to give the beginners a good fencing base so that they experience the pleasure of practicing fencing, playing and having fun.

PERIOD OF TEACHING:

The course is spread out over two weekends, with approximately 14 hours a weekend of training. At the end of the course the participants will have the opportunity to be certified as **Aide-Moniteur** Level (or equivalent in the new NCCP).

CONTENT	CHARGE
Theory	4 hours
Practical	28 hours
Practicum (supervised lesson by a certified coach) ¹	30 hours (Have to be done in their club)
Exam	2 hours
Total	64 hours

CONDITIONS:

- Exposure to Fencing in the last year
- An interest in using Fencing in your curriculum

EQUIPMENT REQUIRED:

Fencing Equipment:

- Jacket
- Mask
- Clothes to train in
- Weapon

COURSE SYLLABUS:

Areas Covered; Theory/Directed lesson:

- Know-2-Do: be capable to do actions
- Know-2-Teach: be capable to teach actions
- Practical understanding: relation between theory & practical
- Fundamentals: holding a weapon; guard; lunge; retreat; step forward; combinations; positions; balance; co-ordination of arm and legs; distance; rhythm ...etc.
- Types of warm up
- The functions of a Coach
- Classification of fencing actions (Theory Course)
- Fencing lesson Organization and Safety Issues(Theory Course)

- Terminology, referring and organisation of Competitions (Theory Course)
- Methods of teaching in Fencing (Directed Lesson)
- Arm Band program
- Games and its importance.
- Physical Literacy Workshops

Practical:

Necessary for the armband program (yellow and orange) LTAD

¹ The coach candidate has to train beginner fencers during the year with the observation by a qualified coach.

**MANITOBA FENCING ASSOCIATION
2016/2017 Coaches Training Program**

Program Conductor: Ayach Bounachada

Program dates: - May 6th - 7th, 2017
- June 3rd - 4th, 2017

Registration Deadline: APRIL 30TH, 2017

*Please note: The schedule may be subject to change.

COST: \$350.00 (cash or cheque)

\$358.40 (PayPal) – please call the MFA office (204-925-5696) to arrange payment.

REGISTRATION FORM

NAME: _____

HOME ADDRESS: _____

PHONE: DAY: _____ EVENING: _____

EMAIL: _____

CLUB: _____ Weapon _____

PAYMENT ENCLOSED:

CASH: _____ CHEQUE*: _____

**Please make cheques payable to the Manitoba Fencing Association*

Send registrations to:

DIRECT MAIL:

MB Fencing Association

145 Pacific Avenue

Winnipeg, MB

VIA EMAIL:

fencing@sportmanitoba.ca