

1/25/2010



Lotus Fencing Academy Guidelines

**Lotus Fencing Academy
2009-2010 Fencing Season**

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Overview

The purpose of this document is to provide guidelines, rules and regulations for Lotus Fencing Academy members.

The document addresses both competitive and recreational fencers' guidelines.

Contact Information

Lotus Fencing Academy contact information:

Walid Mahran

phone: (404) - 808 - 5991

web site: www.lotusfencing.com

email: walidimahran@hotmail.com

Summary Table

Minimum competitive/recreational fencers' requirements summary table is listed below.

	Competitive Fencers				Recreational Fencers			
	Required	#	\$	Time	Required	#	\$	Time
Lessons per week	Y	3	- (\$30/lesson)	-	O	1/wk based on avail.	\$35/lesson \$40/lesson	-
Fencing Membership	Y	1/year 6 months 3 months	\$700 \$400 \$250	-	Y	1/year 6 months 3 months	\$700 \$400 \$250	-
Equipment Fee	Y	1/year	- (\$50)	-	Y	1/year	\$50	-
Saturday Fitness Class	Y	-	\$0	Sat 2-3 PM	O	O	\$0	Sat 2-3 PM
Wednesday Fitness Class	Y	-	- (\$50/month)	Wed 8-9 PM	-	-	\$120/month upon coach's approval	-
Bouting	Y	50/wk	-	-	O	O	-	-
Fencing Camps & Clinics	Y	5/year	TBD	-	O	O	TBD	-
pre-Nationals Training Week	O	1/year	- (\$0)	-	-	-	-	-
Competitions								
Local	Y	7/year	TBD	-	O	O	TBD	-
Divisional **	Y	1/year	-	-	N	N	-	-
South East Sectional **	Y	1/year	-	-	N	N	-	-
National (NAC)	Y	Adults: 2/year min Y13: 1/year min	-	-	N	N	-	-
Regional/Super Youth Competition for Y10/Y12	Y	Y10: 1/year min Y12: 1/year min	-	-	N	N	-	-
Summer Nationals	Y	1/year	-	-				
Competitive Fencers Fee *	Y	-	\$400/month \$250/month for competitive limited participation (Y12)	-	N	N	-	-
Goal Oriented Fencing	Y	-	-	-	-	-	-	-
Coaching								
Divisional **	Y	1	- (\$0)	-	N	N	-	-
South East Sectional **	Y	1	- (\$0)	-	N	N	-	-
National (NAC)	Y	Adults: 2/year min Y13: 1/year min	- (\$0)	-	N	N	-	-
Summer Nationals	Y	1	- (\$0)	-	N	N	-	-

* Competitive fencers Fee – a monthly flat fee for competitive fencers covers:

- Coaching at designated tournaments
- Pre-national training

Paid September - June by fencers participating in Summer Nationals
Paid September – May by fencers not participating in Summer National

** Participation in Divisionals and South East Sectionals are not required for the fencers already pre-qualified for the Summer National Championship

Y13 fencers are 13 years old or younger as of January 1 of the current fencing season

Y – Yes; N – No; O – optional; TBD – to be determined

Related Documents

Lotus Fencing Academy Guidelines – this document
Coaching Expenses Formulas

Fencers Categories

Fencers fall into two major categories: competitive and recreational.

Competitive Fencers - pursue the goal to compete regionally, nationally, internationally, and expected to satisfy a number of requirements to maintain competitive status. In order to provide adequate training and coaching, the number of competitive fencers is limited.

Recreational Fencers – as the name implies the recreational fencers pursue the goal of participating in the sport of fencing for health and recreational purposes.

The fencer category is determined based upon the goals of the fencer, abilities (identified by a coach), and space availability.

Based on the competitive and recreational fencers' goal differences, the training approach differs for those categories.

- Training differences include, but are not limited to footwork, fitness training, and organized bouting.
- From time to time coaches themselves fence with the competitive fencers or conduct training targeting competitive skills (goal oriented fencing). During goal oriented fencing the higher priority is given to the competitive fencers.
- Competitive fencers have higher priority for schedule accommodations, coaching during competitions, etc.

Competitive Fencers

The goal of competitive fencers is to excel in the field of fencing and to compete on various levels.*

Competitive fencers are expected to follow the guidelines outlined in this document to maintain their competitive status. Not following the guidelines will result in removal from the competitive fencing category.

Competitive Program is a two-way commitment: fencers commit to a rigorous training and various competitions with coaching. The coach in return commits to provide a quality Competitive Program with coaching for designated events; competitive fencers get priority over non-competitive fencers for training, lessons, schedule accommodations, coaching during competitions, etc.

Training

Training consists of a combination of lessons, fitness classes, free bouting, and fencing camps. The appropriate level of training is determined by the coach.

* Fencers in school, or "student-athletes", should strive for high performance at school. It is the responsibility of student fencers to use their time in the most effective way in order to balance school and fencing activities.

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Some flexibility in the program for competitive fencers in special situations such as during school breaks, vacations, etc., can be obtained upon discussion with and approval by the coach on a case by case basis.

Lessons

Competitive fencers take at least three lessons a week. Lessons are provided Tuesday through Saturday.

Competitive fencers can have no more than two lesson cancellations, with 24 hour notification, per month.

Fitness Class

All competitive fencers must take fitness classes.

Saturday Fitness Class is open to both competitive and recreational fencers. The class takes place on Saturdays, 2 - 3 PM.

Competitors Fitness Class is open to competitive fencers only. The class takes place on Wednesdays 8-9 PM.

Bouting

Competitive fencers must fence at least 50 bouts per week. The facilities are available for bouting 4 – 10 PM, Monday through Friday; and 12 – 4PM Saturday. Yearly fencing membership includes fencing floor usage for bouting.

Fencing Camps

Fencing camps and clinics are held throughout the year. Usually the camps take place during school breaks in winter, spring and summer. Competitive fencers are expected to attend at least 5 camps and clinics over the year: 2 summer camps prior to Summer National Championships and at least 3 during the year.

The fees for camps vary. Plan for additional expenses for housing/hotel stays whenever the camps are held out of town.

Competitions

Competitive fencers participate in various competitions throughout the year. A coach provides a list of recommended competitions to each fencer in the beginning of the fencing season. Please note that adjustments to the list might be made at a later time based on the current information.

Coaching is provided for Georgia Divisionals, South East Sectionals, selected National Competitions, and Summer National Championship for all competitive fencers.

Competitive fencers are required to participate in minimum two National Competitions (NACs), and Y13* competitors are required to participate in minimum one NAC.

Participation in Divisionals and South East Sectionals are not required for the fencers already pre-qualified for the Summer National Championship.

* Y13 fencers are 13 years old or younger as of January 1 of the current fencing season

Please plan for a competition's time requirements and budget accordingly. Fencer accounts are set up to help manage the coaching fees as well as other competitive fencers activities (refer to section *Fencer Accounts* of this document for more detail).

Competitive fencers are required to participate in the following competitions:

- *Local* – include Lotus Fencing Academy competitions, usually conducted on ACN premises. Fencer needs to participate at minimum in 7 local competitions.
- *Divisional (coaching)* – GA Division competition serves as a qualifier for Summer National Championship: Y14, Cadet, Division II, Division III, Veteran, and Team Events. It held in spring in Georgia. All competitive fencers are expected to participate in this competition, unless already qualified for Summer Nationals.
- *South East Sectionals (coaching)* - South East Sectionals serve as a qualifier for Summer National Championship: Junior, Div IA. It is held in spring. The competition location is within the 17 Southeastern States of the United States. The exact location differs from year to year. All competitive fencers expected to participate in this competition, unless already qualified for Summer Nationals.
- *National Competitions (NAC; coaching for selected competitions)* - A number of national competitions which are held throughout the year at various US locations. Competitive fencers are expected to participate in minimum two such competitions, one for Y13 fencers. The competitions for any given fencer are determined by a coach.
- *Regional Youth / Super Youth Competition* - As outlined in Section 2.11.5 of the USFA Athlete Handbook, competitive youth fencers must qualify for the Y12 and Y10 NAC and National Championships by entering at least one Regional Youth or Super Youth competition in the current season. For Lotus competitive youth fencers, details of entries and coaching for youth events will be individually determined in consultation with the Coach.
- *Summer National Championships (coaching)* – All fencers qualified for Nationals are expected to participate.

During fencing competitions, especially during the Summer National Championship, fencing lessons are given to fencers getting coaching on the day of a competition.

Fencing lessons for fencers not on the coaching schedule for the day may be provided at the coach's discretion with a precondition that it not impact the fencers on the schedule for that day. There is a fee of \$1/minute associated with the out of schedule lessons.

Fees

Please contact coaches for information on the exact amounts.

- *Competitive Fencer Fee* - \$400 per month.
- *Competitive Limited Participation (Y12)* - \$250 per month.

Each fencer expected to pay deposit towards the fencer's account during the fencing season year (September – May/June) with the payments due the 1st day of the month. Monthly Competitive Fencer Fees paid are non-refundable.

Competitive Fencer Fee is a monthly flat fee for competitive fencers covers:

- Coaching at designated tournaments
- Pre-national training

Competitive Fencer Fee paid September - June by fencers participating in Summer Nationals.

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Competitive Fencer Fee paid September – May by fencers not participating in Summer Nationals.

- *ACN Yearly Membership* - \$600
- *Equipment Fee* - \$50 yearly
- *Coaching Fees for NACs/Sectionals/Nationals* (on the coaching schedule) - covered entirely by funds from Competitive Fencer Fees.
In order to receive coaching during competitions all accounts should be paid up to date.
- Lotus Fencing Academy maintains the accounts throughout fencing season.

- *Lessons* - \$30 per lesson
- *Competitors Fitness Class* - \$50 monthly
- *Pre-National Training* – covered by funds from Competitive Fencer Fees. Provided in June to competitive fencers participating in Summer Nationals.

- *Other Competitions* – Please refer to a Coaching Fees table below for more information.

Coaching Fees Table

	\$
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Training approach during school breaks, vacations, etc. will be discussed individually with a coach on case by case basis.

Lessons

Recreational fencers take lessons based on availability. Lessons are provided Tuesday through Saturday.

Fitness Class

Fitness class is optional for recreational fencers. Fitness class takes place on Saturdays, 2 - 3 PM. Yearly fencing membership includes the fitness class charges.

Bouting

Bouting is optional for recreational fencers. The facilities are available for bouting 4 – 10PM, Monday through Friday; 12 – 4PM Saturday. Yearly fencing membership includes fencing floor usage for bouting.

Fencing Camps

Fencing camps and clinics are held throughout the year. Usually the camps take place during school breaks in winter, spring and summer. It is recommended that recreational fencers attend the fencing camps.

The fees for camps vary. Plan for additional expenses for the housing/hotel stays whenever the camps are held out of town.

Competitions

Recreational fencers are encouraged to participate in local fencing tournaments. A coach provides a list of recommended competitions to each fencer.

- *Local* – include Lotus Fencing Academy competitions, usually conducted on ACN premises.
- *Divisional* – GA Division competition serves as a qualifier for Summer National Championship. It held in spring in Atlanta, GA.
- *South East Sectionals* - South East Sectionals serve as a qualifier for Summer National Championship. It held in spring. The competition location is in one of the 17 states of the Southeastern United States. The exact location differs from year to year.
- *National Competitions (NAC)* - A number of national competitions held throughout the year at various US locations.
- *Summer National Championships*

Fees

The fees below are approximate; please contact coaches for information on the exact amounts.

Recreational Fencers

- *Lessons* - \$90 per 1 hour lesson, paid one month in advance.
With regard to the payment schedule for lessons, adjustments can be made on a case by case basis.
- *ACN Yearly Membership* - \$600
- *Equipment Fee* - \$50 yearly fee

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- *Competitors Fitness Class* - \$100 monthly flat fee. Recreational fencers participation in *Competitors Fitness Class* requires coach's approval.

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Financial Agreement 2008 – 2009 Fencing Season

Lotus Fencing Academy
Walid Mahran
Phone 404 – 808 – 5991
www.lotusfencing.com

Fencer's Name _____ Competitive ___ Recreational ___
Lessons Start Date _____ Day of August, 2008

PLEASE CHOOSE ONE of THE FOLLOWING PAYMENT PLANS:

Fee/lesson payments are in advance, due on 1st of the month, payable to ACN
Fencer account payments are in advance, due on 1st of the month, payable to Walid Mahran

Plan	Fencing/Fitness Class Monthly Fee	Competitive Fencers Fee Monthly Fee	Lessons		ACN Membership Fee One per Year	Equipment Fee One per Year
			Price per one lesson	Lessons per week		
Competitive	- (\$50)	\$750 *	- (\$25)	min 3	\$600	- (\$50)
Recreational	-	-	\$30		\$600	\$50

* **Competitive Fencers Fee** – a monthly flat fee for competitive fencers covers:

- Lessons
- Competitive fitness class
- Coaching at designated tournaments
- Equipment fee
- Pre-national training

Paid September - June by fencers participating in Summer Nationals
Paid September – May by fencers not participating in Summer National

CANCELLATION POLICY: I/we understand that I/we may withdraw the above named fencer by submitting a written withdrawal notice and paying a withdrawal charge of one month's fees. In the absence of a timely withdrawal, I/we agree to pay the full year's fees amount regardless of the fencer's participation.

I/We understand that competitive fencers can have no more than two lesson cancellations, with 24 hour notification, per month.

I/We understand that lessons/membership fees may be paid in cash, by check or charge; and we may pay fencers account fees by cash or check.

I/We understand that a late fee of \$25.00 will be assessed if the payments are not received on or before the due date. Note there is a 5 day grace period after the due date.

I/We understand that accounts that become delinquent for more than 30 days will be reviewed and could result in **suspended membership for the fencer.**

I/We understand that if a check is returned, it will be redeposited one time only and that a \$25.00 handling fee will be charged. We also understand that if a check is returned twice, all remaining payments must be made in cash or by money order.

I/We understand that the fencer may not be eligible to participate in the lessons, fencing practices, etc., if the payment account is delinquent and/or late fees are owed.

Name _____

Signature _____

Date: _____

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Enrollment and Membership Agreement 2008 – 2009 Fencing Season

Lotus Fencing Academy
Walid Mahran
Phone 404 – 808 – 5991
www.lotusfencing.com

This document will govern your relationship and is binding throughout your involvement with Lotus Fencing Academy

In exchange for fencing opportunities provided by Lotus Fencing Academy,

I _____ (“Fencer”), accept and agree to abide by the following responsibilities, terms and conditions.

We _____ (“Parents/Guardians” of the above fencer), accept and agree to abide by the following responsibilities, terms and conditions.

Fencer’s Information

Fencer’s Name _____ Birth Date (mm/dd/yyyy) _____
Home Address _____
Phone _____ Email _____

Parent/Guardian 1 Information

Parent’s Name _____
Home Address (if different than above) _____
Phone _____ Email _____

Parent/Guardian 2 Information

Parent’s Name _____
Home Address (if different than above) _____
Phone _____ Email _____

Fees

I/we agree to pay fees in a timely manner

Dismissal

A Fencer may be dismissed from Lotus Fencing Academy at the sole discretion and decision of the Coach if the Fencer engages in:

- Illegal activity whether during or outside Lotus Fencing Academy activities.
- Disruptive behavior
- Inappropriate physical contact or psychological abuse
- Violation of Lotus Fencing Academy Guidelines, rules, policies, or direction of a coach

Name and Likeness

Lotus Fencing Academy has the right to use and authorize others to use the Fencer’s name and likeness and biographical information in connection with the promotion of Lotus Fencing Academy.

Indemnities

Fencer and Parents hereby indemnify and hold harmless Lotus Fencing Academy, its employees, agents, members, and volunteers against any losses and damages (including reasonable attorney’s fees) arising out of any claim by any third party based on any negligent or willful act or conduct of the Fencer, or any act or conduct by the Fencer in violation of Lotus Fencing Academy guidelines, rules or supervisory instructions.

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Release

Fencer and Parents/Guardians release Lotus Fencing Academy, its employees, agents, members, and volunteers from liability for any personal injuries and/or injuries to property caused by or having any relation to a Lotus Fencing Academy activity. This release applies to any present or future injury or illness and it binds our heirs, executors, and administrators.

Attachments

The following documents form a part of this Agreement between Lotus Fencing Academy, the Fencer and Parents/Guardians:

- Financial Agreement
- Lotus Fencing Academy Guidelines

I/we have read and understood this Agreement, and have completed and signed this Agreement of my/our own free will and with full knowledge of the significance and binding effect of the stated terms and conditions.

Signatures:

Fencer

Parent

Date: _____

Date: _____