



Est 2018

MEMBERSHIP INFORMATION

2018/2019

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KAPRICA UNITED FENCING ACADEMY

104 Mt. Horeb Road ♦ Warren, NJ 07059

REWARDS FOR EXISTING STUDENTS

We are grateful for the support and participation of our existing community. We could not have gotten here without you.

We understand and recognize that joining us now as a startup fencing club is new territory for all of us.

Thus, we would like to offer the following benefits for any existing student that becomes a member and purchases a monthly subscription, at any level:

For Oct, Nov, and Dec 2018 Only

- 10% OFF on any monthly package
- 1 Free private lesson when you pre-book 8 lesson/month
- 2 Free private lesson when you pre-book 12 lesson /months
- One FREE Footwork-Fitness Class (Space limited to 20 per class)
(note- must be taken in the 10/1/18-12/31/18 period)
- No charge for strip coaching for HEAD COACH at any local (less than one hour from Kaprica United) competition when COACH KOVACS is available for the 2018-19 season

***Again, thank you so much for your support and loyalty.
It means so much to us, and we will not forget it.***



KAPRICA UNITED FENCING ACADEMY

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MISSION STATEMENT

Not every child will be a national champion, but we find the champion within each child.

Fencing is a beautiful sport based on skill, balance, intelligence, honor, and discipline. The lessons that fencing teaches are directly applicable to life, business, relationships, and success in any challenge one may face.

Just as fencing can instruct youth to lead more purposeful and successful lives, many of the qualities that make a truly great fencer are learned outside of the gym - from family, from triumph, and especially from failures.

Fencing - with its endless cycles of victories and defeats in training and competition - teaches children and young adults two qualities often missing in today's environment: patience and perseverance.





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ACHIEVEMENTS

Athletes representing the newly-formed Kaprica United Fencing Academy have several achievements and accomplishments to their credit. At the most recent Summer National USA Fencing Championships held in St. Louis, MO, we captured 5 national medals including two gold and one silver.

Zoe Kim

Cadet Women's Saber
Youth-14 Women's Saber

Gold

Gold, NATIONAL CHAMPION

Vaughn Rice

Division 2 Men's Saber

Silver

Joanna Rizkala

Youth-12 Women's Saber

5th Place

Matthew Chan

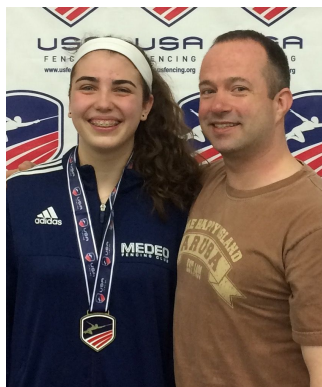
Regional Y-14 and Y-12

Ranked 1st in Region 3

Youth-12 Men's Saber

7th Place

In the 2017-18 season, we garnered nine national medals in total with several top 16 and top 32 placings in events from Youth to Div 1. Our group is still small, but our fencers are of high quality and in high demand by top colleges and university fencing programs.





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CODE OF CONDUCT

KAPRICA UNITED FENCING ACADEMY is a high-performance sabre fencing club. We uphold that represents the traditional warrior values of skill, respect, honor, and character. All athletes and guests are expected to represent these values in practice and spirit while they are using our facilities or are involved in any activities related to Kaprica United Fencing Academy. As a member or guest of Kaprica United Fencing Academy, you agree to the following:

1) I always demonstrate clear respect and good sportsmanship.

I will not engage in any form of inappropriate, dishonest, mean-spirited, or discriminatory behavior towards other athletes, coaches, or guests. I understand that coaches hold a role of authority and I will follow their direction without exception.

2) I contribute to a safe environment by following the rules of fencing.

On the strip, I will wear all required safety equipment and appropriate clothing at all times. I am responsible for the maintenance, cleanliness, and safety of my fencing equipment. I will control my actions and exercise good judgment to prevent harm or injury to other fencers and myself.

As a guest, I will not enter the fencing room without the consent of a coach.

3) I strive for the best on and beyond the fencing strip.

As an athlete, I will train hard and stay focused. I will attend practice on time and will not miss classes unless absolutely necessary. As a guest, I will respect Kaprica's goals and will not disrupt the operation of classes or lessons at any time.

4) I honor and respect the venue and the culture of our sport.

I understand that Kaprica United Fencing Academy provides an exceptional environment for cultural education and intellectual growth. I will treat the facility, its furnishings and equipment with care and attention.

By example, I will demonstrate and deepen the understanding of an open-minded, cultivated community. Inappropriate behavior at a fencing club includes, but is not limited to, hitting or kicking objects, throwing equipment, yelling, name calling or negative talk during practice, using inappropriate language, passive-aggressive behavior intended to diminish the experience of another, leaving trash or debris on the premises, leaving equipment on the floor after practice, etc.



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CODE OF CONDUCT AT COMPETITIONS

The reputation of Kaprica United Fencing Academy is established by the behavior of its fencers and their parents at tournaments. By representing Kaprica United Fencing Academy at a tournament, every athlete and parent agrees to the following:

1) I appear at the tournament venue on time and fully prepared.

I will ensure to bring a clean uniform and all required fencing equipment in perfect, fully functional condition. I will arrive at the venue *no later than 60 minutes prior to the close of registration*.

2) Before and between bouts I warm up, stretch, and prepare mentally for the next bout.

I am responsible for following the progress of the tournament and showing up for my next bout on time.

3) I behave respectfully and sportsmanlike towards other fencers, tournament officials, and members of the audience.

I will follow the directions of my coach and tournament officials.

As a parent, I will not interfere with my child's fencing or competition preparation. I will keep my voice down at all times and will not argue or engage in contentious verbiage with other athletes, coaches, spectators, or officials. .

4) I accept and learn from the results of my fencing.

I will control my behavior and demeanor at all times. After every bout, I will shake my opponent's and the referee's hand. I will analyze and discuss my performance in order to improve my fencing during practice after the tournament.

5) I play an active role as a team member.

I will show team spirit and support all team members who are present at the tournament. I will never seek unfair advantage towards my teammates in any form and understand that when teammates face each other in competition, no coaching will be provided to either side. I understand that representing Kaprica United Fencing Academy at tournaments is a privilege as well as a responsibility.

6) I keep coaches fully informed before and during the tournament.

I will inform and confirm with coaches before signing up for a tournament. I will contact the coach upon arrival at the venue and will keep them informed about my schedule and strip assignments.

Kaprica United Fencing Academy reserves the right to suspend or revoke the club membership of any fencer or parent who does not act in accordance with the Code of Conduct.



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KAPRICA UNITED FENCING ACADEMY

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00						Competitive and Above	Fundamentals
2:00		C	L	O	S	1:00-3:00	1:40-3:00
3:00							Footwork and FITNESS 3-4
4:00					Lessons and		
4:30		Fundamentals			Fitness		
5:00		4:40-6:00			Only		
6:00	Footwork and FITNESS 6-7	Competitive and Above 6:00-8:00	ADVANCED 6:00-8:00	ADVANCED 6:00-8:00			
7:00					C	L	O
8:00					S	E	D
9:00							
10:00							



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CLASS DESCRIPTIONS

FOUNDATION

Tuesday at 4:40 PM and Sunday 1:40 PM

Each great athlete is built upon a sound foundation of fitness, balance, rhythm, technique, and basic tactics. Our Fundamentals classes are structured to provide each participant with a sense of not only fencing, but also of his or her own strengths and weaknesses and how to develop them.

Fundamentals classes are 80 minutes in length and are limited in size. They are designed to be playful, creative, and challenging as they impart good habits upon a developing athlete. A regular participant who attends twice per week may expect to become competitive within one season or less, depending on motivation.

Classes are open to students age 7 and above, though some students may be intellectually and physically mature and disciplined enough to begin at an earlier age, pending coach approval. Every effort is made to group students by age, though this is not always possible. There are currently two Fundamental sessions available with plans for a third. Classes meet on Tuesday at 4:40 PM and Sunday at 1:40 PM.

COMPETITIVE

Tuesday at 6:00 PM and Saturday 1:00 PM

Competitive classes are for students of any level who compete or aspire to compete in scholastic or USA Fencing-sanctioned tournaments. Age is generally 10 and above. Every effort is made to group students with partners of their own age and level though they are also encouraged to mix with fencers of greater or less experience for certain learning experiences.

Tasks are designed to refine, sharpen, and build upon the skills and concepts taught in Fundamentals classes. The tactical side of the game is explored and explained so that dedicated participants have the knowledge and experience they need to take on other skilled athletes. Classes are two hours long and include balance, coordination, agility, footwork, technical, and tactical experiences.

Advanced students are always welcome in Competitive classes to hone their core skills and techniques, but the curriculum is specifically designed to be accessible to students who may just be getting started in competitive fencing.



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ADVANCED

Wednesday and Thursday at 6:00 PM

Advanced classes are two hours in length and coach approval is required to participate. Advanced students will have had considerable competitive experience and attend national and regional competitions regularly. Age is generally 12 and above.

An advanced athlete needs to learn to disguise their intent while simultaneously determining the hidden intent of the opponent. The athlete must not only recognize an opportunity, but also often create it. Finally, the athlete must execute the touch with precision and clarity so that a referee may award it correctly.

Tactics and strategy are explored in depth. Video analysis of bouts and practices is common, and students will be challenged physically and mentally to push to new frontiers of growth and achievement. A certain technical proficiency and experience level is required to have a truly successful experience in Advanced classes, and that is why a coach must approve participation.

FOOTWORK AND FITNESS

Monday 6-7:00 PM, Sunday 3-4:00 PM, more TBD

Footwork and fitness classes begin with a 20-25 minute intense workout designed to strengthen muscles, improve endurance, and enhance explosivity. No workout is ever exactly the same, incorporating elements from boxing, dance, pilates, yoga, and other Olympic sports with skills and attributes relevant to Olympic fencing.

After a brief interval of stretching, students practice and refine their footwork. Emphasis is on competitive effectiveness, though technique and balance are always stressed.

VETERAN, YOUTH-8, and PARENT CLASSES COMING SOON

Fencing is a sport for all ages, and we plan to include classes for athletes over 40, under 7, and for fencing families based on demand as we continue to develop as a club.



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CLASS FEES AND MEMBERSHIP BENEFITS

CLASS FEES

Class Type	Member	Non-Member
Fundamentals 80 min	\$25	\$25
Competitive 120 min	\$40	\$50
Advanced 120 min	\$45	\$55
Footwork/Fitness 60 min	\$20	\$30

MONTHLY CLASS SUBSCRIPTIONS

Monthly class packages offer discounts to the above. An Unlimited package represents the best value for serious athletes, saving \$320 per month from the member rate above if four total classes and one footwork/fitness are taken per week.

Subscription Type	Monthly Charge, due on 1st of each month
FOUNDATION 1	\$100
FOUNDATION 2	\$190
COMPETITIVE 1	\$160
COMPETITIVE 2	\$300
ADVANCED	\$300
UNLIMITED Includes 4 Footwork.Fitness classes 10% discount on camps and clinics	\$400

NOTE: Please notify Kaprica United FA via email of any planned absences or changes to subscriptions no later than the 20th of the month before alteration to avoid unnecessary charges



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PRIVATE LESSON FEES

PRIVATE LESSONS

Private lessons with any coach are 20 or 40 minutes in length and instruct students specifically and individually about technique, balance, tactical progressions, rhythm, and coordination. While classes are designed to create proficient fencers, private lessons are a way to gain a deeper understanding of fine points that can make a proficient athlete into a highly skilled one. They are an important part of a serious athlete's overall development.

Lessons must generally be cancelled at least 24 hours in advance to avoid being charged, though reasonable exceptions to this policy may be made at the discretion of the coach. Please arrive for your lesson at least 10 minutes before start time to ensure a proper warm up and a complete experience.

Instructor	Monthly Subscriber	Member	Non-Member
Head Coach	\$40	\$45	\$55
Assistants	\$30	\$35	\$45

Time with coaches - when available - can also be booked at the above rate for personal training, footwork lessons, individual video review, and other services upon request.