

FAQs

How many competitions are there?

There will be many options for competitions to attend, ranging from beginner/county competitions all the way up to Senior opens such as Birmingham international and British open champs. Squad members will be allocated competitions to suit them based based on their skill and experience as well as their own personal goals.

How many camps will there be?

We will assign 3-4 camps per season, all squad members should be expected to attend 2 of these at an absolute minimum. These sparring camps may be run by Cambridge swords, have squad members travel to other camps such as ... Further down the line we will look into the possibility of international sparring camps e.g Valencia sparring camp.

Will we need our own kit?

Fencers should aim to own their own kit prior to joining Squads however will still be able to hire kit as they would when attending normal evening sessions.

Can younger children leave early every week?

Yes, younger children can leave earlier from squad sessions each week, times will be discussed with parents.

How many people are you expecting in the squads?

We will aim to have around 15 fencers in squad sessions at any time.

How can parents help?

Parents can help by staying involved with fencers goals, keeping them up to date on their training homework, supporting fencers at competitions as well as getting fencers to squad sessions in good time.

What can we expect from the homework?

Homework can include physical training for squad members such as strength and conditioning related exercises, cardio/circuit training, flexibility training, point control technical training as well as video analysis of a chosen bout for that week
