

**Competitive Pathway**

**15th October 2025**

**Archie Broughton, Matt Billing, Sarah Paveley**

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# Where will our competitive pathway take you?

- Our pathway is about support, guidance and achievable but challenging goals
- Personalised goals building on your success and progress

## We will support

- Fencer from the first competition – chosen for their level, size and age
  - Throughout the season(Sept to July)
  - Helping our fencers achieve and realise their potential
  - Progress and improvement for our fencers

For example, we will aim to Improve tableau result by 1 for same competition the year after

## Pathway designed to lead to...

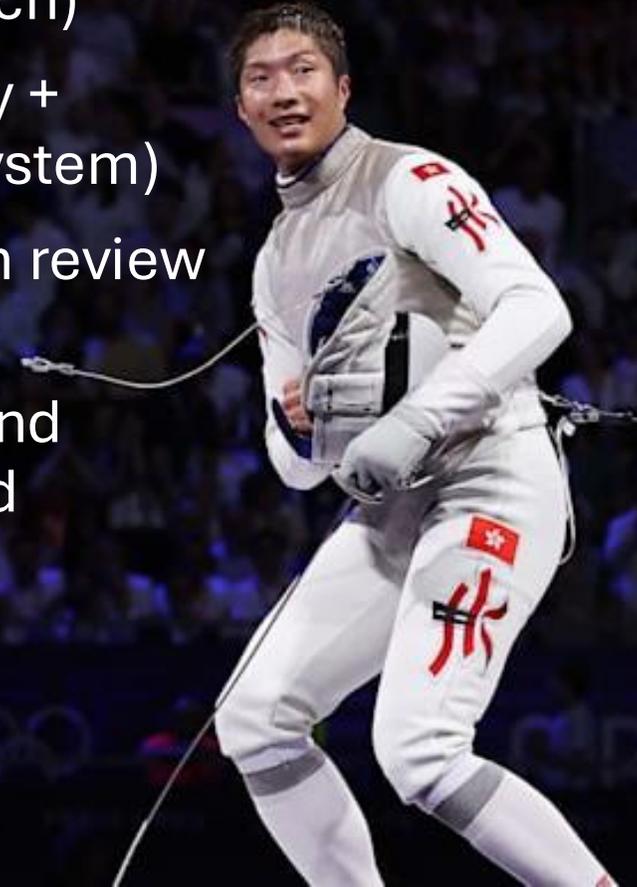
- Success in BYC qualifiers – growing number of qualifiers every year
- Medals in the BYC – more every year
- International selection by 2027 in U14, Cadet and Juniors for our leading squad members



# We will do this by .....



- Creating a competitive **“squad”** community - strive for improvement
- Consistency of training
- Bout/match analysis (peer/coach)
- Individual competition pathway + competition timeline (colour system)
- Frequent individual progression review (goals/standards to reach)
- Training as a squad with loyal and consistent squad members and attendance



# What skills will we develop?

- Footwork
- Free fencing
- Team building activities
- Teaching time- peer/coach
- Fencing scenarios
- Competition prep
- Competition format day + prize
- Competitive ladder system (challenges)
- Squad tier system (Squad 1,2,3)
- Homework- S+C, videos, cardio, circuit
- Tactical talk time + quiz
- Regular performance review (fitness, selected actions, tactical understanding)
- Pizza night- top results.



# What will a squad fencers training look like?



- Sparring, attend at least 1 club session per week
- Additional squad session once per week
- 1-1 lesson once per week
- 1 longer Saturday session roughly every month- 3-4 hour
- Out of club training to complete. (S+C, cardio etc)
- Attend 3/4 nominated comps a term
- Stay at a competition till the end to support teammates, gain experience and learn
- Attend 3 of 4 nominated camps



# Rough outline of a 3-hour Saturday session

- Saturday start at 2pm
- **2-2:20** footwork warm up
- Rest break + setup/kit up
- **2:40-3** circuit training
- **3:00- 3:10** Introduce the topic for the day e.g. attack on preparation
- **3:10- 3:30** free fencing
- Peer + coach teaching time during scenarios
- **3:30-3:45** scenario 1 (close quarters), **3:45-4:00** scenario 2 (absence of blade + parry riposte), **4:00-4:15** scenario 3 (setting up 2nd intention hits)
- **4:20-4:40** sit down rest, quiz + talk time
- **4:40-5pm** clear up, kit off, set homework and then home time

*A Saturday session could also just be a competition format day!!*

*1 hour slot for ladder system challenges!!*

*Team development: how to analyse and support each other*



*1 hour slot for footwork drills, footwork choices and tactical reasoning!!*

# Where do we go from here?

## Regular weekly meets

- First Squad meet- 5th November 19:35-21.00 (younger fencers can leave earlier)
- Then every Wednesday 19.35 to 21.00

## Squad Saturday dates 14.00 – 17.00

- 8/11/2025
- 29/11/2025
- 13/12/2025

## Cost

- This term £180 – 7 Wednesdays and 3 Saturdays.
  - 19.5 hours F2F plus all reviews and planning

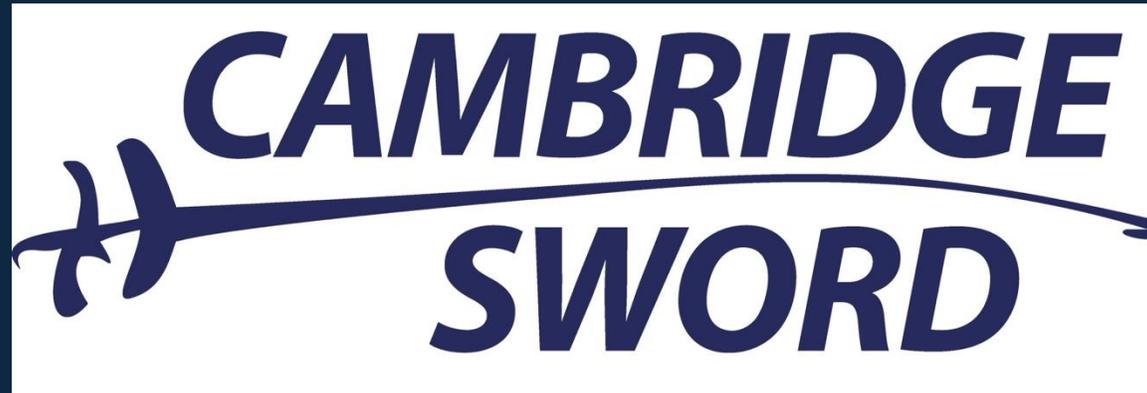


# Process for joining the competitive pathway

- Think about whether you're ready and hungry enough to commit
- Discuss with your session coach if in any doubt
- Remember you need to have:
  - Passion
  - Readiness to 110% engage and commit
  - The ability and willingness to work hard – its not just turning up!
- Sign up via the Pembee link
  - We will review applications – if we think you're not quite ready we will advise and explain our decisions
- Review
  - we will review members monthly, looking at commitment, attendance , results and passion.

# Question Time!!





## **Competitive Pathway Questions**

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# Question 1

- Our pathway is about support, guidance and achievable but challenging goals



# Question 2

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# Question 3

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