

Cambridge Sword 1-2-1 Lessons – how they work

Investing in private 1-2-1 fencing lessons offers numerous benefits:

1. **Personalised Instruction:** Private lessons provide tailored guidance, focusing on your strengths and weaknesses. This allows for faster improvement compared to group classes.
2. **Flexible Scheduling:** You can arrange lessons that fit your schedule, making it easier to commit to regular practice.
3. **Faster Progress:** With one-on-one attention, the coach can address specific areas that need improvement, helping you advance more quickly.
4. **Detailed Feedback:** Private lessons offer immediate and detailed feedback, allowing you to correct mistakes on the spot and develop better techniques.
5. **Enhanced Focus:** Without the distractions of a group setting, you can concentrate better, leading to more productive training sessions.
6. **Goal-Oriented Training:** You can set specific goals with your coach and work towards achieving them systematically.

In a nutshell, private fencing lessons can significantly accelerate your progress, provide flexibility, and offer a highly personalised and focused training experience.

Cambridge Sword 1-2-1 lesson booking and management

1. You will book a series of lessons to take place over a term.
2. Available lessons slots are advertised at the beginning of each term.
3. If you had a lesson the previous term your slot is guaranteed but you **MUST** book it as soon as booking is available or you may lose your slot - you do not need to pay for lessons until a few days before the first lesson in a series commences.

PLEASE NOTE: The slot/time you receive is your slot/time every term from your first lesson. Each term you should book the same time/slot. If you wish to change your slot you should inform your coach and the lesson administrator. They will try to accommodate but this will depend on whether others can change their time or are not continuing with lessons.

If you book a time/slot that is not your usual one, the booking will be cancelled and your payment refunded

4. You pay for all lessons in a series up front.
5. In most cases you will pay the coach direct when you receive your booking confirmation
6. We understand that plans change and illness or the unexpected can occur and this is managed as follows as follows.
7. This example assumes a series of 12 lessons but there can be more or fewer depending on the length of the term.
8. You will book a series of 12 lessons
9. You will pay for 10 lessons but will be scheduled for all 12 dates.

10. This gives you leeway to miss 2 but you MUST take all 10 within the 12 dates - there will be NO carry-over and NO credit except in exceptional circumstances agreed by your 1-2-1 coach and Sarah Paveley who is the lesson administrator
11. You will be EXPECTED to take the last two lessons and pay for them if you haven't missed any earlier on - the cost of coach and venue is managed on this basis.
12. Lessons are listed on an Excel spreadsheet and posted on the Lesson WhatsApp chat details of which will be given when you book
13. Coaches will maintain a register of lessons taken in our Pembee booking system
14. We need you to give as much notice as possible of a cancellation (more than 48 hours) so we can juggle times around and avoid gaps.
15. If you give less than 48 hours' notice, then the lesson cannot be "cancelled" and will be included in your tally.
16. All notice of cancellation MUST be given on the Lesson WhatsApp chat regardless of what you have agreed or told a coach – this chat is where we record absence and notice and also gives other fencers a chance to take up gaps
17. You must check the lesson schedule regularly and let Sarah Paveley (the administrator know if there are any potential errors or omissions)
18. At the end of term Coaches will advise any amount owing to your coach for extra lessons.

Each lesson will be specific to the pupil and will include the following:

Fencing warm-up -
Strength and conditioning specific to fencing
Fencing footwork
Specific fencing exercises - blade in hand -
Theory
Question for research and then a discussion at the next meet
A few suggestions on what to practice between our lessons.

You will need

Sports kit and the trainers you usually wear to fence
Fencing kit - if you're a relative beginner and don't have these, the coach can bring them but PLEASE LET them KNOW WHAT YOU NEED IN ADVANCE
An adult carer/parent to greet coaches and sign off - it is good practice to have an adult with you at all times.
Notebook and pen