

Cambridge Sword Squad

Our Purpose

The purpose of the Cambridge Sword Squad is not simply to produce successful fencers.

Our aim is to develop confident, resilient, skilled young people who work hard, support others, embrace challenges, and strive to be the best version of themselves.

We want Squad members to leave the programme not only as better fencers, but as stronger, more capable, and more self-reliant people.

Success at Cambridge Sword is not measured solely by results. It is measured by the willingness to commit, to learn, to support others, and to keep improving.

Together we show up, give our best and keep improving.

What is Squad?

The Cambridge Sword Squad is a dedicated training group for fencers who are ambitious about their development and aspire to achieve their potential within the sport.

Squad members are committed to improving their fencing through purposeful training, competition, physical preparation, and personal development. While individual goals may differ, all squad members share a desire to train hard, train smart, and continually improve.

The Squad provides a structured pathway for fencers aiming to compete successfully at regional and national level, while developing the habits, character, and skills needed for long-term success in sport and life.

Joining Squad

Squad is not for the best fencers. Squad is for the most committed fencers.

Squad membership begins with an Expression of Interest from the fencer and is awarded following a review by the coaching team.

Applications are reviewed by the coaching team based on commitment, attitude, coachability, behaviour, potential, and willingness to embrace the Squad ethos.

Squad selection is based on potential as much as performance.

We recognise that fencers develop at different rates and that current results do not always reflect future potential. We therefore look not only at competition performance, but also at a fencer's work ethic, willingness to learn, resilience, commitment to training, and ability to contribute positively to the squad environment.

We value effort, dedication, character, and a desire to improve every bit as much as medals and rankings.

Selection is not about identifying who is currently the strongest fencer. It is about identifying those who are prepared to commit to the journey of improvement and to live the Cambridge Sword motto:

Together we show up, give our best and keep improving.

Fencers who consistently demonstrate the Squad values and expectations may be invited to join, while those who fail to meet expectations may be moved back to the wider club pathway until they are ready to recommit.

Membership is reviewed termly to ensure that the Squad remains a positive, ambitious, and supportive environment for all members.

What Squad Members Receive

Squad members benefit from:

- Structured and progressive training.
 - Individual guidance and development reviews.
 - Personalised competition planning and recommendations.
 - Individual training and performance advice.
 - Strength and conditioning guidance.
 - Access to Squad Training Days and Squad Camps.
 - Support in developing wider skills such as refereeing, coaching, leadership, and armoury.
 - Guidance towards recognised coaching and refereeing qualifications where appropriate.
 - A positive and ambitious training environment where fencers challenge and support one another.
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Squad Commitment

Being a member of the Squad means making a commitment to your own development and to your teammates.

Squad members are expected to:

- Attend a minimum of two fencing training sessions per week.
- Participate in a regular individual lesson programme.
- Attend at least two of the three Squad Training Days each term.
- Attend at least two of our four Training Camps each year.
- Compete in competitions recommended by the Squad Manager and coaching team.
- Complete any agreed fitness, strength and conditioning, mobility, or home training programmes.
- Demonstrate consistent commitment to their fencing development.

Membership may be reviewed where attendance, effort, behaviour, engagement, or commitment fall below the expected standard.

Squad Expectations

Being part of the Squad is a privilege and carries responsibilities.

Show Up

Squad members are expected to:

- Attend training regularly and punctually.
- Arrive prepared, organised, and ready to train.
- Take responsibility for their own development.
- Communicate with coaches when unable to attend training or competitions.

Give Our Best

Squad members are expected to:

- Apply themselves fully during training sessions.
- Listen to and act upon coaching advice.
- Approach challenges positively and with determination.
- Demonstrate resilience when things do not go to plan.
- Value effort, learning, and improvement as highly as results.

Keep Improving

Squad members are expected to:

- Seek feedback and actively work on areas for development.
 - Take ownership of personal goals and progress.
 - Complete training tasks outside club sessions.
 - Embrace new experiences and opportunities to learn.
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Team Culture

The Squad succeeds together.

Members are expected to:

- Support and encourage fellow Squad members.
- Celebrate the achievements of others.
- Share knowledge and experiences.
- Contribute positively to training sessions.
- Help create an environment where everyone can improve.

A strong Squad is built not only on individual achievement but on the willingness of members to help each other succeed.

Together we show up, give our best, and keep improving.

Leadership and Contribution

Squad members are expected to contribute to the wider Cambridge Sword community.

This may include:

- Assisting at beginner courses and club events.
- Developing refereeing skills.
- Exploring coaching and leadership opportunities.
- Supporting younger or less experienced fencers.
- Acting as positive role models within the club.

The club will actively support Squad members who wish to pursue coaching, refereeing, leadership, or armoury qualifications.

We believe that the best athletes are also contributors to their sporting community.

Education and Balance

While fencing is important, it is only one part of a young person's development.

Squad members are expected to:

- Maintain good standards of behaviour at school.
- Manage their academic commitments responsibly.
- Balance fencing with family, education, friendships, and personal wellbeing.

The coaching team will support fencers in finding a healthy and sustainable balance between ambition and wellbeing.

Competition Expectations

Competition is an important part of development.

Squad members are expected to:

- Compete regularly at a level appropriate to their stage of development.
- Follow competition plans agreed with the coaching team.
- Conduct themselves professionally and respectfully at all events.
- Represent Cambridge Sword with pride.
- View competitions as opportunities to learn and improve, not simply to win.

Success is measured not only by medals and rankings, but also by preparation, performance, learning, resilience, and continuous improvement.

Representing Cambridge Sword

Squad members are ambassadors for Cambridge Sword.

Whether training, competing, officiating, coaching, volunteering, or attending club events, Squad members are expected to demonstrate the club's values:

Team Spirit • Respect • Dedication • Achievement • Enjoyment

They should be people who others enjoy training with, competing alongside, and representing the club with.

How to Join Squad

Fencers who wish to join the Cambridge Sword Squad are encouraged to submit an Expression of Interest.

Expressions of Interest should be submitted using the Cambridge Sword Squad Application Form:

[Cambridge Sword Squad Expression of Interest](#)

For any questions regarding Squad membership, please contact:

Archie Broughton

Assistant Coach

assistantcoach@cambridgesword.co.uk

Applications may be made at any time and will normally be reviewed at the end of each term.

As part of the application process, fencers will be asked to reflect on:

- Why they would like to join the Squad.
- Their fencing goals for the next 12 months.
- Their strengths and areas for improvement.
- How they will demonstrate the Cambridge Sword motto: **Together we show up, give our best and keep improving.**
- Their willingness to meet the Squad commitments and expectations.

For younger fencers, parents may assist with the application.

Parents will also be asked to confirm that they understand the expectations of Squad membership and will support their child in meeting training, competition, and development commitments wherever reasonably possible.

Applications are reviewed by the coaching team against a number of criteria including:

- Commitment and attendance.
- Attitude and coachability.
- Behaviour and sportsmanship.
- Effort and willingness to improve.
- Contribution to the club environment.

- Long-term potential.

Applicants may be invited to have a short conversation with a member of the coaching team to discuss their goals and aspirations.

Successful applicants may initially be offered a probationary period within the Squad, allowing both the fencer and coaching team to confirm that Squad membership is the right fit.

Joining Squad is not about proving that you are already the best. It is about demonstrating that you are ready to commit to the journey of becoming your best.

Summary

The Cambridge Sword Squad exists for fencers who are prepared to commit to their development, support those around them, and embrace the challenge of continual improvement.

We believe that success comes from consistent effort, positive habits, resilience, teamwork, and a willingness to learn.

Whether your ambition is to compete nationally, represent your country, become a coach or referee, or simply discover how good you can become, the Squad is here to help you achieve your potential.

Together we show up, give our best and keep improving.