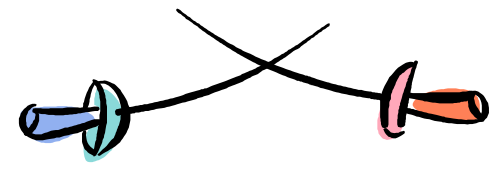


## About the Instructor

Catherine Humphrey-Bennett began fencing at the age of fifteen while attending Montclair Kimberly Academy (MKA) preparatory school in Montclair, New Jersey. Soon thereafter, Catherine's hard work and diligence allowed her to achieve success, and as a senior she was not only a Junior Olympic Qualifier but was a 1<sup>st</sup> Team All-State Fencer for New Jersey. Catherine received fencing scholarship offers from Brandeis, University of Penn, Fairleigh Dickinson University, Rutgers, Penn State, Ohio State University, and Temple University. Catherine "chose Temple," which awarded her a full, 4-year fencing scholarship. In addition to earning a Bachelor of Arts degree in Journalism from Temple in 1988, Catherine assisted Temple's Women's Fencing Team to place 3<sup>rd</sup>, 4<sup>th</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> at the NCAA's in fencing from 1984-88, respectively. Further, Catherine was the National Intercollegiate Women's Fencing Association Individual Champion in 1987 and served as Team Captain of Temple Women's Fencing Team in 1988. Catherine worked in advertising for a few years and then became an attorney. In 2006 in an effort to promote the sport she loves and give back to the community, Catherine began teaching fencing to children ages 7-18 in the Philadelphia public and private schools. Today, Catherine lives with her husband and two children in Philadelphia and is actively engaged in coaching the sport of fencing.



**Mt. Airy Fencers Club at  
Mt. Airy Playground  
(Summer Session 2022)**



**Mt. Airy Fencers Club  
Practice Address:  
Mt. Airy Playground  
7001 Germantown Avenue  
Philadelphia, PA 19119  
Business Address:  
433 East Gorgas Lane  
Philadelphia PA 19119  
267-275-7213  
[www.mtairyfencing.com](http://www.mtairyfencing.com)**



## Why Fencing Instruction?

The sport of fencing has been around for many centuries and today is played in high schools, most colleges, and in the Olympics. Just as many young athletes obtain scholarships for tennis, soccer, basketball, and other sports, many young athletes are also awarded college scholarships for fencing.

From a physical perspective, fencing teaches children agility, strength, coordination, timing, and balance. However, fencing also enhances a child's ability to strategize and promotes self-esteem and teamwork.

The Mt. Airy Fencers Club fencing instruction will be taught on novice, intermediate and advanced levels through a series of fun fencing drills, exercises, and games specifically designed for children ages 8-18. The main focus of classes will be for children to learn fencing footwork, pointwork, fencing techniques and bouting. In addition to learning the sport of fencing, children will also be taught life skills such as setting and achieving goals, teamwork, confidence, and discipline. Ultimately, our goal is for students to have fun, grow as individuals, and learn more about themselves through fencing.

## What to Wear and Bring?

Fencers should wear a t-shirt, shorts or light sweat or stretch pants, socks, and sneakers. Due to COVID all fencers must bring their own fencing equipment. Fencers ages 13 and up will have to purchase their own lames however we will supply electrical blades and equipment for use. **Note: All Fencers must have proof of Covid 19 vaccination and wear COVID masks.**

Fencers should also bring a water bottle filled with their favorite sports drink. If a fencer needs an inhaler or any other device to be used in an emergency, please bring to class and inform the instructor prior to class.

## When Are Classes?

Classes for fencers (Ages 8-18) will start on July 9, 2022, and will run from 10:00-11:30AM on Saturdays and from 6:45-7:45PM on Thursdays from July 9<sup>th</sup> thru July 30, 2022. Thursdays will be devoted to one-on-one lessons by appointment based upon availability. Lessons will run typically between 15-20 minutes. Fencers may also meet for bouts on Thursday nights. **Fee for all fencers \$125.** To register, email [michaelcathyb@verizon.net](mailto:michaelcathyb@verizon.net) To see if space is available. Once, space is confirmed then fill out form attached and bring payment to first class. Please make check payable to: **Mt. Airy Fencers Club**

**\*\*20% Discounts available to friend/family member referrals.**

## Fencing Registration

Fencer's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_

(Please Check) Fencing Class: Beginner (8-12) \_\_\_\_\_

Beginner (13 and up) \_\_\_\_\_

Intermediate/Advance \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

Any medical conditions or allergies? \_\_\_\_\_

If yes, please list \_\_\_\_\_