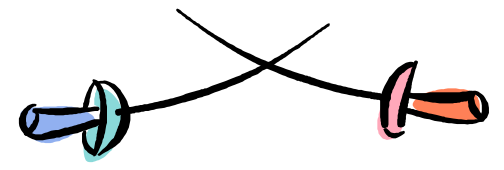


## About the Instructor

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 attended 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 NAAs 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 family in Philadelphia and is actively engaged in coaching the sport of fencing.



**Mt. Airy Fencers Club at  
Springside Chestnut Hill  
Academy  
(Fall Session 1 2023)**



**Mt. Airy Fencers Club  
Practice Addresses:  
Springside Chestnut Hill Academy  
McCausland Lower Bldg.  
Philadelphia, PA 19118  
Business Contact  
267-275-7213  
[www.mtairyfencing.com](http://www.mtairyfencing.com)  
[michaelcathyb@verizon.net](mailto:michaelcathyb@verizon.net)**



## 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 (MAFC) 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. For those interested in competing we encourage competition play and will cover the cost of tournament fees subject to conditions (e.g., Attending all MAFC practices, being a club member, etc.). 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 (Jacket, glove, mask, blade, etc.). However, we can supply some electrical blades and equipment for use. Please contact Coach Cathy to inquire about equipment availability and rental. Additionally, 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?

Fall (Session 1) classes for fencers (Ages 8-12) will start on Saturday, September 23, 2023, at 9:15-10:00AM, and will run on Saturdays until last class on October 28, 2023. Classes for fencers (Ages 13 & up) will start on Saturday, September 23, 2023, and will run on Saturdays, from 10:15-11:30AM, and on designated Tuesday and Thursday nights at 6:45-7:45PM, until last session class on October 28, 2023. **Note:** Tentative schedule for fencers 13 and up will be sent in email confirmation upon registration.

**(No fencing classes Saturday October 21<sup>st</sup>)**  
**Fee for ages 8-12 \$150; Fee for 13-up \$180.**  
To register, email [michaelcathyb@verizon.net](mailto:michaelcathyb@verizon.net) to see if space is available. Once space is confirmed, fill out form attached, and bring payment to first class. Please make check payable to: **Mt. Airy Fencers Club.**  
(20% Friends and family discounts are available)

## 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 \_\_\_\_\_