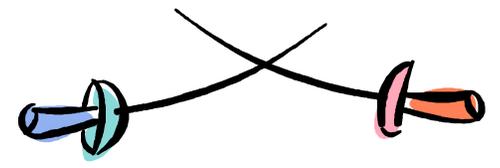


## About the Instructor

Catherine Humphrey-Bennett began fencing at the age of fifteen while attending Montclair Kimberly Academy (MKA) preparatory school in Montclair, New Jersey. Soon thereafter, Ms. Humphrey-Bennett'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. Ms. Humphrey-Bennett received fencing scholarship offers from Brandeis, University of Penn, Rutgers, Ohio State University, and Temple University. Ms. Humphrey-Bennett "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, Ms. Humphrey-Bennett 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 Ms. Humphrey-Bennett 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. Ms. Humphrey-Bennett 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, Ms. Humphrey-Bennett began teaching fencing to children ages 7-18 in the Philadelphia public and private schools. Today, Ms. Humphrey-Bennett lives with her husband and two children in Philadelphia and is actively engaged in coaching the sport of fencing.



**Mt. Airy Fencers Club at  
Springside Chestnut Hill  
Academy  
(Fall Session II 2019)**



**Mt. Airy Fencers Club  
Practice Address:**  
SCH Academy  
McCausland Lower School Bldg.  
Philadelphia, PA 19118  
**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 the class will be for children to learn fencing footwork, pointwork, fencing techniques and bouting. There will also be an opportunity for children interested in participating in fencing competitions to compete. 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 pants and sneakers. All fencing jackets, masks, gloves, protective gear and blades will be provided.

Fencers should bring a water bottle and light snack. If the fencer has an inhaler or any other device to be used in an emergency situation, please inform the instructor prior to class and bring it with you.

## When Are Classes?

Classes for Beginners (Ages 8-12) start on November 9, 2019 from 9:15-10:15AM, and will run on Saturdays from 11/9/2019 to 12/14/2019. Classes for all Competing and Non-Competing Intermediate/Advance, and Beginner fencers (Ages 13 and up) start on Saturday 11/9/2019 from 10:30-11:45AM and will run on Saturdays from 10:30-11:45AM and Thursdays from 6:45-7:45PM from 11/9/2019 through 12/14/2019.

Private Lessons by appointment start 11/12/2019  
**Please Note: No Classes 11/26 thru 12/1/2019.**  
Fee for all fencers is **\$150.00**.

Please make check payable to: **Mt. Airy Fencers Club**. To register, fill out form attached, and bring payment(s) to first class.

\*Pro-rated fees subject to discretion of MAFC.

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

## Fencing Registration

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

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

E-mail \_\_\_\_\_

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

(Please Check) Fencing Class: Beginner (8-11) \_\_\_\_\_

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

Non Competing Intermediate/Advance \_\_\_\_\_

Competing Intermediate/Advance) \_\_\_\_\_

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

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

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

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