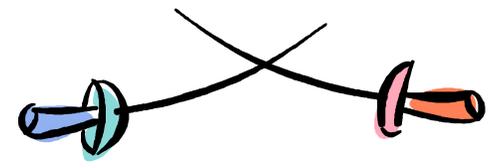


About the Instructor

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 1st 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 3rd, 4th, 2nd, and 4th 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 7-19 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
(Winter Session 2020)**



**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



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 8-19. 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 January 18, 2020 from 9:15-10:15AM, and will run on Saturdays from 01/18/2020 to 3/21/2020. Classes for all Competing and Non-Competing Intermediate/Advance, and Beginner fencers (Ages 13 and up) start on Saturday 01/18/2020 from 10:30-11:45AM and will run on Saturdays from 10:30-11:45AM and Thursdays from 6:45-7:45PM from 1/18/2020 through 3/26/2020.

Private Lessons by appointment: 2/4 thru 3/17/2020.

Please Note: No Classes 2/1, 2/15-2/28, & 3/14/20.

Fees: Fencers (8-12) \$150. Fencers (13-up) \$180.

Please make check payable to: **Mt. Airy Fencers Club**. To register, fill out form attached, and bring payment to first class. New fencers must also register with USA Fencing at www.usafencing.org.

*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 (8-12) _____

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 _____