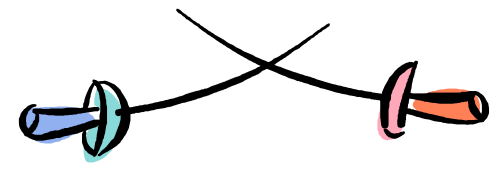


## About the Instructor

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, Rutgers, Ohio State University, Penn State University, and Temple University. Catherine "chose Temple," which awarded her a full, 4-year fencing scholarship and afforded her the opportunity to be trained under Olympian Coach Nikki Franke. 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. In 2006 in an effort to promote the sport she loves and give back to the community, Catherine began coaching fencing to children ages 7-18 in the Philadelphia public and private schools. Today, Catherine is an attorney, 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 Spring Session (2019)



**Mt. Airy Fencers Club**  
**Practice Address:**  
SCH Academy (Lower School Gym)  
8000 Cherokee Street  
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 Beginner fencers (Ages 8-13) start on 4/6/2019 from 9:15-10:15AM, and will run on Saturdays (only) from 4/6/2019 thru 5/16/2019. Classes for all Competing and Non-Competing Intermediate/Advance, and Beginner fencers (Ages 14 and up) start on 4/4/2019, and will run on Thursday nights from 6:45-7:45PM, and on Saturdays from 10:30AM to 11:45AM from 4/4/2019 until 5/16/2019

\* Tuesday Nights - Lessons by appointment from 6:45PM to 7:45PM Lessons start 4/9/19

**Please Note:** No Classes on Saturday 4/20 and 4/27/2019 (Intermediate/Advance). Beginner fencers will have class on 4/27. Fee for all fencers for Spring Session is \$150. **Friends and Family Discount -20%**Please make check payable to: **Mt. Airy Fencers Club. Note:** To register, fill out form attached, and bring payment(s) to first class. Please also register your child with USAFencing.org. Please obtain either Non-Competitive or Competitive Membership, as applicable.

## Fencing Registration

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

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

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

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

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

(Please Check) Fencing Class: Beginner (8-13) \_\_\_\_\_

Beginner (14 and up) \_\_\_\_\_

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

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

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

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

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