

# Winter Garden Fencing Academy

## Fast Track 1

Foundation 1/Beginner Registration

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Contact Numbers: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

Are you a first time fencer? YES NO

If no, how long have you been Fencing? \_\_\_\_\_

Where? \_\_\_\_\_

Who is your current coach? \_\_\_\_\_

Do you have any allergies or medical conditions that your coach should know about?

YES NO If yes, please explain: \_\_\_\_\_

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Do you have your own equipment? (circle the equipment you have)

Jacket Mask Glove Foil Knickers Chest Protector

FAST TRACK 1 will be 4 days of intense learning. All students should come ready to learn, sweat and have a great time! Promotion to the next level is not guaranteed. All students must still complete a written test and practical for promotion. While student will be finally evaluated based on the written test and practical exam, consideration for promotion will also be given to time and effort throughout the 4 days of training.

## All students will need to bring the following:

(with the fencers name written on each item)

\_\_\_\_\_ A water bottle (we provide all of the cold water you can drink)

\_\_\_\_\_ A towel (we will get sweaty)

\_\_\_\_\_ Long Pants (preferably knickers, warm-up's or sweat pants – NOT JEANS!!)

Students must have legs covered anytime foils are in their hands, students wearing shorts or short socks with knickers will not be allowed to participate in the fun parts of fencing!

\_\_\_\_\_ A healthy lunch! (We will not have a microwave or any ability to heat lunches – a fridge is available to keep lunches cool – snacks will be provided)

\_\_\_\_\_ Any necessary medications (especially for allergies or asthma)

\_\_\_\_\_ Your fencing equipment – if you own your own! We will provide (free of charge) equipment for all students that do not currently own equipment.

## Discipline While Training

Traditional martial arts discipline is enforced. A coach may dismiss any fencer from the camp with no refund, temporarily or permanently, for infractions of the following rules.

- **Do as asked by a coach.** We respect our students, and expect the same in kind.
- Respect all weapons. Do not poke or point to unmasked fencers with a weapon.
- Proper attire is required (jacket, glove, mask, athletic pants, sneakers, socks).
- Chest shield is required for girls/women.

Coaches of the W.G.F.A. are **CPR/AED certified** by the **American Heart Association**, and have received sports safety training. In the unlikely event of a medical emergency, we have your permission to administer first aid to you and/or your child.

I have read the above safety rules and understand that I am attending fencing at my own risk, and will waive any and all claims against the Winter Garden Fencing Academy, LLC and its coaches for any injuries and/or accidents directly or indirectly resulting from my participation in this class.

Fencer Name: (print clearly) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Legal Guardian if student is a minor)