



# DUKE UNIVERSITY FENCING

Thank you for your interest in Duke Fencing. I am pleased to provide you with this letter of information on our program.

We are a varsity NCAA team. We have both men's and women's teams. Our pre-season schedule runs from October through December. We compete in local USFA events and also in some out-of-state collegiate opens. Our NCAA season normally starts in January, continuing through March. This is usually a very busy time of year with fencing meets on most weekends with the exception of the J.O. Championships weekend. We do not schedule a meet to conflict with the J.O.'s. The traveling team consists of 9 to 10 men (3 or 4 per weapon) and 9 to 10 women (3 or 4 per weapon). It is possible for a strong new fencer to find a place on the competing team.

Duke will supply you with all fencing equipment necessary to fence in NCAA competitions. You need not purchase anything to fence for Duke. You will be provided with T-shirt, shorts, sweats, etc. for practice also. We try to provide our fencers with the most up-to-date equipment we can. If you own fencing equipment, you may bring it. Duke will also provide for travel, hotel, food and entry fees for the events on that year's NCAA schedule. We normally travel by chartered bus. There are no hidden costs associated with participating in NCAA fencing for Duke. All costs for NCAA competition are covered by Duke Fencing.

Practices are held 4 times a week, Monday through Thursday. 4:30 pm to 6:30 pm in the fencing gym. The men's team and the women's team practice together and with each other. The fencing gym has 11 permanently set-up electric strips. There are several targets and practice dummies permanently mounted along the periphery of the gym for focused solo work. Bladework, footwork, tactics, electric bouting and refereeing are all covered in practice. Twice a week there is a weight training session specifically designed for fencers, twice a week we do a pilates/yoga hour-long workout, and twice a week a running or other appropriate warm-up session. The team participates in weekly Sport Psychology sessions. Individual lessons are given in the morning to fit in with your academic schedule.

There is an armory adjacent to the fencing gym. Fencers do not need to repair their own weapons, but may if they are knowledgeable.

Our program also offers the opportunity for video analysis of your bouting skills. We usually take the video equipment with us on NCAA trips to film significant bouts.

Both the men and women fencing teams have their own sport-specific, cipher-locked locker rooms which are near to the fencing gym, and their own laundry lockers.

The trainers are located in the building next door, with a dedicated trainer assigned to Fencing. There are tutors supplied by the Athletic Department for any athlete for any subject they may need.

All practice clothing and fencing uniforms will be washed and dried twice daily by the equipment room.

We make certain to stay with-in the NCAA regulated limit of hours for practice of no more than 4 hours a day and no more than 20 hours a week.

I hope I have answered some questions that you may have about our program. If you need more information, do not hesitate to call or write. If you know that you wish to apply to Duke University, please let me know. I will then send you some specific instructions to enable us to track your application.

Again, thank you for your interest in Duke Fencing. I wish you good luck in your search for the perfect college.

Sincerely,

Alex Beguinet  
Duke Fencing Coach