

Red Rock Fencing Center

Red Rock Blast

Volume 1 Issue 6

September 20, 2010

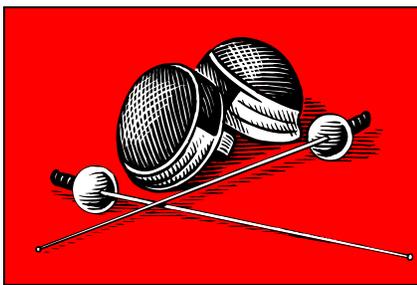
Red Rock Blast
Our Motto: T.E.A.M. =
Together Each
Achieves More!

Upcoming Red Rock Events:

Stab-N-Grabs	Every Sunday
Halloween Rumble	10/30 Saturday 4pm
Turkey Tournament Epee Only	11/20 Saturday Noon
UFF Tournament Epee & Foil	12/19 Sunday 9am
2011 Schedule to follow soon	

Friday Night Fights

Red Rock has started a new tradition...Friday Night Fights. The Fencing Center is open from 7pm to 9pm to all Red Rock members in good standing. There is no set format. It is open



Fencing for any weapon. Its purpose is to provide an open venue for fencers to practice outside of the structured class or tournament environment.

Red Rockers Hit the Road

Red Rock fencers are taking to the road to get some experience.

The Nationals are going to be in Reno next year and some Red Rockers are starting their training now. Part of that training is to travel to various fencing

events. Getting experience at tournaments will take some of the stress off the Nationals because you'll be used to competitions. Check out some of the dates and take a road trip.

There is a sign up sheet on the bulletin board.



New Class Schedule

Monday: 5:30pm Begin Saber
7:00pm Intro to Fencing
7:00pm Advanced Foil

Tuesday: 6:30pm Begin Epee
7:30pm Advanced Epee

Wednesday: 6:30pm Begin Foil
7:30pm Advanced Foil

Thursday:
7:30pm Advanced Epee

Friday: 7pm Open Fencing

Saturday: 10am Begin Epee
11:00am Begin Saber
Noon Advanced Epee

Sunday: 2:00pm Stab-N-Grab
Private Lessons by Appointment

Stab-N-Grab Series 2 Continues

The second series of Stab-N-Grab continues. We have had thirty-four competitions and it is getting harder and harder for a winner to emerge.

We've had 90 people participate to date. It's great to see people turn out on a Sunday afternoon. Often the club is filled with fencers until four pm or even later! Fence On!

Stab-N-Grab Standings

4 WINS

Filip Preradovic
Frank Van Dyke

3 WINS

Everett Hilke

2 WINS

Ryan Doyle
Amanda Marks
Greg Beck
Andrew Dittrich
Jin Choe
Scott Carlson
Kris Laube

1 WIN

Alan Umanos
Hambarzumain
Sean Corkill
Tony Johnson
Eric Clark
John Wojcik
Joe Deucher
Austin Clinton
Ken Colgate

There's still time...
Your Name Here!



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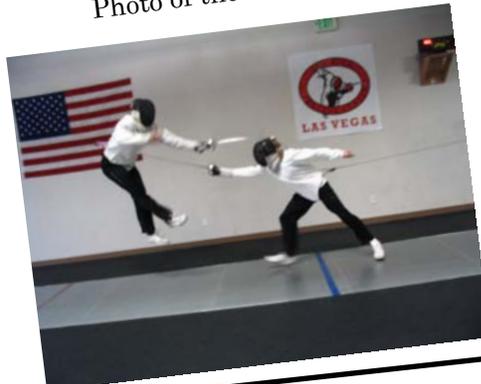
We're open Monday
thru Thursday 5pm to
9pm
Saturday 10am to 2pm



Who you calling a chicken?

Red Rock Blast Bulletin Board

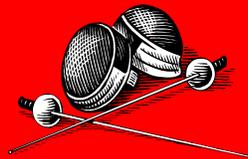
Photo of the Month



Road Trip Time!
See the bulletin Board

FRIDAY NIGHT FIGHTS

7PM-
9PM



Check out Red Rock
events write-ups at
www.eagarry.com
Follow the fencing links
and see what's been

Coaching Corner—Confidence (a.k.a. Red Rock Attitude)

Confidence is a key skill that athletes need. I've watched several Red Rockers struggle with their confidence. As a coach, it is frustrating because confidence is an inside job and not a skill or technique to practice like circle sixes. The good news is that it is something an individual can learn and incorporate into their fencing game.

In sports, self-confidence can be defined as an athlete's expectation for success. I've watched a fencer's confidence go up or down based on who and how their opponent fences. It is important for a fencer to develop confidence that is not dependent on others. The following ideas can help build confidence.

- Being confident is an individual decision. If a fencer loses their confidence during a bout it is not because their opponent took it. It is because they gave it away. A fencer needs to learn to discipline themselves to

think in confident ways.

- Learn to strive to maintain a confident attitude regardless of the results. For example if warming up goes badly then believe that it means all the good stuff is being saved for the match.
- Challenge your assumptions about an opponent or a bout. Analyze your assumptions and look for examples when they were untrue.
- Look for ways to win throughout the bout. Learn how to come up with new strategies during a bout and compete until the last touch is scored.
- Develop a fencing style that uses your strengths. Balance working on your weaknesses while building on your strengths. You need to believe that your skills are better than your opponent's skills in some way in order to believe you can win.
- Remember why you fence. Remem-

ber the passion and fun to help keep things in perspective.

- Separate who you are from how you do as a fencer. Fencing is a sport and it is something you do but it is not who you are.
- Focus on where you are going not where you are now. Each day, each bout brings new opportunities.
- Ask yourself, "Who do you believe in more? Yourself or someone else?" For those with low self-confidence, the answer is you! Work on believing the answer is you!
- Surround yourself with people with confidence. Figure out how they do it and emulate them.
- Missed touches and losses happen to everyone. How one responds to the "negative" situations is the difference between winning and losing.

**TAKE OWNERSHIP OF YOUR
CONFIDENCE! YOU CAN DO IT!**