

OLYMPIAN

FENCING CLUB

1. Be your fencer's number one cheerleader and motivator.
2. Display positivity or neutrality at all times.
3. Give your fencer space when needed.
4. Always defer to the coaches for tactical advice during a tournament.
5. If coaches are not present you can use the following simple cues to help your fencer remember best practices:
 - a. "Stay low"
 - b. "Keep moving"
 - c. "Watch the distance"
 - d. "Be ready"
 - e. "Keep fighting"
 - f. "Small point"
 - g. "One touch at a time"
6. If you feel angry at your fencer for performing poorly or losing, remove yourself until you are able to have a calm and supportive demeanor. Don't create traumatic memories for your child!
7. Check that your fencer has a game plan the night before the event. Game plans include bedtime the night before, wake time, nutrition, venue arrival time, warmup plan, and competition mindset.
8. Make sure that your fencer has at least 3 weapons that have been checked and properly packed. Athletes should also have at least 2 body cords, a mask, and a glove - all in armory passing condition.
9. Parents can wait in the equipment check line while their fencer warms up.
10. If your fencer appears to be goofing off and needs refocusing, tell a coach.
11. Be a good role model by demonstrating stellar sportsmanship at all times.
12. If your fencer is fencing against a teammate, OFC coaches will not provide coaching. Parents can provide words of encouragement and water during the breaks. Please refrain from excessive cheering against other OFC fencers.
13. Don't make excuses for poor performance and/or losses, but don't berate or attack your fencer either. Being calmly silent is a good alternative to saying the wrong thing.
14. Remind your fencer to hydrate and eat at the appropriate times during the event.
15. Avoid last minute armory repairs - have all equipment in working order at least one week before the tournament.

16. If your fencer is upset after the tournament, gently focus the conversation on what their plan is for improving their performance in the future, as opposed to whining. Most people feel much better when they actively develop and pursue solutions.