



Fencing

Fall 2018

Who: 1L-4R Scholars

Where: Gymnasium

When: Thursdays, 3:45-5:00pm

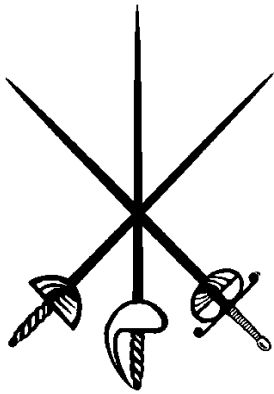
Dates: November 8 – December 13

Coach: Mr. Murphy, Youth Enrichment League

Fee: \$85.00 – Payable to *Parnassus*

Deadline: Friday, November 2

New and returning students invited! Join this fast growing Olympic sport taught by Mr. Murphy, Youth Enrichment League Coach, and student of Ro Solbavarro, Hall of Fame Olympic Fencing Coach. Mr. Murphy has a strong competitive background in fencing, including placing eighth in the state for Men's Individual Foil and captaining the first place team in 2016. In 2017 he's worked as the Assistant Coach for the first place Men's Foil State team and the third place Women's Foil state team, as well as been a member of the Minnesota Junior Olympic Men's Foil team.



Each Youth Enrichment League class follows four basic components: **Teach It!...** Hall of Fame Olympic Fencing Coach Ro Sobalvarro crafts the lessons and curriculum. **Practice It!...** Students pair up and practice the fencing move or concept, rotate partners and repeat. **Move It!...** Students are then asked to mock-fence using only the moves taught so far. **Play It!...** 10-15 minutes each class students fence with multiple fencers at their skill level. Winter session includes an in-class tournament. Any outside tournament will be at an additional cost.

All fencing equipment will be provided, but we ask that all scholars bring non-scuffing shoes, comfortable athletic clothes and a water bottle to every meeting.

LATE PICK UP

Please note that Animus/Accendo: After School Care Program is not included with this activity. Therefore, scholars must be picked up **promptly at 5:00PM**. Scholars that are picked up late will be charged the drop in fee of \$28. If you know you will need after care please contact Ms. Ambriz (Ambriz@parnassusprep.com).

Registration: To register, please fill out the attached Parnassus Activity Registration and Insurance Waiver Form and submit with payment to the SOL/SOR office. Maximum enrollment for this course is twenty (20) students. Five places will be guaranteed to interested SOR scholars.

Questions:

baddin@parnassusprep.com; 763-496-1416 (Ext. 290)