



Thursday Fencing

Session IV – Winter 2020

Who: 1L-4R Scholars

Where: Gymnasium

When: Thursdays, 3:45-5:30 p.m.

Dates: February 20 – March 26

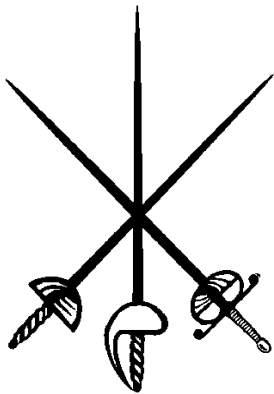
Advisor: Mr. Murphy, Youth Enrichment League

Fee: \$110, payable to *Parnassus*

Deadline: Monday, February 17

****Please make sure to specify THURSDAYS on your registration waiver****

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 worked as the Assistant Coach for the first place Men's Foil State team and the third place Women's Foil state team, and he has also 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 moves or concepts taught that week, rotate partners and repeat. **Move It!...** Students are then asked to mock-fence using only the moves taught so far. **Play It!...** For 10-15 minutes of each class, students fence with multiple fencers at their skill level.

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 practice.

LATE PICK UP

Please note that Animus/Accendo: After School Care Program is not included with this activity. Therefore, scholars must be picked up from the Animus/Accendo doors **promptly at 5:30PM**. Scholars that are picked up late will be charged the drop in fee of \$32. If you know you will need after care please contact Ms. Ambriz (Ambriz@parnassusprep.com).

REGISTER

To register please fill out the Parnassus Activity and Insurance Waiver and return it to the main office along with payment. Checks can be made payable to **Parnassus**. Registration is not complete until the registration form and payment have been received.

Questions:

Ms. Baddin: baddin@parnassusprep.com (763)-496-1416 ext. 290