

Welcome, new fencer



Welcome to Aalborg Fencing Club - we hope that you will be really happy to be part of our community.

Fencing is a great sport that provides good fitness and motor skills. You get your body moving and your heart rate up. It's much harder than many people think - and more fun than most people imagine.

Aalborg Fencing Club has room for everyone - whether you fence for fun or want to compete.

Our values are Harboursing, Nurturing, Educating, Quality-conscious, and Ambitious. Read much more about this at www.aalborgfaegteklub.dk.

Borrow/buy equipment

Fencing does not require any equipment purchase, as you can borrow weapon, jacket, and safety gear in the club.

Borrowing equipment from the club costs 50 DKK per month until you have all the equipment yourself. Borrowed gear must remain at the club and is not personal.

If you want to buy your own gear, you are very welcome to ask for our help. If you grow out of the equipment or stop fencing, the club buys most of it. Within the first year, we usually pay 75 % of the new price.

Four things to remember when you join the club:

1. Set up a fixed online banking payment (every month minus July): Reg. no. 9280 account no. 1940050703.
2. Ask to join the closed Facebook group www.facebook.com/groups/aalborgfaegteklub with information on competitions, mutual training etc.
3. Quickly take part in the *Jutland-Funen Foil/Epée Cups* and get really good training and fun.
4. Participate in mutual trainings approx. every second month.

Aalborg Fencing Club



Go see the world outside

It is a really good idea to take part in competitions and mutual training. Therefore we hope that new fencers - and for the young ones also their parents - will join in so that we get as many as possible taking part in these events.

Jutland-Funen Foil Cup:

A training event for all - often with 10-20 matches for each fencer. Especially suitable for new young fencers who can participate after just one month of fencing. Develops each fencer a lot, also on the social level as the participants get to know fencers from other clubs.

Jutland-Funen Epée Cup:

A training event primarily for adults. Same advantages as the *Jutland-Funen Foil Cup*.

German competitions:

There are a lot of competitions in northern Germany. They have more participants than the Danish competitions and there is a good chance of meeting new opponents.

Events in Denmark:

There are ranking events of different levels. Does not give a many matches as the cups but are still worth the effort.

National Championships:

We primarily prioritize the children's events as they have an extraordinary atmosphere. Especially in team fencing the kids get many matches, and their unity is really good.

More members, please

We have room for more members, so please share information about fencing on Facebook etc.

If you have questions you are very welcome to contact Chairman Pia Haack Vadstrup at 25270188 or haack28@live.dk.



Please see www.aalborgfaegteklub.dk with lots of fencing information. And follow us on Facebook: www.facebook.com/aalborgfaegteklub.dk (open group) og www.facebook.com/groups/aalborgfaegteklub.