South West Regional Hub Report for AGM – 14/12/2014

As has been extensively advertised we have set the broad goals and philosophy of the HUB in the south west as:-

Train Smart, Fence Smart

More workforce: Better workforce

To that end, since January 2014 the following events have taken place:-

1 x refereeing course and exam at level 1 and 2.

1 x introduction to armoury course.

1 x adult only (16 years+) training day.

1 x level 1 and 2 coaching course at all three weapons - run in the summer at Millfield: 25 attendees.

5 x Regional Training days: - attended by over 60 fencers from within the region and another 20 from outside the region.

We had aimed to run at Truro as well as Millfield but unfortunately a lack of interest from local fencers meant that this day had to be cancelled. We have had interest from Plymouth about running an epee day in the Spring and hope to follow up on this enquiry.

3 x BSC events – sabre under 17 and under 20 and epee under 17

These sessions have also incorporated variously:-
Armoury skills;
Goal setting and an introduction to sport psychology from MindinSport;
video analysis and feedback;
analysis on what to do off the piste;
breathing techniques;
athletic development from Excelsior fitness.

Plans for the coming year:-

1 Training days in January, March, June, September and November.
2 Level 1 and 2 and hopefully elements or all of a level 3 coach development course at all weapons to be run at Millfield in summer.

A concerted effort was made over the summer and early autumn to try to get some more clubs and coaches involved in hub events. However, the response has been 0.

This is therefore a request for feedback (not hearsay) and suggestions as to what we should do more of and what there is demand for within the region.

The Hub is not geographically located at Millfield and therefore we would like to take this opportunity to help any club/county/area with their workforce development – especially with the administration of such courses and also with assistance financing them.

If you are interested in hosting any of the above or indeed in hosting a training day closer to home in addition to the ones we have already planned then please email trp@millfieldschool.com and we will do all we can to help.

If you would like to take over as Regional Hub Lead Officer from Tristan please let Tim Miles know.