

## **Fencing Club at St. Augustine prospers**

Thirty-two St. Augustine students are learning all about sabres, masks, foils, lames and epees, as they take weekly fencing classes at the school. Classes take place Tuesdays after school.

“Fencing is an exciting sport that builds coordination, balance, poise and sharp reflexes,” said T. Mark Miller, treasurer and coach with the National Fencing Foundation of Washington (NFFDC). “It develops fast thinking and self-confidence and is also incredibly fun.” Coach Miller called fencing “the game of physical chess.”

Ms. Jo-Zette Dick, development manager at St. Augustine School, recruited NFFDC to begin offering fencing classes at St. Augustine School. Students from the fifth grade through eighth grade may take the classes free of charge. In February, following the program's successful launch, Ms. Dick turned over the oversight of the program to Mr. Clinton Perrow, the CYO director and physical education teacher at St. Augustine School.

The mission of NFFDC is to develop personal character, academic achievement and athletic excellence of youth through fencing. NFFDC's program was designed by Alexandre Ryjik, Russian Fencing Master, United States National Team Coach and professor of fencing at American and George Washington Universities.

“We want to share this opportunity with youth who might not otherwise have the opportunity to participate in Olympic sport fencing, Coach Miller said. NFFDC would like to see St. Augustine School students enter its national youth tournament in 2012 or 2013, according to Coach Miller. A half-dozen St. Augustine students are also attending NFFDC Saturday classes.

For more information about the Fencing Club at St. Augustine School, please call the school at 202-667-2608 or send an email to the [NFFDC](#).