



## **SEBASTIANI FENCING ACADEMY**

*Traditional Excellence taught in the style of the French School of Fencing.*

### **Season 2010-2011**

**Group and Private Lessons for all ages,  
Novice to Olympic Level.**

## **Learn From and Train With the Best !**

**Head Fencing Master, Michel Sebastiani\***  
**Princeton University's Head Fencing Coach for 24 Years**  
**Gabrielle Roux : Fencing Instructor / Business Manager**

\*MS,MA Paris  
US World Championship Juniors and Seniors Coach  
US Olympic Coach 1984

**Our method:**  
**a study of the Traditional French School of Fencing**  
**which has been and is still practiced at the highest level of**  
**competitions all over the world !**

**Corporate mailing address**

**(Please remit payment to):**

**SEBASTIANI FENCING ACADEMY PO Box. 7314 – Princeton, NJ 08543-7314**

**TEL: 609.578.0765 FAX: 609-356-0177**

***Classes held at Stuart Country Day School GYMNASIUM / 1200 Stuart Rd Princeton NJ 08540*** USFA

**MEMBER SINCE 2001**

# **“Learn the real Art of Fencing, the oldest Modern Sport !”**

From Little Knights to Tournament Training, you will find classes for **all ages (5 years old to adult!)**, levels, and abilities at the Sebastiani Fencing Academy! The S.F.A is recognized as a unique French style fencing school in the US.

*“En Garde!”*

*The Sebastiani Fencing Academy is ready to celebrate its 10<sup>th</sup> Season in Princeton. privately owned by Michel Sebastiani and Gabrielle Roux his business partner. (Classes are held in the gymnasium of Stuart Country Day School). Hundreds of fencers of all ages have discovered the excitement of crossing blades , for fun or for competition. The program offers different levels of intensity. it is designed to suit a fencer's goal.....recreation? ...or competition ? regional competitor or national competitor ? Maitre Michel Sebastiani has seen it all. From absolute novice to nationally ranked athlete and beyond is his recognized trade mark, in the USA and in France. **The outstanding record of his students shows not less than 23 us Gold medals ,individual an teams combined. to add to the numerous fencers who have represented the USA in World events ( Juniors, Seniors, World University Games, Olympic Games)** The SFA offers a substancial advantage to the very serious young students in their pre-college years. **Indeed Maitre Sebastiani will recommend strongly High Schools seniors for admission in a famous University**, providing that their motivation for the sport has been evaluated positively by the maitre. **Maitre Sebastiani has a deep knowledge of this process having been involved in it for nearly a quarter of a century at Princeton University, and before that at New-York University and at Cornell University .***

*Because of Maitre Sebastiani's reputation for excellence, competitive fencers travel from all over to learn from him and his instructors. **Gabrielle Roux**, Sebastiani's student since 1994, is an accomplished Fencing Instructor and a skilled pedagogue. Her classes of children and adults are a genuine success. Students at the Academy study and practice the traditional French School of Fencing method, which has and continues to be practiced at the **highest level of competitions all over the world**. students whether beginner, intermediate or advanced develop skills and techniques that afford them the opportunity to become their personal best. The program for each class runs for at least a year. to move up to a superior level class, each fencer has the opportunity to demonstrate his/her technical ability by completing two skills tests administered at the completion of each semester by Maitre Sebastiani. To encourage students to master fencing, Academy members may also participate in Club Championship Competitions held at various times throughout the year.*

***The program runs from September to June. Summer Camps are offered in the summer.***

***LOCATIONS: STUART COUNTRY DAY SCHOOL. FOR MORE INFORMATION:***

***WWW.SEBASTIANIFENCING.COM TEL: 609-578-0765***

***EMAIL: [sebastianifencing@comcast.net](mailto:sebastianifencing@comcast.net)***

Fencing fundamentals  
Body position, body in motion, changes of direction and lunges  
Foot work, general notion of conditioning  
Study of fencing technique and theory of fencing (study of hand positions,  
offensive actions, defensive actions)  
International Rules. Basic tactics

### **Weekly schedule of classes (year round)**

#### **MONDAY**

**6PM Little Musketeers (5 to 7 y.old)**

**6PM BEGINNER SABER**

**7PM INTERMEDIATE SABER**

**7PM BEGINNER 2 FOIL**

**8PM BEGINNER EPEE**

**8PM INTERMEDIATE EPEE**

#### **TUESDAY**

**6PM Little Musketeers (5 to 7 y old)**

**6PM BEGINNER SABER**

**7PM BEGINNER FOIL**

**7PM INTERMEDIATE SABER**

#### **WEDNESDAY**

**6PM INTERMEDIATE FOIL**

**6PM BEGINNER FOIL**

**6PM BEGINNER SABER**

**7PM INTERMEDIATE SABER**

**7PM BEGINNER 2 FOIL**

**8PM BEGINNER EPEE**

**8PM INTERMEDIATE EPEE**

#### **THURSDAY**

**6PM BEGINNER 2 SABER**

**7PM ADV. COMPETITORS FOIL**

**7PM BEGINNER FOIL**

## RATES:

### **MEMBERSHIP: \$ 220 / year**

Includes: Registration fees – Insurance – Evaluations – Matches and Club championships -

Open bouting (members have the opportunity to fence freely anytime with a partner on Mondays – Wednesdays and Thursdays, we provide F.I.E calibrated scoring apparatus - International Federation of Fencing) - Discounted prices on equipment

### **INSTRUCTION**

**1 class/week: \$ 599/ semester\* - 2 classes/week: \$ 1198/ semester**

*Family discount 20% off for 2nd member on the SEMESTER tuition only.*

*Enrollment is ongoing and course tuition is based upon student's start date. Semester is 5 months. There is NO interruption of classes between semester 1 and 2. You will be billed automatically 10 days prior to the start of your second semester (See Policy)*

**2010-2011 SEASON: YEAR ROUND PROGRAM (09/13/2010 – 06/17/2011) S.F.A**

### **Calendar of Events**

NOVEMBER

FIRST TEST OF EFFICIENCY

JANUARY

WINTER TOURNAMENT

MARCH

2ND TEST OF EFFICIENCY

MAY

SPRING CLUB CHAMPIONSHIP

SUMMER CAMPS

**WEEKENDS: Look for U.S.F.A Competitions around the State/Country:**

**H Y P E R L I N K " <http://www.usfencing.org/> " \ o " <http://www.usfencing.org/> "**

**[www.usfencing.org](http://www.usfencing.org/) \*\*\*\*\* [www.nj.fencing.org](http://www.nj.fencing.org/)**

Classes will not be held on certain dates: check our website for updated dates. [www.sebastianifencing.com](http://www.sebastianifencing.com)

If we have to cancel classes due to weather conditions or conflict of Schedule with Stuart School , make-up will be offered.

# REGISTRATION

Must be signed and sent to: Sebastiani Fencing C.E.P- PO Box 7314 – Princeton NJ 08543-7314 Or Fax to:  
609-356-0177

**Payment (\$ 220 Membership fee + \$599 Semester tuition) must be mailed with this form.** Make check payable to: (S.F.A or Sebastiani Fencing Academy)

CREDIT CARDS: Visa---- Master Card---- CARD #-----Exp date:-----

Name as it appears on the card:-----

**Membership agreement must be signed and returned with this form.**

**We are unable to hold spots for students whose applications are incomplete**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Telephone #: \_\_\_\_\_ Cell phone

#: \_\_\_\_\_

Work Telephone #: \_\_\_\_\_

Birthdate (children): \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

**Parent's Email address** (Please print clearly) this email should be valid as you will receive important notice for your classes – invoices...

**Re-print email:**-----

Are you a Novice ? (never introduced to Fencing before) yes / no

Are you a Beginner? (two years of serious study or less\*) yes / no

**Where have you learned fencing before ?**

Have you fenced competitively ? \_\_\_\_\_ How long ? \_\_\_\_\_ Where \_\_\_\_\_ ?

USFA Ranking if any: \_\_\_\_\_ Weapon: \_\_\_\_\_

In case of emergency call:

Insurance Company and Policy #:

Please indicate: ( You may register in more than one class per week.)

**GROUP LESSONS: Day/ weapon/level 1st choice**-----

**2nd choice**-----

**Not sure of my level, would like to be tested** -----

**Would you like to receive PRIVATE INSTRUCTION as well ?**-----

\*You will be evaluated on your mastery of the sport at this point.

**Equipment order form - we order the equipment that is right and safe for you !**

(To be sent with your Registration)

HAND: RH 🍏 LH 🍏

**WEAPON : FOIL 🍏 SABER 🍏 EPEE 🍏**

FENCING SHOES /SIZE \_\_\_\_\_ KNICKERS/ MESURE WAIST \_\_\_\_\_ FENCING

SOCKS /SIZE \_\_\_\_\_ **Indicate your size in Inches:**JACKET: MEASURE AROUND CHEST:

----- MASK: MEASURE **AROUND** FACE -----GLOVE\* MEASURE HAND AROUND PALM

**WITHOUT THE THUMB** -----

**PLEASE READ BEFORE SIGNING !!**

**Membership Agreement**

## YEAR PROGRAM POLICY

### PRIVATE LESSONS:

- \* **Payments:** Payment is expected at time of instruction.
- \* **Cancellations:** Customer is responsible for payment unless 24 hour notice is given.

### GROUP LESSONS:

- **Payments(\*):** Semester payment is due 10 days before starting classes (you will receive an invoice by EMAIL) . A \$15 surcharge will be assessed on late payments (tuition or equipment invoices).
  - If one needs to withdraw from classes at the end of the first semester, one needs to let us know in writing before the start of the following semester (EMAILS ARE NOT ACCEPTED). Letter should be sent to our Corporate Billing Office: S.F.A. P0 BOX 7314 PRINCETON NJ 08543.
- \* **Make-ups:** If a class is missed due to illness, one can take 1 make-up a month only if we are called 24 hrs. in advance (*No call, no make-up!*). We do not make-up absences due to fatigue - homework – school tests - family vacation – trips and any other reasons.
- \* **Carryovers:** There will be absolutely no carryovers for missed classes from One semester to another!
- \* **Refunds:** No refunds for late arrivals, early departures, or withdrawal from class.
- (\*)Any invoices and most of the correspondences with members will be Sent by EMAIL. It is your responsibility to provide us with a valid email address and to check that your filter allows our 2 email addresses:**

[sfa.billing@gmail.com](mailto:sfa.billing@gmail.com) - [sebastianifencing@comcast.net](mailto:sebastianifencing@comcast.net)

- \* There is a \$15 late fee for any late payment.
- \* There is a \$25 charge for any returned checks.
- \* There is a 2.5% fee for Credit Card processing

### SCHOOL RULES AND REGULATIONS

- \* Students may wear their complete fencing equipment when entering the fencing room . FENCING PANTS ARE MANDATORY
- \* Long hair must be tied back.
- \* Spectators (any non-fencers INCLUDING PARENTS) must remain outside of gymnasium while we teach). Any children, while on the premises, who are not participating in class must be accompanied by a parent or legal guardian when using the restrooms or watching the fencers.

*I accept full responsibility for my child's use (or myself if I am the registered fencer) of any and all apparatus, appliance, privilege, and/or services whatsoever, owed and operated by C.E.P Sebastiani Fencing, Inc. and its affiliated at my own risk and shall hold the club shareholders, directors, officers, employees, representation, agents and affiliates harmless from any and all loss, claim, injury, damage or liability sustained or incurred by my child resulting there from.*

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Parent/Guardian's signature Date

# Sebastiani Fencing Academy

To comply with New Jersey State laws and regulations, we ask you to complete and return this form **on**

**or before** the first day that your child attends class. He or she **will not be allowed** to participate in class

activities until this form has been completed. If you have more than one child participating in a class,

please fill out a separate form for each child. All information will be kept confidential.

**Name: Age: DOB: Ht.Wt:**

**Address:**

**Home Phone: Cell Phone:**

**Work Phone: Other Contact Number:**

**Emergency Contact Name: Emergency Contact Phone:**

**Physician's Name: Physician Phone:**

**Insurance Company Name: Policy #/Group #:**

**Allergies** ( please list ALL, including food allergies):

**Medications** \*(please list all Rx/Non-Rx medications administered to your child on a regular basis):

**Medical conditions (if any) coaches/instructors should know about:**

I hereby give the Sebastiani Fencing Academy and its representatives the power to authorize and

consent to the administration of emergency care by EMT or any other emergency services for my

child if any emergency arises.

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Print Name (Parent/Guardian) Signature (parent/Guardian)

INSTRUCTORS:

### **Maitre Michel Sebastiani - Fencing Master**

Michel Sebastiani holds an MS degree in Physical Education from the National Institute of Sports of Paris. He is a graduate of the Ecole Supérieure d'Escrime of the National Institute of Sports and has earned a Maîtrise d'Escrime (Fencing Master) M.A. from this prestigious institution.

Michel was a member of the 1959 French National Team of Modern Pentathlon. He participated in a lot of International fencing tournaments (in foil and épée). He was selected as a member of the French Olympic Team for the 1960 Games. He participated in the Rome games.

He served in the Army from 1960 to 1962. While an infantry Company Commander, he was wounded in November 1960 but rejoined his combat unit while recuperating.

Michel came to the United States in 1963 and joined the staff of Cornell University's Fencing team as Assistant Men's Coach and Head Coach of the Women's Team. His Women's team won the national title in 1967, 1968 and 1969. His fencers won the NIWFA individual title in 1968 and the NCAA men's épée title the same year.

The 1970-71 season found Michel at NYU teaching Physical Education on the Bronx Campus.

Michel was appointed Assistant Professor of Health and Physical Education and Head Fencing Coach of the Men's Team at Brooklyn College from 1971 to 1977. Two Brooklyn College fencers made the U.S. Junior Team, which fenced in the World's Championships. Michel then relocated to Houston, Texas. He taught at Rice University in the Physical Education Department and founded the Sebastiani Fencing Academy. Maitre Sebastiani was the Head Coach of the Men's and Women's fencing team at Princeton University from 1982, retiring in 2006. The men's and women's Princeton University teams have combined to win nine Ivy League championships and six IFA national championships under Master Sebastiani. He has coached three NCAA individual men's champions and one NCAA individual women's champion. Master Sebastiani's men's teams have finished in the top four of the NCAA or IFA 16 different times.

### **Gabrielle Roux - Fencing Instructor**

Gabrielle was born in Corsica, France and grew up in French Guiana (South America) where her father worked on the European Space Program in Kourou.

After a year in Law School (Paris), she switched to Classical Studies and moved to the United States in 1999.

As a fencer, Gabrielle is a pure product of Maitre Sebastiani's instruction since 1994. She was introduced to the strict classical French style of fencing, which incorporates knowledge, precision, serious study and psychology rather than techniques designed for illusory, quick results. She believes in long and attentive study, which is required by Maitre Sebastiani.

Gabrielle is an Academy Instructor known for her outstanding pedagogy with young boys and girls keeping in mind technical precision and harmony of movements.

Because of the high demand, this year she will be teaching new classes designed for adults beginners.

Gabrielle is an accomplished equestrian, enjoys exercising, traveling and is an avid classical singer, now studying with a renowned professor.

### **Maya Lawrence:**

National Champion 2005 and several times medalist, Guest Instructor

Miss Lawrence began studying epee under Maitre Sebastiani as a freshman at Princeton University. While there she fenced on the Varsity squad. As a result of hard work and excellent guidance and coaching, was able to collect a number of titles including 1999 IFA Champion, Junior Olympic Champion, and Junior Pan-American Champion. She received Ivy League and All-American honors. In 2002 she was 8th at the World Cup in San Juan, Puerto Rico and in 2003 she came in 8th place at both the Goteborg World Cup in Sweden and North American Cup #2. This fencing season she took 6th and 3rd place at the North American Cups in Richmond, VA and Chattanooga, TN, respectively. In January she was part of the women's epee team who succeeded in placing 7th at the Western World Cup in Budapest, Hungary. She is particularly happy about this accomplishment because it is one of the best finishes in history for the United States Women's Epee Team. Maya's recent accomplishment is her 1st place finish at the US National Championships.

In her years after college, Maya moved up in the FIE (World) rankings and by the end of 2004, was ranked one of the top 64 fencers in the world. Her United States Fencing Association (USFA) ranking also rose, and now she is currently the 2nd ranked women's epee fencer in the country.

Winning the National Championship was the result of six years of hard work and dedication: after graduating from Princeton, Maya began graduate schoolwork at Teachers College, Columbia University. In addition to working, teaching, and taking classes, she made a long commute from New York City to Princeton in order to continue training with Maitre Sebastiani.

### **Harry James: Instructor at S.F.A since 2001**

Somerville High School: Captain and MVP. Drew University: Captain, Co-Captain and twice MVP. Assistant Coach at Drew University from graduation in 1982 until 1992. Boys Coach Somerville High 1993 until present. New Jersey Interscholastic Fencing Association: Year 2001.

New Jersey State Interscholastic Athletic Association: Service Award 2009. Author of "Strength Training for Fencers" published by Swordplay Books.

United States Fencing Coaches Association: Moniteur Coach Certification. United States Fencing Association: Certified Referee.