



About fencing

Fencing has the honor of being one of four sports that has consistently been a part of the modern Olympics since 1896. It is a sport that requires precision, speed, explosive power, quick physical reflexes, and even quicker mental reflexes. It is truly a whole-body workout!

- There are three weapons in fencing – foil, epee, and sabre – each with its own rules and style
- How do you fence? It gets a little complicated, but basically just hit your opponent without getting hit!
- Modern fencing has electronic scoring to help see who hits. Sorry, we don't say "touché" anymore.
- Question #1 – No. The points aren't sharp.

FENCING AT LA SALLE

Fencing Club overview

Welcome to La Salle! I am happy to offer you a unique opportunity to get involved with fencing once you become a Lancer. Here are a few quick facts:

- Fencing is a club sport, allowing participants to have flexibility with their schedules and practices while still being able to compete against other high schools.
- Practices are once a week, from 3:00-4:15, late September to early May.
- La Salle competes every year in a local tournament against several other high schools
- Many other local tournaments are also available for students to participate in individually.
- La Salle is one of the strongest local high school teams. Since 2009, we have placed either 1st or 2nd in Southwest Ohio High School Tournament.

How to get started

- Contact Mr. Royer – jroyer@lasallehs.net
- Everyone is welcome to attend the first practices to see if they like it. No strings attached!
- No prior experience necessary.
- Active members purchase their own equipment (\$150). Yours to keep, no other fees or dues.



First place champions – Southwest Ohio High School Tournament



Don't miss out on being a part of the action!