



ADVANCED INTERNATIONAL FENCING CLUB

After School Program

Fencing for Fitness, Fun and Medals

Fencing has been practiced for centuries and describes the sport of sword. The complex nature of fencing has led some to refer to it as “physical chess with the speed of light”. Many of Mom and Dad are trying to enroll children to the Fencing program, but have difficulty to find time. AIC Fencing is now offering after school program. Our top quality professional fencing coaches will work with your child on the fencing basic movements, fencing footwork, agility, speed and conditioning. We goal is to get our children into great shape physically in a fun, safe, structured and friendly environment. Through fencing, physical exercise, character shaping and potential discovery make it a healthy, noble, tough and wise generation.

Your Child will also develop:

- Self-discipline
- Self-esteem and confidence
- Concentration and Focus
- Time-management
- Improved behavior and more respect
- Weight loss
- Reduced Stress and Anxiety
-

Fun Daily Activities. Your child will participate in:

- Fencing classes
- Agility, Speed, Strength and Conditioning Training
- Fencing footwork drill
- Fencing rules and games
- Invigorating Exercise and Play time where children are carefully supervised as they unwind.

AIC will pick up students from Nysmith after school to AIC Club at:

13525 Dulles Technology Drive, Suite 102, Herndon, Virginia 20171

(Pick up time around 3:00-3:30 pm, Parents will pick up kids from AIC club at 6PM.)

FEES AND PAYMENT

\$50.00 Registration Fee per Child

\$125 per week (After School)

15% off sibling discount

Registration from 2/11/2019. Program starting from Monday 4/1/2019



ADVANCED INTERNATIONAL FENCING CLUB

After School Program

Our Coaches



Dr. Abdollah Serajian was a player of national fencing team of Iran and had many achievements as a player of national senior and junior teams of his country in national and international competitions. Just as a part of his achievements, he won silver individual medal in 2008 Asian championships (Seoul, south Korea) and bronze medal in class-A junior worldcup. In 2013, he left national team and started as a coach in club and national teams of Iran. He was also a conditioning coach and manager of talent identification committee of fencing federation of Iran and also, fencing coach of Germany embassy school in Tehran. He passed his international coaching course presented by FIE in 2017 (Budapest, Hungary). In education, he has a bachelor of physical education and sport sciences and master of science and PhD in exercise physiology in one of the top universities in his country.



Coach Huang has been fencing at a high level for more than 14 years now. He was in the national team of China, representing China in the World Cup in Bonn (GERMANY) 2017, and Grand Prix in Shanghai. He won the Gold Medal at the 2015 China National Fencing Championship. The third place in the 2015 National Fencing Championship and the fifth place team games in the 2017 National.

As a student of Coach Li, Dongrong has extensive knowledge on foil coaching, specifically he is able to relate his experience and strategies to the high level fencers on the strip



ADVANCED INTERNATIONAL FENCING CLUB

After School Program

STUDENT INFORMATION/ENROLLMENT FORM

Student Name: _____

Date of Birth: _____ School Grade: _____

Address: _____

Phone Number: _____

Parent's Name: _____ Parent's Email: _____

Address: _____

Phone Number (H): _____ Work: _____ Cell: _____

Name of the school attending: _____

School's Telephone Number: _____

Teacher's Name: _____

Release Time: _____

Additional Information:

Allergies: _____

EMERGENCY CONTACT

Name: _____ Phone Number: _____

Relation to the student: _____

Family Physician's Name: _____

Insurance Company Name: _____

Address: _____

Phone Number: _____

Policy Number: _____