

# GOLDEN GATE FENCING CENTER

# YOUTH DEVELOPMENTAL PROGRAM 2019 - 2020

## Build the Athlete. Build the Champion. Build the Person.

Golden Gate Fencing Center believes that a champion is made, not born. We believe that coaches, teammates and families are the core of good youth sports programs. Through our program, athletes learn to be a champion in their own way. We believe that sports are an essential part of a healthy life and that the skills learned through sports are skills for life.

**Maureen Griffin**



**Mike Pederson**

**Paul Soter**



**Bob Cotter**

Training groups give athletes teams of peers and coaches. The dynamics of groups provide greater instructional variety, making each class more exciting, challenging and fun. Our program is designed so that every child will have a great time while being challenged at the appropriate level. Our focus is on the FUNDamentals of fencing and our goal is to teach skills that last a lifetime.

Each level of our Developmental Program builds physical, technical, tactical and group skills. The first three are common to most fencing programs but group skills stem from our belief that working in groups fosters cooperation, camaraderie, and social development in addition to excellence.



Level	Description	Classes per week	Schedule	Monthly Fees
<b>Bronze</b> Fundamentals of Fencing Ages 6 - 10 1 class per week	FUNdamental skill development and physical literacy through an introduction to the basics of fencing. <ul style="list-style-type: none"> <li>• Club Membership and all equipment included</li> <li>• Discounts on GGFC camps and other activities..</li> <li>• Yellow and Orange skill progressions.</li> </ul>	1	<b>Tuesday</b> 4:30pm - 6:00pm <b>Wednesday</b> 4:30pm - 6:00pm <b>Saturday</b> 9:00am - 10:30am	\$160 per month OR \$50 per class
<b>Silver Level</b> Learn to Train Ages 9 - 12 2 classes per week	Intermediate sport skills and introductory competition concepts. Includes all of the bronze level benefits plus: <ul style="list-style-type: none"> <li>• Group lessons included.</li> <li>• Green and Purple skill progressions.</li> </ul>	2	<b>Tuesday</b> 4:30pm - 6:00pm <b>Wednesday</b> 4:30pm - 6:00pm <b>Saturday</b> 9:00am - 10:30am	\$285 per month OR \$50 per class
<b>Gold Level</b> Train to Train Ages 10 - 13 3 Classes per week	Advanced sport specific skills and introductory training concepts. Includes bronze and silver level benefits plus: <ul style="list-style-type: none"> <li>• Group lessons included + 1 individual lesson/ week.</li> <li>• Red and Blue skill progressions.</li> </ul>	3	<b>Monday</b> 5:30pm - 7:00pm <b>Tuesday</b> 4:30pm - 6:00pm <b>Wednesday</b> 4:30pm - 6:00pm <b>Saturday</b> 10:30am - 1:00pm	\$360 per month OR \$50 per class

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