

Club rules and expectations 2026/27



1. **Punctuality:** All members must arrive on time for training sessions and events. Being late disrupts the class and affects everyone's training.
2. **Equipment:** Members must bring all necessary fencing equipment to each session. The club will not provide equipment if you forget yours.
3. **Hydration:** Members must bring their own water bottles to stay hydrated during training. Proper hydration is essential for peak performance and safety.
4. **Dress Code:** U12s must wear their Luso T-shirt and socks to training. Everyone else U18 should wear at minimum their Luso T-shirt, socks, shorts to training. At competitions fencers must wear Luso T-shirt, shorts, socks and hoodie/track top at a minimum.
5. **Respect:** Members must remain quiet and attentive when coaches are addressing them or the class. This ensures that everyone can hear instructions and learn effectively. Additionally, members must show respect to their fellow athletes and themselves at all times. You should refer to your coaches as Coach James or Coach Antonio during class time and events, but can use their names before and after.
6. **Effort:** Members must put 100% effort into their training. This means giving their best in every drill, exercise, and bout to improve their skills and contribute to a positive training environment.
7. **Participation:** Members must not refuse bouts. Engaging in bouts is crucial for practical learning and skill development. If you have a particular issue fencing an individual within the club please talk to James, Antonio or Jeff.
8. **Sportsmanship:** Members must demonstrate good sportsmanship at all times. This includes respecting opponents, accepting decisions gracefully, and maintaining a positive attitude, regardless of the outcome.
9. **Pride:** Members must be proud of representing the club at competitions and events. They must wear club colours with pride and consider representing it an honour and a privilege.
10. **Safety:** Members must immediately follow all safety instructions given by coaches and must behave in a way that keeps themselves and others safe at all times. This includes wearing the correct kit, checking equipment before use, maintaining control during drills and bouts and stopping immediately if a coach calls halt.