



## **PROVINCIAL COACH/TECHNICAL DIRECTOR**

### **ANNUAL REPORT 2021**

Submitted by Ayach Bounachada, Provincial Coach/Technical Director

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## Provincial Team Activities:

**1- Olympic Qualification:** It was a great honor for us to have a Manitoba fencer running for the 2021 Olympic Team as Misha was ranked in the **top five fencers in Canada**. With the Covid-19 Pandemic it was difficult to schedule normal training for him. His Preparation started **August 1, 2020**, and we were able to train with him until **October 30<sup>th</sup>, 2020**, which at that point we had to stop for two months due to restrictions. After many requests to Sport Manitoba and the provincial government for authorization for him to train and prepare as the others across Canada, we received approval to continue preparing and started training again from **December 26, 2020, to February 2021**. Misha's training was based on the following area:

- a- Physical training: 2 - 3 times a week with the **Canadian Sport Center experts**. It was a great training to help Misha with physical preparation.
- b- Fencing: The technical and tactical part was done at Sport Manitoba. We had three sessions in the morning and two in the afternoon. As we were limited with only 3 people in the gym, I had to choose only one sparring partner with him to practice what we worked on in the lessons. The training was based only on individual lessons, bouting with tasks and free bouting.
- c- From February to March Misha moved to Vancouver and then to Montreal to train with the national team. There he had more bouting and training competitions to prepare himself for the qualifier in Doha, Qatar.
- d- Qatar Qualifier: Unfortunately, he did not attend as he had an injury from the week before in Montreal during training.

I was not disappointed that he missed this great opportunity to be a part of the Canadian Team. Misha is still young and has a very strong base with great technique, that he can be back in the top 3 in Canada very quickly. I believe that he can qualify for the 2024 Olympics in Paris.

## 2- Provincial Team Training:

With the Covid-19 pandemic starting last year, it affected us in terms of preparation, but with great organization we succeeded to still train and where we focused a lot on the technical and tactical formation for fencing.

**Training Schedule:** To respond to the health authorities' rules regarding the 2 meters distance and area occupancy, we developed a very precise schedule and divided our groups into small cohorts.

**Monday:** 4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2

**Tuesday:** 7:00 am to 9:00 am **Individual Training**

4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2

**Wednesday:** 4:30 – 7:00 pm only one Group (HP/Int)

**Thursday:** 7:00 am to 9:00 am **Individual Training**

4:30 – 6:15 **Canada Games Group.**

4:30 – 6:15 **Strength Training** with **Neal** and **Davis**

**Friday:** 7:00 am to 9:00 am Individual Training

4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2

Even during the group training in the afternoon, within each group, we divided the athletes into two small groups by weapon or level to take extra precautions regarding the covid.

- We were able to train from **August 1<sup>st</sup>** to **October 30<sup>th</sup>**, 2020, and From **February 16<sup>th</sup>** to **May 10<sup>th</sup>**, 2021.
- **Out of these periods**, we did not stop training and we did our best to keep our athletes active. Our schedule was as follow:
  - a- One or two **home training**: We made a training plan based on technical and physical exercises, accompanied with a video that was made specifically for it. The exercises are very simple to work a precise technique or physical skill that is needed in fencing.

### **Technique:**

- Footwork (Guard position and its stability, Step forward and its variation with a rhythm changing, Lunge and Step-Lunge attack).
- The hit on place or with movements.
- Some tactical situations that we can be practised in a small distance.

- **Physical:** The Sport Manitoba Strength Trainer developed a lot of great videos for different skills development. We choose the ones specific to fencing requirements.
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- b- One **Online Training Session** for the Canada Games Group was run by **Daria**. It was every Tuesday evening.
- c- One **Online Group Training session** during the week was with me where we repeated one of the home training sessions that I posted on Dropbox.
- d- Another **online session** was for **target training** for those who have a target at home.
- e- **Canada Games Online Performance Analysis**. One session every two weeks.

**For these training sessions, we not only succeeded to bring the training online but also, we worked and developed technique and physical skills. For that, I have to thank the athletes for being present at every session and also of course my Assistant Coach Daria who was great with the Canada Games/Squad Group.**

**3- Provincial Team Other Activities:** Beside training, our fencers had opportunities to attend several workshops in different areas that had a positive impact on their development.

- a- **Online Strength Training** with Neal, based only on body work: **Once a week.**
- b- **Mental Training** with **Kevin Kristjanson** and **Jocelyn McCleod**. 6 sessions
- c- **Nutrition workshops** with **Janelle Vincent**: 4 Sessions.
- d- **Injury Preventions** with **Dr Nader Abdelkader**: 4 Sessions.

**4- Provincial Team Numbers:** We were verry happy that even with Covid-19 pandemic, we succeeded to bring back almost all the athletes to training. And the actual numbers are 26 participants. Also, with the club coach's involvement, we have recruited 3 new young athletes.

**5- Provincial Team Staff:**

- Provincial Coach: **Ayach Bounachada**
- Assistant Coach Epee / Canada Games Team: **Daria Jorquera Palmer**
- Assistant Coach Sabre: **Sean Rathwell**.

## Coaching Development:

- a- **Coaching Course:** During this year, we were able to finish the coaching course for the Instructor Beginner level that we started last year and did not have a chance to finish due to the covid-19 pandemic.

### Candidates:

- **James Hussmann - Foil - Cavalier Fencing Club**
- **Jordan Diacos - Sabre - Lightning Fencing**
- **Haden Laudin - Foil - Cavalier Fencing Club.**
- **Noah Merz Lakser - Foil - Lightning Fencing Club**
- **Sean Rathwell - Sabre - Independent**
- **Xavier Slocome - Sabre - Rapier Fencing.**

### b- Coaching Evaluation:

We have contacted a coach evaluator from Quebec to run the evaluation sessions. The coach developer and evaluator is **Ildemaro Sanchez**. The evaluation was based on video and were filmed at the Sport Manitoba facility. We sent the 18 videos to Ildemaro should have results this month. With these coaches joining the list of coaches we have; it will be a big boost for fencing development in our province. Especially, as an association we really need to put a lot of effort on developing our membership.

## Coaches Guide: (Guide pour entraîneurs)

The fencing coach is a key element in the club development. They are a teacher who should have a strong knowledge of the sport, control the teaching process and their principals, and know how to put in place a training program to improve the students to bring them to a good level. They develop adaptative programs for the students based on their individual characteristics, their learning stage, their assimilation level, and at their development phase level. They should also control the performance evaluation of the students to give them precise feedback to help their development. For that reason, we decided to work on developing a **document or cahier to provide guidance for the instructor beginner coach to help them to:**

- **Organise and control training sessions.**
- **Organise and evaluate competitions.**
- **Lead the group.**
- **Prepare exercises for different training sessions.**
- **Evaluate group performance.**
- **Gives feedback to students.**
- **Assure the safety of students.**

- **Inform parents regarding their child's progression.**

This guide will contain 12 lessons plans to use for a **10 classes program** or **Yellow/Orange arm band** program for fencing introduction and even **for after school programs**. The varieties of exercises offered to be used for footwork, drills in pairs and individual lessons are illustrated with draws. Also, have all the necessary methodological information to lead and help the beginner coaches. That guide will be built based on **the LTAD requirements and directions**. I am working personally with Daria to try to finalize that document for **the three weapons**. We started with foil first. Hope it will be ready by fall this year.

**The Guide will look like that:**

MANITOBA FENCING ASSOCIATION



**Manitoba Fencing**

# **Initiation Program**

Yellow/Orange  
Arm Band  
2021-2022

# SUMMARY

## 1- The Sport

- a- Introduction
- b- Why Fencing?
- c- History
- d- Activity Rules

## 2- Fencing Activity Organisation.

- a- Equipment
- b- Safety
- c- Training form organisation
  - Group Training Class
  - Individual Training Class
  - Teaching Forms
- d- Teaching Methodology
- e- Class organization and construction

## 3- Yellow Arm Band Program Content

- a- Footwork and Technical Element
- b- Preparation and Tactical Plan
- c- Refereeing.

## 4- 12 Classes Plan (FOR 12 WEEKS)

- Foil
- Epee
- Sabre

## 5- Competition Organisation.

- Competition Format

## 6- Arm Band Evaluation:





## COACH GUIDE LESSON PLAN #1 EXAMPLE

PARTS/SKILLS	Content	Loads/Description
<p><b>Introductory</b></p> <p>General</p> <p>Specific</p> <p><b>Keep proper balance.</b></p>	<ul style="list-style-type: none"> <li>- <b>3 Labs around the Gym.</b></li> <li>- <b>Execute exercises from Warm up section.</b></li>   <li>- <b>Directed footwork:</b> <ul style="list-style-type: none"> <li>a- <b>Step forward, Step Back on commend.</b></li> <li>b- <b>Execute 8 slow lunges on commend.</b></li> <li>c- <b>Same as a but adding Lunge.</b></li> <li>d- <b>Game</b></li> </ul> </li> </ul>	<p style="text-align: center;"><b>6-10 min</b></p> <p style="text-align: center;"><b>10 -15 min</b></p> <p>Keep your body straight, Elbow inside, In a good low guard. Remind them to do slow. Etc.</p>
<p><b>Main Part</b></p> <p><b>Technique and point control</b></p> <p><b>Technique and attack timing</b></p>	<ol style="list-style-type: none"> <li>1- <b>F1: Short dist. in 6 pos, execute a few direct hits nonstop.</b> <b>F2: Stay in 6 Position.</b></li>   <li>2- <b>F1: Lunge dist. in 6 pos, extends arm and direct hit with Step Forward.</b> <b>F2: Stay in guard 6 Position,</b></li>   <li>3- <b>F1: Lunge dist. in 6 pos, extends slowly the arm and direct hit with Lunge.</b> <b>F2: Stay in guard 6 Position.</b></li>   <li>4- <b>F1: Lunge dist. in 6 pos, moves from 6 to low arm position.</b> <b>F2: Stay in guard 6 Position, tiptoes on place when F2 moves to low hand pos (8) extends slowly the arm and direct hit with Lunge.</b></li>   <li>5- <b>F1: Lunge dist. in 6 pos, moves forwards and backwards, with directions change, he moves to low arm position when he wants.</b> <b>F2: Stay in guard 6 Position, keep the distance when F1 moves to low hand pos (8) attack direct with Lunge.</b></li> </ol>	<p style="text-align: center;"><b>30 min</b></p> <p><b>3/4 repetitions each.</b> Stay in low guard pos. Relax your shoulder. Hold gently your foil.</p> <p>One execution each. <b>Repeat for 8-10</b> times. Shoulder should be relaxed.</p> <p>One each. <b>Repeat for 8=10 times.</b> Shoulder should be relaxed. Hand high, make a good stop in Lunge.</p> <p><b>6-8 each.</b> Shoulder should <b>be relaxed.</b> Hand high, make a good <b>stop in Lunge.</b> Look for a perfect technique. Body stays straight on the lunge.</p> <p>F1 make sure to stop when you want your partner attacks. The attacker should not look for speed.</p>

	<p><b>6- F1: Lunge dist. in 6 pos, moves forwards and backwards, with directions change, he moves to low arm position with step back when he wants. F2: Stay in guard 6 Position, keep the distance when F1 moves to low hand pos (8) attack direct with Step-Lunge.</b></p> <p><b>7- Game time</b></p>	<p>F1 make sure to give the signal slowly when you want your partner attack. The attacker should not look for speed and make sure to finish the step.</p>
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>- 2 relax Labs around the gym.</li> <li>- Stretching in a group and briefing at the same time.</li> </ul>	<p><b>5-8 min</b></p> <p>Just jogging and not running.</p> <p>Give general feedback regarding the session and mostly positive things.</p>

## LESSON EXAMPLE #1 SPECIFIC OBJECTIVES

### Specific Objectives:

- 1- Teach the simple direct Attack.
- 2- Work on point control movement.
- 3- Develop the student's balance.
- 4- Attack tempo.

### Key Instructional Points:

- 1- The point control should be executed with your fingers.
- 2- Take a good guard position to get better balance; the balance is a basic skill required for execution of any action.
- 3- Do not try to look for doing fast while you are working on the technique.
- 4- Do not take off your mask during the group drills; make sure to follow the coach instruction.
- 5- Take your time between the drill's execution.

That section will have illustrations for more informational feedback.

## **Official Development:**

A refereeing course was given last year, and we run an evaluation this year. We had only one candidate.

**Candidate: Hope Johnson. Weapon: Epee**

## **Fencing Promotion.**

### **a- Hors Quebec Show (TVA)**

We had a chance to participate in a TV show with the national **channel TVA**. The Shows name is "**Hors Quebec**" they talk about a French people leaving out of Quebec. So, they selected three French speaking fencers (Khloe L, Zacharia B and Xavier S) and two coaches (Zach Allard and me). It took them about three to days of filming here in Winnipeg. A lot of people French community saw it. It was a great exposure of our sport and fencers within the French school.

### **b-Sport Manitoba Article**

An excellent article made by Sport Manitoba regarding how fencing Manitoba adapt their activities with Covid-19 pandemic.

**"How Manitoba's Fencing Community Continues to Adjust to a Changing Environment".**

**c- Fencing on CTV SportStar: Our Provincial Coach was the start of the week.**

**d- Misha Sweet On CTV:** Another coverage of fencing on TV. And this was for the Olympic Games Qualifier Preparation.

## Fencing Challenges

When comparing the success Manitoba had in the past and now, we see that there is a significant difference in terms of results. We have declined in results and the main reasons are:

- **Athletes Level:** Most of the athletes who joined the provincial team do not have the expected level to perform after 2 years for fencing experience. The only ones who had results are those who trained a lot and competed nationally.
- **Clubs' organization:** The clubs need to open more programs and give advantage to those who compete. Training once a week will not give them the necessary level to compete regionally or nationally. The MFA can help these clubs if they are willing to open program that develop fencers to the competitive level.
- **Professional Development:** Our coaches need to focus more on their own professional development. They can go out of province to participate in coaching clinics or visit/observe the provincial team training sessions. Coaches can learn a lot by observing others working in different environments.
- **Full time coaches:** The MFA has to work towards having more professional coaches. Compared to other provinces, we are the only one who has only one full time coach. A province like Saskatchewan has at least three coaches working full time. I do not want to compare Manitoba to Quebec or BC or Ontario where the numbers pass 10 full-time high-level coaches as it is not easy to compete against them.
- **Provincial Team Staff:** Only in Manitoba is there just one Fencing Master working with three weapons and all categories and all levels. Performance is one of the MFA strength for almost two decades, and to keep that level and go further, the MFA has to make serious decisions on staffing. I know we are limited in the budget, but we need to find more solutions to use the budget effectively to increase staffing and capacity.
- **Membership:** Another extremely important point. Without more members it is hard to succeed at all levels in fencing. For more than a decade the MFA membership has not passed 200 members. We need to put the right strategies in place in term of presenting and promoting our sport to the general public. When it's do it in a certain way and we do not have success and we keep doing it, we have a problem. We do have very good coaches who are excellent in that area, we just have to use them properly and make a long-term project with them, perhaps even hire them in a part time position to increase membership.

- **Facility:** Training Conditions for the provincial team should correspond to the success of that province. Training in a specialised gym, will have a big impact on the development for our sport. Having a full-time training facility should be one of our top priorities.
- **Competition System:** With the absence of competitions at local, regional, and national levels, it has negatively affected the motivation and the enthusiasm of many of our athletes. We did our best to keep them motivated and happy during our training activities this year. For the future, we must now start thinking to prepare our competition calendar for the next season and review the competition system to accommodate certain weapons or categories characteristics to help the sport to develop.
- **Coaching Development:** The MFA has to develop more coach developers and evaluators. Right now, we only have one person who is at the same time a Provincial Coach, Technical Director, and a Coach Developer. Daria and Maia already started taking the first modules. We need to support and push them to finalize that course.

# PROVINCIAL TEAM/ P-COACH ONLINE ACTIYITIES

Some Pictures regarding our activities during this Pandemic.

Outside Training



Hors Quebec Show



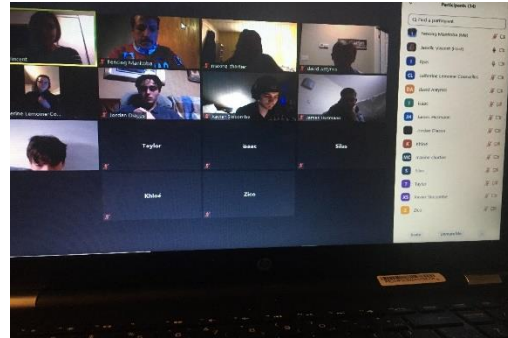
Training in the Gym



Online Training w PT



Nutrition Workshop

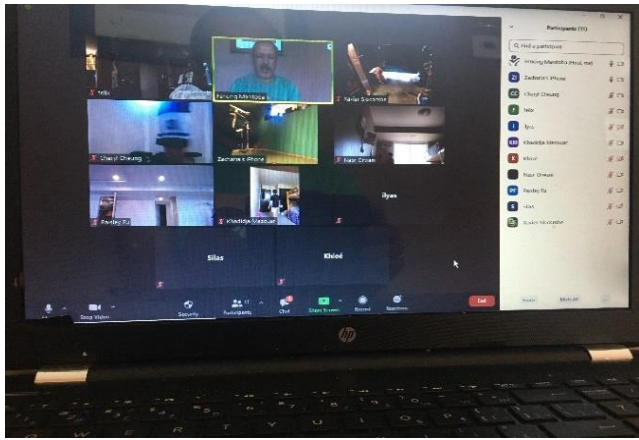


Strength Training

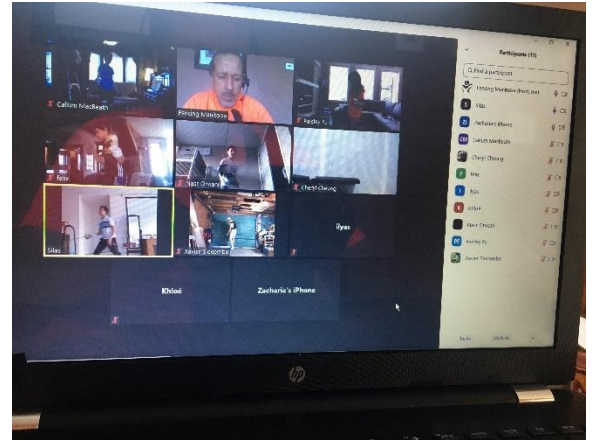


Canada Games Training

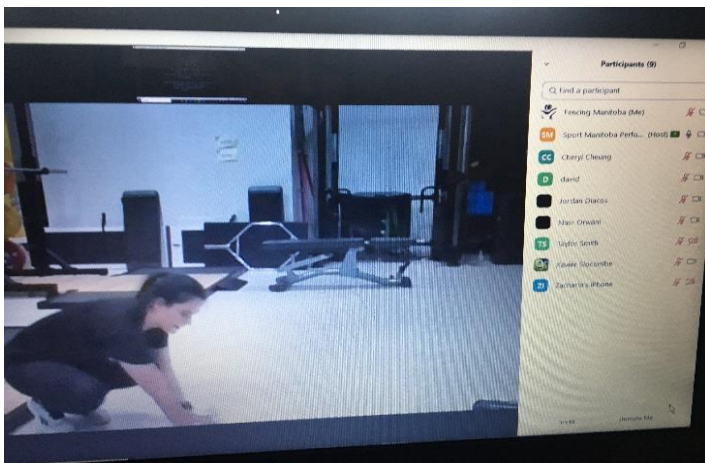




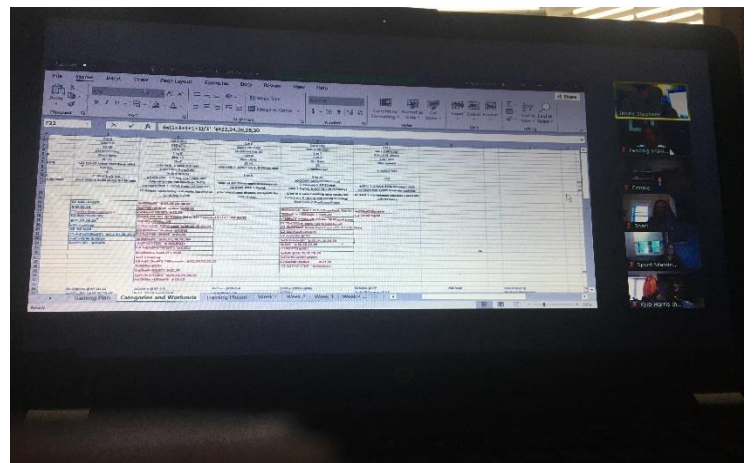
Provincial Team  
Online Group  
Session



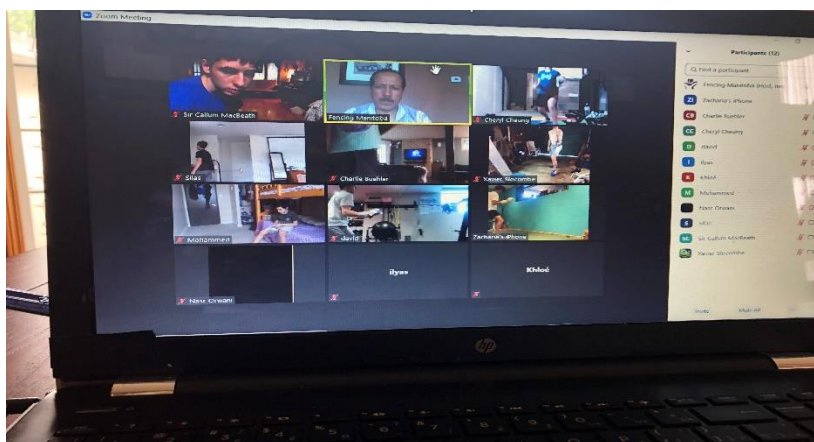
Provincial Team  
Target Training



Online Strength Training



High Performance Coaches Biweekly Chat



Provincial Team Online Training