

**PROVINCIAL COACH/TECHNICAL DIRECTOR  
ANNUAL REPORT 2022**



**A- Provincial Team Activities**

- 1- Provincial Team Members
- 2- Provincial Team Training
- 3- Canada Games Group Preparation
- 4- Performances
  - a- National Team
  - b- Canadian Nationals 2021
  - c- Regina U17 Pre-Canada Games Competition Results
  - d- Canadian Nationals 2022
- 5- Provincial Team Athletes Graduation

**B- Sport Development**

- a- Coaching Development
  - Coaching Evaluation
  - Mentorship
- b- Refereeing Development
  - Refereeing Course
  - Provincial Refereeing Evaluation
  - National Refereeing Evaluation
- c- Armourer Course
- d- Equipment
- e- Fencing/Provincial Team Promotion

## Provincial Team Activities:

- 1- **Provincial Team Members:** After Covid, we had a big concern to keep our numbers at the Provincial Team Program. At just the beginning of the season, we started getting back all our athletes, and we did not stop there, we had even increased our numbers to a level we never did it in the past. Right now, we have **about 42 athletes** on the provincial team. The most interesting thing is that we have **over 25 athletes 15 years old and under. These are incredible numbers.** We could not do that without a great job from two assistant coaches, Daria and Zach. Both deserve a big bravo for that success. With that important situation and with these numbers of young athletes and a very talented and hardworking group. We will put in place a strategy to make sure to direct them to the high level in the next 3-4 years of preparation. And the focus will be on their training process and competition preparation. **We are also pleased to report that the provincial team has a sizeable female representation, something that we will continue to improve on in years to come.**

Here are what the categories look like:

| Level/Weapon | Foil     |          | Epee     |          | Sabre    |           | Total/Prog |           | Age Category Average |
|--------------|----------|----------|----------|----------|----------|-----------|------------|-----------|----------------------|
|              | F        | M        | F        | M        | F        | M         | F          | M         |                      |
| HP           |          |          |          |          |          | 2         |            | 2         | 17                   |
| Intermediate | 2        | -        | 2        | 1        | 1        | 2         | 5          | 3         | 17                   |
| Youth HP     | 1        | 1        | -        | -        | -        | -         | 1          | 1         | 11                   |
| Squad        | 2        | 6        | 3        | 3        | 5        | 6         | 10         | 15        | 13                   |
| SP           |          | 1        | -        | -        | -        | 4         | -          | 5         | NA                   |
| <b>Total</b> | <b>5</b> | <b>8</b> | <b>5</b> | <b>4</b> | <b>6</b> | <b>13</b> | <b>16</b>  | <b>26</b> | <b>42</b>            |

## 2- Provincial Team Training:

With the opening after the Covid-19 pandemic, we came back to the normal training schedule, but with a separation of the Provincial Team into two groups. The training is going very well. Each group has a **1h 45 min** session and of course, it's scaffolded based on the program you registered for. With that volume, the athletes need to do individual training where they need to develop their physical skills like endurance, strength, and power that they need for the sport. The schedule looks like this:

| Days /Time | 7:00                | 9:00 | 4:30                                | 6:15 | 6:15             | 8:00 |
|------------|---------------------|------|-------------------------------------|------|------------------|------|
| Monday     |                     |      | Training Group 1                    |      | Training Group 2 |      |
| Tuesday    | Individual Training |      | Training Group 1                    |      | Training Group 2 |      |
| Wednesday  |                     |      | One group training from 4:30 – 7:00 |      |                  |      |
| Thursday   | Individual Training |      | Individual Training                 |      |                  |      |
| Friday     | Individual Training |      | Training Group 1                    |      | Training Group 2 |      |

### 3- Canada Games Preparation:

- a- Canada Games Group: We do have the following athletes training for trying to get their qualifications for the 2023 Canada Games. These athletes have participated in four selection competitions. MFA 3, Golden Boy, Pre-Canada Games in Regina, and Nationals in Toronto.

| Weapon | Men's Epee  | Women's Epee  | Men's Foil | Women's Foil |
|--------|-------------|---------------|------------|--------------|
|        | Silas T     | Cheryl C      | Kevin G    | Taylor S     |
|        | Isaac T     | Alice E       | Suryansh S | Paisley Y    |
|        | Mathias C   |               | Felix B    | Annabelle L  |
| Weapon | Men's Sabre | Women's Sabre | Benjamin B |              |
|        | Aidan P     | Kate M        |            |              |
|        | Callum M    | Khloe L       |            |              |
|        | Elyes I     | Meriem B      |            |              |
|        | Mohamed M   | Mai-Ahn       |            |              |

- b- Canada Games Training: As all the Canada Games groups are provincial Team Members, they train twice a week as squad members and some of them train 3 times. On top of that, they do have two extra sessions a month with the assistant coaches. And they participate in 6 training camps where they fence, do Strength Training with **Neal Prokop**, and do Mental Training with **Paige C**.
- c- Canada Games Coaches: Daria and Zach oversee the preparation of that group. The CG group lessons are centered around the following goals:
- assuring that every athlete receives an equal amount of opportunity in bout retroaction, technique, fencing fundamentals and refereeing support.
  - assuring that the group progresses as a unit, avoiding situations that would permit certain athletes to improve at a disproportionate rate. For example:
    - ensuring appropriate amount of private lessons, equal feedback, equal bouting time, etc
  - improving and focusing on fencing fundamentals.

- d. introducing competitive aspects to their training such as:
  - i. individualized warm-up and drills (transferable to competition environment)
  - ii. practice competition with poules, eliminations, etc.

#### 4- Performances:

**1- National Teams:** We had two Manitobans who succeeded to make their national teams.

##### Junior/Cadet Zonal Championship:

a- **Jordan Diacos:** Jordan was selected to represent Canada at the Zonal Pan American Championship in Lima Peru from March 19 to March 24, 2022. **He finished 9<sup>th</sup>** in the individual event and **Bronze Medal in the Team Event.**

b- **Zacharia Bounachada:**

- Zach was selected to represent Algeria at the African Zonal Championship in Lagos Nigeria from February 22 to February 29, 2022. **He finished 8<sup>th</sup>** in the individual event and **Silver Medal in the Team Event.**
- Also, Zach is selected to represent Algeria at the **Senior African Championship** from June 13 to June 20 in Casablanca Morocco. It will be a great experience as he will be fencing very strong athletes at the world's level.

##### Junior/Cadet World Championship:

a- **Jordan Diacos:** Jordan represented Canada at the Junior / Cadet World Championships in Dubai Arab Emirates where he is right now. The competition was from April 1 to April 6, 2022

#### 2- Canadian Nationals 2021: 6 top 16 and 4 top 32

| Sabre              | Foil                     | Epee                 |
|--------------------|--------------------------|----------------------|
| Jordan D SMS 9/56  | Noah M SMF 47/67         | Hope J SWE 36/66     |
| JMS 14/54          | JMF 31 <sup>st</sup> /55 | Cheryl C JWE 20/60   |
| Xavier S SMS 16/56 | <b>Sabre</b>             | CWE 20/40            |
| JMS 10/54          | Aidan P CMS 13/35        | Shahiban S SME 53/77 |
| Zach B SMS 19/56   |                          |                      |
| JMS 15/54          |                          |                      |

**3- Regina U17 Pre-Canada Games Competition Results:** At that event, we had 15 athletes participate in that regional competition.

| Sabre    |                 | Foil       |                  | Epee      |                 |
|----------|-----------------|------------|------------------|-----------|-----------------|
| Aidan P  | Gold            | Kevin G    | Gold             | Mathias C | Gold            |
| Khloe L  | Silver          | Suryansh S | Silver           | Silas T   | Silver          |
| Elyes I  | Bronze          | Taylor S   | Bronze           | Isaac T   | Bronze          |
| Kate M   | Bronze          | Paisley L  | 10 <sup>th</sup> | Alice E   | 7 <sup>th</sup> |
| Meriem B | 5 <sup>th</sup> |            |                  | Ella D    | 8 <sup>th</sup> |
| Mai-Ahn  | 9 <sup>th</sup> |            |                  |           |                 |

**4- Calgary Regional Results:**

| Sabre     |        |        | Foil         |                  |
|-----------|--------|--------|--------------|------------------|
| Khloe L:  | SMS    | Gold   |              |                  |
|           | CMS    | Silver | James H SMF  | 8 <sup>th</sup>  |
| Elyes I   | U15 MS | Gold   | Suryansh CMF | 11 <sup>th</sup> |
|           | CMS    | Bronze | Kevin G CMF  | 16 <sup>th</sup> |
| Mohamed A | U13 MS | Silver | U15          | 13 <sup>th</sup> |
| Kate M    | CWS    | Bronze |              |                  |

**5- Canadian Nationals 2022:** It was a great success at these nationals, Manitobans came back with the following performances: **One medal, one top 8, 8 top 16, and 8 top 32.** And it was a very good experience for all; our athletes had clear information about where they are and what they need to fix and what they need to improve.

| Sabre        |                          | Foil          |                          | Epee          |                          |
|--------------|--------------------------|---------------|--------------------------|---------------|--------------------------|
| Jordan D SMS | 15 <sup>th</sup> /45     | Noah M JMF    | 15 <sup>th</sup> /61     | Hope J SWE    | 20 <sup>th</sup> /59     |
|              | JMS 23 <sup>rd</sup> /46 | James H JMF   | 50 <sup>th</sup> /61     |               | JWE 27 <sup>th</sup> /65 |
| Xavier S SMS | 14 <sup>th</sup> /46     | Suryansh CMF  | 44 <sup>th</sup> /52     | Cheryl C JWE  | 28 <sup>th</sup> /65     |
|              | JMS 16 <sup>th</sup> /46 | Kevin G CMF   | 44 <sup>th</sup> /53     |               | CWE 29 <sup>th</sup> /69 |
| Zach B SMS   | 10 <sup>th</sup> /46     |               | U15 40 <sup>th</sup> /46 | Lein-A JWE    | 69 <sup>th</sup> /69     |
|              | JMS 8 <sup>th</sup> /46  | Taylor S CWF  | 38 <sup>th</sup> /48     | Mathias C CME | 64 <sup>th</sup> /88     |
| David A SMS  | 35 <sup>th</sup> /46     |               | U15 23 <sup>rd</sup> /46 | Silas T CME   | 68 <sup>th</sup> /88     |
|              | JMS 26 <sup>th</sup> /45 | Paisley L U13 | 12 <sup>th</sup> /28     |               |                          |
| Aidan P CMS  | 10 <sup>th</sup> /50     | <b>Sabre</b>  |                          |               |                          |
|              | U15 SILVER/39            | Khloe L CWS   | 13 <sup>th</sup> /34     | Kate M CWS    | 33 <sup>th</sup> /34     |
| Elyes I U15  | 28 <sup>th</sup> /39     | JWS           | 31 <sup>st</sup> /34     |               | JWS 29 <sup>th</sup> /34 |
|              | U13 9 <sup>th</sup> /46  |               |                          |               |                          |

## Long and short terms objectives

- **Turn 2 to 3 top 16 to top 8 at the national level.**
- **Looking for at least 3 medals nationally**
- **Turn 2-3 top 64 to top 32.**
- **Increase the participation of these nationals of the youth categories for all weapons.**
- The provincial team has accepted a large number of athletes. This is a good thing for the provincial program. Different athletes arrive at the program at very different levels of ability. We need to develop a standardization of ability for the squad athletes that guarantees a strong foundational fencing ability. This should be designed to encourage young athletes at the club level to succeed and provide a clear path to the provincial team. At the moment, many athletes join throughout the season at different points in their development.
- We need representation at local events from all clubs. Many events are dominated by single clubs, and this lack of representation devalues these local competitions. A healthy balance of new opponents, styles, and abilities is necessary to keep local events engaging and interesting for club athletes to want to participate.
- With the restrictions becoming more relaxed, it is important that the MFA finalize next year's competition schedule as soon as possible. Many events were only advertised days or weeks ahead of time. The event schedule needs to be clear in order to guarantee maximum participation across all weapons.

**6- Provincial Team Athletes Graduation:** I have to congratulate the following athletes for their graduation and wish them success in their studies and fencing as they are willing to keep training towards their dreams.

- David Antymis, Jordan Diacos, Hope Johnson, Zacharia Bounachada and Xavier Slocombe
- And also, I have to highlight that Jordan Diacos got a fencing Scholarship at Wisconsin University.

## B- Sport Development: It's one of the best years in terms of development.

### a- Coaching Development:

- **Coaching Evaluation:** The evaluation was done by the Coach Evaluator **Ildemaro Sanchez**. The evaluation was based on video and was filmed at the Sport Manitoba facility. We sent the 18 videos to Ildemaro. All these coaches passed their Instructor Beginner Level.

### Candidates:

| Candidates       | Weapon | Club                   | Status             |
|------------------|--------|------------------------|--------------------|
| James Hussmann   | Foil   | Cavalier Fencing Club  | <b>PASS</b>        |
| Jordan Diacos    | Sabre  | Lightning Fencing Club | <b>In Progress</b> |
| Haden Laudin     | Foil   | Cavalier Fencing Club  | <b>PASS</b>        |
| Noah Merz Lakser | Foil   | Lightning Fencing      | <b>PASS</b>        |
| Sean Rathwell    | Sabre  | Independent            | <b>PASS</b>        |
| Xavier Slocombe  | Sabre  | Rapier Fencing Club    | <b>PASS</b>        |

- **Mentorship:** At the provincial Team Training, we do have three assistant coaches working with me. Daria J, Zach A and Noah Merz. These coaches are working under my supervision, they are having feedback on a regular basis. They are doing really a great job with the PT. Extremely happy with their work.

### b- Official Development:

It's our ongoing challenge, even though we are running every season clinic and evaluation sessions and we still have problems organizing our local tournaments. That because of different reasons behind it:

- Several good referees moved to a different province or outside the country; just an example, in the last 6 years we lost 4 national referees. Plus, we are losing another two provincial referees who got their certification this season and both are leaving for Ontario and USA for University.
- A few others just could be around to come ref because of the work commitment or University.
- Others are either coaches or athletes. Many local competitions required coaches to referee the events, at the expense of time that could have been spent coaching club athletes. This is a situation that needs to change, as coaches are necessary for the development of young athletes.

We already raised that concern at the board level, and they decided to put a committee to review the scale of the honorarium and put a strategy of development and competition

organization. At the current pay scale, many officials are averaging 10\$/h or less, based on the time commitment necessary to be part of a day-long competition.

**1- Provincial Refereeing Course:** This season saw 1 refereeing course, with a modest number of candidates. 5 people undertook the course, all of whom were professionalized in sabre refereeing.

**2- Provincial Refereeing Evaluation:**

- **December 2021 Evaluation:** That evaluation was for those who could have a chance to take it after a course they took on Zoom last year.

The two candidates were:

| Candidates    | Weapon | Club                   | Status |
|---------------|--------|------------------------|--------|
| Hope Johnson  | Epee   | Lightning Fencing Club | PASS   |
| Jordan Diacos | Sabre  | Lightning Fencing Club | PASS   |

**April 2022 Evaluation:**

On April 30, 2022, at our Provincials, we had 5 candidates who took their refereeing evaluation and all of them challenged only Sabre.

David Anthemis LFC, Elyes Iddir RFC, Mohamed Mezouar RFC, Kate Melvin RFC, and Sasha Solomon LFC. 3 candidates were excellent, and two others did not finalize it.

| Candidates      | Weapon | Club                   | Status      |
|-----------------|--------|------------------------|-------------|
| Sasha Morton    | Sabre  | Lightning Fencing Club | PASS        |
| David Antymis   | Sabre  | Lightning Fencing Club | PASS        |
| Elyes Idir      | Sabre  | Rapier Fencing Club    | PASS        |
| Kate Melvin     | Sabre  | Rapier Fencing Club    | In Progress |
| Mohamed Mezouar | Sabre  | Rapier Fencing Club    | In Progress |

**3- National Refereeing Evaluation:** Two candidates went to Toronto to challenge for the National Refereeing Level. This is the greatest news that both candidates succeeded in their National Exam.

| Candidates       | Weapon          | Club                   | Status |
|------------------|-----------------|------------------------|--------|
| Noah Merz Lakser | Foil/Epee       | Lightning Fencing Club | PASS   |
| Sean Rathwell    | Sabre/Epee/Foil | Independent            | PASS   |

Now, we have to work to prepare more candidates for the next evaluation.

**BRAVO TO ALL OUR OFFICIALS AND COACHES FOR THEIR SUCCESS!!**



**C- Armourer Workshop:** As it's such an important job for our competition's organization, we succeeded to convince four great candidates to take it. The candidates will go over all the curriculum requirements and will get a final evaluation toward their certification.

Course Conductor: **Robert Hornford** - A Certified National Armourer

| Candidates       | Club                   | Status      | Evaluation |
|------------------|------------------------|-------------|------------|
| Anthony Densmore | Lightning Fencing Club | In Training | TBD        |
| Neal Smith       | Cavalier Fencing Club  | In Training | TBD        |
| Noah Merz Lakser | Lightning Fencing Club | In Training | TBD        |
| Zach Allard      | Rapier Fencing Club    | In Training | TBD        |

**4- Wheelchair Program:** Coordinated the Manitoba Wheelchair Sports Association, we run a 10-week wheelchair program. We had 6 athletes participated in the program. To run it, the MFA purchased a Portable chair and fencing equipment. The first 10 sessions were in Sabre. The classes went very well, and we had at least 3 athletes who showed a desire to learn other weapons and even thought to compete nationally.

**Fencing Promotion:** Two Activities were organized for beginners to promote the sport and the provincial team programs.

1- **Beginner Camp:** On March 29, a camp was organized day at sport Manitoba, and we got around **14 kids to participate**. Our beginner coaches were the ones who took charge. it, and it went well.

Head Coach: Daria Jorquera Palmer.

Coaches:

- Noah Merz Lakser LFC
- Zacharia Bounachada RFC
- Xavier Slocombe RFC

3- **Girls Multisport:** In coordination with Sport Manitoba, we succeeded to include fencing in that great event just for girls. The activity was run by Anna Muzeleva from RFC and Noah Merz from LFC. There were approximately **80 girls** who tried fencing on March 18.

4- **Fun Laser Activity:** Besides training, our fencers had an opportunity to attend a laser Tag activity that was organized for all the provincial Teams only. The athletes got food and gifts and it was opportunity for them to have fun and play with each other.

## Challenges and recommendations.

### Development:

- a- Increasing the MFA memberships and trying to bring it to over 250 fencers in the next two years.
- b- Increasing the number of our officials and especially referees.
- c- Developing more Epee coaches.
- d- Promoting our tournaments to get fencers from outside the province.
- e- Targeting more kids under 12 age categories in our school program demonstrations.
- f- Organising at least one regional tournament in Winnipeg with coordination with Alberta and Saskatchewan.
- g- Increase the local competition number for youth categories.
- h- Organising our own summer camps **for beginners**. It's easy to organize them at our actual facility.

### Provincial Team:

- a- Increase the High-Performance athletes from the results based.
- b- Start the individual training starting from the squad program.
- c- Force the HP and Intermediate athletes to respect the training requirements regarding either present at the club or the provincial team.
- d- Look to reorganize our training programs to get more control over what our fencers are doing during bouts.
- e- Develop a habit that our fencers participate in camps out of the province.
- f- As we do have big groups of athletes under 15 years old, we have to build awareness to compete outside the provinces at the early development stage.
- g- Open the intermediate and HP programs for those who want to challenge the regional and national levels.

### Facility/Equipment:

- a- The MFA is working to make the flex at Qualico Center a permanent training center for fencing.
- b- We have purchased two benches for our scoring machines setup.
- c- Stop the volleyballs coming to our area. We already raised the issue a couple of times.

- d- The provincial Team members need a uniform like any team. We went to Regina for the pre-Canada Games Competition, Calgary Provincials, and nationals in Toronto, we were the only group with a multicolor tracksuit.
- e- Planning to draw a complete line on the floor to make a real strip.