

PROVINCIAL COACH/TECHNICAL DIRECTOR

ANNUAL REPORT 2023

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A- 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** at the provincial team level, with over **25 athletes 15 years old and under**. These are excellent numbers. The addition of younger athletes is an important step to securing our sport's future. We could not do that without the great job from my two assistant coaches Daria and Zach. Both deserve a big bravo for that success. We will put in place a strategy to make sure to direct them to the higher competitive levels in the next 3-4 years of preparation. The focus will be on retention, training process and competition preparation.

Here are the categories: Official List 2023

Level/Weapon	Foil		Epee		Sabre		Total/Prog		Age Category Average
	F	M	E	M	F	M	F	M	
HP			1			2	1	2	17
Intermediate	1	2	-	1	1	3	2	6	17
Youth HP	0	2	-	-	-	-		2	11
Squad	1	7	3	3	5	8	9	18	15
SP		2	-	-	1	2	1	4	NA
Out of PROV						1		1	
Total	2	12	4	4	7	16	13	34	47

2- Provincial Team Training:

With the opening after the Covid-19 pandemic, we came back to normal training schedule, but with a separation of the Provincial Team into two groups. In general, the training is going very well. Each group has a **1:30 minutes** a session and of course it's repetitive based on the program you registered for. Now we must increase the training volume to at least 2 hours. And on the top of that, the athletes need to do individual training where they need to develop their physical skills like endurance, strength, and power that the need for the sport. The schedule looks like:

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

3- Canada Winter Games.

a- Qualification:

Canada Games Group: We had the following athletes trained for trying to get their qualification for the 2023 Canada Games. These athletes have participated in four selection competitions. MFA 3, Golden Boy, Pre-Canada Games in Regina, Nationals in Toronto, Regina Open, Alberta Cup 1, Canada Cup 1 and Alberta Cup 2.

Weapon	Men's Epee	Women's Epee	Men's Foil	Women's Foil	Men's Sabre	Women's Sabre
	Silas T	Cheryl C	Kevin G	Taylor S	Aidan P	Kate M
	Isaac T	Alice V	Suryansh S	Paisley Y	Callum M	Khloe L
	Mathias C	Taylor S	Felix B	Annabelle L	Elyes I	Meriem B
		Ella D	Ronan W		Mohamed M	Elly H
		Lien H			William B	Mai-Ahn H

After attending all these competitions and looking other requirements, we had the following athletes making the CWG selection:

Fencing Team Manitoba

Weapon	Athletes	Club	Club Coach
Men's Epee	Matias C	Cavalier Fencing Club	Robert H
Women's Epee	Cheryl C	Lightning Fencing Club	Daria Jorquera Palmer
Men's Sabre	Ilyes I	Rapier Fencing Club	Zacharie Allard
Women's Sabre	Khloe Lessard	Rapier Fencing Club	Zacharie Allard
Men's Foil	Surya S	Rapier Fencing Club	Anna Muzeleva
Women's Foil	Taylor Smith	Cavalier Fencing Club	Misha Sweet

b- **Canada Winter Games Training:** As all the Canada Games group are provincial Team Members, they train twice a week as a squad member and some of them have an additional training session per week at the provincial level. Further, all these athletes are required to train at the club level. On the top of that, they have two extra sessions a month with the assistant coaches. Lastly, these athletes participated in 6 training camps where they got fencing training, Strength Training with **Jeff W** and Mental Training with **Paige C**.

c- **Canada Winter Games Staff:**

Daria Jorquera Palmer: **Coach**

Ayach Bounachada: **Manager**

4- Performances: It was an exceptional season regarding the participation of our athletes at different competitions in different levels and different categories. Our athletes were present in almost all regional competitions (Alberta Cup 1, 2, 3 and provincials), Nationals (Canada Cup 1, 2 and Canadian Nationals), North American Cup in the US, Zonal Championship and World Championship. And the results were outstanding. Comparing our results with other provinces, we are overperforming considering others' training conditions, membership, resources, number of coaches, clubs, officials etc.

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

Junior/Cadet Zonal Championship/Junior World Championship.

a- **Jordan Diacos:** Jordan qualified to represent Canada at the Zonal Pan American Championship in Bogota Columbia from February 28 to March 7, 2023. **He finished 24th at the individual event and 4th in Team event.**

b- **Zacharia Bounachada:** Zach qualified to represent Algeria at the Junior World Championship in Plovdiv Bulgaria from April 1st to April 4, 2023. **He finished 105th / 170 at the individual.**

2- Regional Tournaments Performances: This season, we had a good number of the provincial team were participating on regular basis to these regional tournaments. The tournaments were strong and had a lot of participants from the provinces of the west and even from Ontario. Further, our participation at these regional tournaments serve to revive interprovincial relationships. Ideally, after a strong showing by our athletes, other provinces' athletes will be more willing to travel to Manitoba to support and develop our younger athletes.

a- Alberta Cup 1: 4 Bronzes -

Sabre	Foil	Epee
William B: U15: Bronze U17: 9 th	Taylor S: U17- Bronze U15- Bronze	Alice E: U17: 15 th U20: 12 th
Jasper F: U13: Bronze U15: 8	Sury S: U17: 11 th Ronan S: U17; 20 th	
Elyes I: U15: 5 th U17: 6 th	U20: 17 th	

b- **Alberta Cup 2:** We had about 17 athletes participated at this regional tournament. We got a total of **12 medals (5 Golds + 5 Silvers + 2 Bronzes)** Plus **10 athletes in the top 8** which could be turned to medals.

(5 Golds – 5 Silvers – 2 Bronzes – 9 top 8.)

Sabre	Foil	Epee
William B U15: SILVER U17: SILVER	Felix B U13: SILVER U15: 8 th	Mathias C - U15: GOLD U17; SILVER
Elly H U15: GOLD U15 M: GOLD U17: 7 th	Benjamin B U13: 7 th U15: 15 th	Alice E: U17:15 th U20: 12 th
Jasper F U13: GOLD U15: 8 th	Kevin G U15: 11 th U17: 16 th	Silas T U17: 6 th U20: 6 th
Mai-Ahn U17; 6 th	Ronan W U17: 20 th U20: 17 th	
Ryss J U15: BRONZE U17: 5 th	Surya S U17: 17 th Raph V U13: 5 th	
Aidan P: U17; SILVER U20: SILVER U15: GOLD	U15: 15 th Dashiel S U5: 14 th	

c- Alberta Cup 3: (2 Golds – 4 Silvers – 8 Bronzes)

Sabre	Foil	Epee
JWS Meriem B Bronze	CMF Kevin G 6 th	JME Silas H 8 th
Elly H 5 th	Ronan W 16 th	JWE Alice E 11 th
CMS Ilyes I SILVER	U15MF Kevin G 7 th	Lien H 12 th

William BRONZE	Felix B 10th	CME Silas H 5th
CWS Meriem BRONZE	Benjamin B 14th	Ronan w 12th
EllyH BRONZE	Jacob K 17th	CWE Alice E 10th
U15WS Agnes B SILVER	Raph V 20th	
U15MS Ilyes I SILVER	U13 MF Felix B GOLD	
Jasper F BRONZE	Benjamin B 6th	JMF Kevin G 13th
William B BRONZE	Jacob K 8th	
Agnes B 7th	Raph V 13th	
CWS Meriem B BRONZE	U13WS Agnes B SILVER	
Elly H BRONZE	U13 MS Jasper F GOLD	
Mai – Ahn H 5th	Agnes B 6th	
	Bronwyn E 7th	

d- Alberta Provincials Participation: We had 6 athletes participated at this regional tournament. We got a total of 6 medals (2 Golds + 2 Silvers + 2 Bronzes)

Sabre	Foil	Epee
William B U17: Gold	Felix B U13: Silver	Alice E: U17:8th
U115: 5th	U15: 13th	U20: 10th
Agnes B U15: 8th	Taylor S: U15 13th	
U13MS: Bronze	U17: 12th	
U13WS: Gold	Annabelle N U13: Bronze	
Enns B: U13WS: Silver	U15? 16th	

e- National Competitions:

1- Canada Winter Games: PIE Feb 2023

six Athletes participated and as usual, every time Manitoba brings medals; It was an outstanding result from our team.

Individual/TEAM:

Sabre	Foil	Epee
Khloe L : SILVER	Taylor S : 6 th	Cheryl C : SILVER
Elyes I : 6 th	Surya S : 6 th	Matias C: BRONZE
TEAM	6 th	

2- Canadian Nationals 2023:

It was a great success at these nationals, Manitobans came back with the following performances: **Three in the top 8, 6 top 16 and 10 top 32. I can say we missed three medals.** It was a very good experience for all; our athletes had clear feedback as to where they are currently, and what tools and skills they will need to go further. Nationals also served as a first large-scale competition for our younger athletes, permitting them to gain a lot of experience and prepared them for the next season.

- 1- The great performance of our youth fencers; this shows the bright future of our fencing at the national level.
- 2- Xavier, one of our HP athletes was sidelined for half a year due to severe injuries. He made an excellent recovery and has regained all his prior abilities. We are looking forward to seeing what Xavier's competitive season will look like next year.
- 3- I wanted to mention that two high performance athletes (Jordan and Zach) could not make it to Montreal for school and international events reasons.
- 4- Also, to mention that Cheryl is getting to the top fencers in the country at the Junior level. She lost to the bronze medalist at the last Junior Worlds where she was very close. Too bad she missed her cadet category due to flight issues.

Sabre	Foil	Epee
Xavier S SMS 15 th /53	Noah M JMF 39 th /56	Cheryl CWE 39 th /49
JMS 20 th /54	Felix B U13MF 8 th /27	SWE 21 th /68
Sasha M SMS 35 th /53	Simon C U13MF 26 th /27	JWE 14 th /68
JMS 34 th /54		Silas T SME 93 th /102

Jasper F U13MS 14 th /18		CME 71st/100
Agnes B U13 WS 8 th /16		Mathias C CME 64 th /88
William B CMS 44 th /56		U15 20 th /62
U15 25 th /45		U17 60 th /100
Aidan P CMS 24 th /56	Sabre	
U15 10 th /45	Khloe L CWS 10 th /31	
U20 23 rd /54	Camilla T: 21 st /27	
Elyes I U17 20 th /56	JWS 12 th /25	
U15 8 th /45	Meriem K CWS 20/31	

3- Canada Cup 1 and 2:

a- Canada Cup 1: Vancouver, BC

11 Manitobans got a chance to participate again at the Canada Cup 1 in Vancouver. The results were great. **3** athletes in the **top 8**, **4** in the **top 16**, **4** in the **top 32** and **4** in the **top 64**.

Sabre	Foil	Epee
Khloe L: U17: 6 th / 26 WS: 21 st /31	Misha Sweet: SMF: 7 th /70	Isaac T: top 64
Zacharia B SMS: 13 th /44	Kevin G: CMF: Top 64	
JMS: 5 th / 52	Surya S: CMF: Top 64	
Aidan Pang CMS: 12 th / 37	Taylor S CWF: Top 64	
JMS: 24 th /44		
Diacos J: JMS: 15 th /44 SMS: 13 th /41		
David A JMS; 30 th /44 SMS: 30 th /40		

b- Canada Cup 2: Kingston, Ontario

Manitobans got a chance to participate again at the Canada Cup 2 in Kingston. The results were great. **1** athlete in the **top 8**, **3** in the **top 16**, **3** in the **top 32** and **1** in the **top 64**.

Sabre	Foil	Epee
Khloe L: U17: 8 th	Taylor S : 39 th /41	Cheryl C : U17 12 th /40
	Kevin G: 43 th /51	U20 15 th / 50
Sasha M U20: 13 th /49	Surya S : 47 th /51	

4- North American Cup:

a- North American Cup2. Div 1. Minneapolis MN.

Zach Bounachada: 30th/202 Fencers

Jordan D: 170th /202

Cheryl C: Top 103/ ?

Khloe L: Top 128

b- North American Cup1. Louisville KY January 6-9, 23

Jordan D: Junior Men's Sabre: It was a great performance from Jordan at this north American Circuit. 22nd /206 athletes

Senior Men's Sabre: 146 / 216 athletes.

5- Junior World Cup Dormagen Germany:

Zach Bounachada: 51st/196 Fencers

Jordan D: 131st /196 Fencers

Long and short terms objectives

- Turn some of the top 8 at the national competitions to medals.
- Looking for top 16 at the North Americans Cup
- Turn 3-4 top 64 to top 32 nationally.
- Providing a supportive and clear path for our young athletes to transition to high performance fencers. This includes volume of training, national/international level events and
- Building the 2027 Canada Winter Games Teams with a particular focus on strengthening the women's and men's epee team members.

B- Sport Development:

a- Coaching Development: Unfortunately, we could not run the coaching course as we did not have enough participants. We will for sure try to promote it again and try to have more coaches. Further, we will seek to assure that these new coaches are offered opportunities through our programs to integrate themselves in the coaching community.

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 being offered feedback on a regular basis. They are doing really a great job with the PT. Extremely happy with their work. And soon, on the top of running group sessions, they will be running more individual training (**one-on-one sessions**). Which will increase our athletes' technical and tactical skills.

c- Official Development: This is an ongoing challenge. Even though we are offering official development seasonally and forming new officials yearly, we still have problems organising our local tournaments. There are several key reasons as to why our local tournaments continue to be a challenge:

- Some officials could not commit to the tournaments because of work and academic commitments.
- Our more experienced local officials are often coaching as well. They prioritize their coaching responsibilities and are often unable to officiate the tournaments. Unfortunately, due to the officiating challenges, these coaches have often needed to suspend their coaching responsibilities to help the MFA with officiating, leaving parents and younger athletes to navigate the competitions themselves. This reflects poorly on both the clubs as well as the MFA.

We once again succeeded to run a refereeing course and an evaluation at our last provincials. The four candidates did a great job at our provincials, and they participated in the competition successfully.

1- Provincial Refereeing Course/Evaluation: 4 candidates took the course.

- **Lien H** **Epee-Foil**
- **Isaac Turcotte** **Epee-Foil**
- **Surya Sarma** **Foil-Epee**
- **Taylor Smith** **Foil-Epee**

Candidates	Club	Weapon	Results
Isaac Turcotte	LFC	E-F	PASS in both
Lien Huynh	LFC	E-F	Pass In Epee In training Foil
Surya Sharma	RFC	F-E	Pass in Both
Taylor Smith	CFC	F-E	PASS in Both

2- Refereeing at National Competition:

At the national level, two of our referees who are officiating at all national competitions. Also, we have another provincial referee who was added to the national list. This will boost our provincial level to a high level.

Noah Merz-Lakser : National Referee in Foil/Epee

Sean Rathwell: National Referee in Foil/Sabre/Epee

Sasha Morton-Salmon: Evaluated in Sabre.

3- Provincial Armourer Clinic:

MFA organised an armoury workshop to develop Provincial Armourers who will be capable to run our local tournaments. And already, these armourers started running our tournaments and they are doing really good job.

Darrell Smith	Scott Wood	Noah Merz Lakser
Isaac Turcotte	Ilyas Idir	Ben Ennis
Neal Smith	Ben Ennis	Paulo Borges

Course Conductor and evaluator: **Robert Hornford** - A Certified National Armourer.

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 and foil coaches.
- d- Promoting our tournaments to get fencers from outside the province.
- e- Targeting more the Under 12 age category in our school program demonstrations.
- f- Organising at least one regional tournament in Winnipeg in coordination with Alberta and Saskatchewan.
- g- Increase the local competitions number for youth categories and creating new categories separated by level and fencing experiences.
- h- Organising our own summer camps **for beginners**. Its easy to organise them at our actual facility.

Provincial Team:

- a- Increase the High-Performance athletes from the results based.
- b- Start the individual training and increase the lessons numbers at the squad level to boost their level.
- c- With that big number of the PT we need at least another half time coach with me. The sabre and foil group now are big, and these athletes deserve better quality training.

Facility:

- a- The MFA is working to find a solution for our eternal facility problem. The restrictions with our facilities in both size and availability severely impact our efficiency with training. Because we are using a shared space, we must make many concessions with our training regime such as:
 - a. no engage, end lines, or strips.
 - b. equipment needs to be constantly rearranged and moved in and out of storage, which accelerates the wear and tear and costs a lot to repair.
 - c. Athletes do not have proper space and time to warm up as the space is usually entirely occupied by electric equipment.
 - d. As the athletes are separated by weapon in isolated time slots, the opportunity to create strong team bonds is very limited.