

## PROVINCIAL COACH/TECHNICAL DIRECTOR

### ANNUAL REPORT 2024

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## A- Provincial Team Activities:

### 1- Provincial Team Members:

Right now, we have **about 50 athletes** in the provincial team, and the biggest group is the squad category. we have **over 25 athletes 15 years old and under**. That's incredible numbers. We could not do that without the great job from the club coaches and the assistant coaches Daria, Noah, and Zach. We will be looking to have the same numbers next season. It's not possible to go over than as far as our training facility is still small.

Here are how the categories look like: Official List 2024

Level/Weapon	Foil		Epee		Sabre		Total/Prog		Age Category Average
	F	M	E	M	F	M	F	M	
HP			1	1		2	1	3	16
Intermediate	1	2	-	-	2	2	3	4	17
Youth HP	1	5	-	-	1	1	2	6	12,5
Squad	2	9	3	3	5	10	10	21	15
SP		2	-	-	1	1	1	3	NA
Out of PROV						1		1	NA
Total	2	12	4	4	7	16	17	38	55

### 2- Provincial Team Training:

The Provincial Team train at Sport Manitoba. We do have different locations; we are either at the Side flex or Flex 3 or one of the big courts. In general, the training is going well but not ideal. We wished with the numbers we have to train in a big gym where we can fit all our athletes. But unfortunately, its not in our control. The MFA is working hard to find a full-time facility. Hope by 2025 we will be capable to train in our own gym. For next season, we will be planning to divide our groups into two levels where they will train at different time and this to help our athletes to get advantage of the space and time as well.

Our schedule might look as follow:

**Next Season Schedule:**

Days	Time				
	7:00	9:00	4:30	6:30/7:00	8:30
Monday			Foil- Group1(Squad beginner) Foil-Group 2(Squad advance-YHP) Epee- Group1(YHP-Int-Advance Squad)		
Tuesday	Individual Training		Group1- Sabre Foil/Epee – HP-YHP-Int	Group2 – Sabre HP/YHP/Int	
Wednesday	Individual Training		Individual training + Free Fencing (All Weapons-HP/YHP/Int		
Thursday	Individual Training		Strength Training Individual Training		
Friday			Sabre - Group1 (Squad) Foil/Epee: HP-YHP-Int	Sabre-Group2 HP-YHP-Int-Advance Squad	

**3- Coaching Staff: Our coaching staff is as follow:**

- **Epee: Daria JP. Squad/Intermediate/ HP Epee**
- **Foil: Noah M. Squad/Youth HP**
- **Sabre: Zach A. Squad/YHP/Inter.**

Starting from next season, as we will be dividing our groups in smaller groups based on the level. We will be hiring two more sabre coaches who will be working with Squad Beginner and Squad Advance.

- Squad Beginners will be working with Xavier S
- Squad Advance will be working with Zico B.

**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 the regional competitions (Alberta Cup 1, 2, 3,4, Alberta provincials, Quebec Regional, Ontario regional, Nationals (Canada Cup 1, 2 and Canadian Nationals) and North American Cup in the US, Zonal Championship and World Championship. And the results were excellent at all categories.

a- **National Teams:** We had one Manitoban who succeeded to make a national team.

**Junior/Cadet Zonal Championship/Junior World Championship.**

- 1- **Zacharia Bounachada:** Zach got qualified to represent Algeria at the Junior World Championship in Plovdiv Bulgaria from April 18<sup>th</sup>, 2024. **He finished 93<sup>rd</sup>/ 156 at the individual.**
- 2- **Zacharia Bounachada:** Also, participated to the Senior Zonal Championship for the Olympic Qualifier and **he finished 2<sup>nd</sup>** at the tournament. He was very close to make it. He has a lot of years in front of him if he wants to keep trying to achieve his dream.
- 3- **Junior World Cup:** Boston US.  
 Jordan D: **31<sup>st</sup> /82**  
 Zach B: **67<sup>th</sup> /82**

b- **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 other provinces from the west and east. Our athletes from their participation to all these regional competitions succeeded to bring home **59 Medals with 15 GOLDS, 12 SILVERS and 31 BRONZES).**

**A big bravo to all athletes!**

1- **Alberta Cup 1:** 11 medals (1 Gold, 3 Silvers and 7 Bronzes)

Sabre	Foil	Epee
William B: U17 : <b>Bronze</b> U20: <b>Silver</b>	Taylor S : U17- <b>Bronze</b> U15- <b>Bronze</b>	Alice E: U17: <b>Bronze</b>
Agnes B: U13: <b>Silver</b> U15 <b>Bronze</b>	Benjamin B : U15 <b>Gold:</b> U17 <b>Bronze</b>	
	Jacob K: U15; <b>5<sup>th</sup></b>	
	Sebastien B <b>8<sup>th</sup></b>	
	Kevin G Senior: <b>Bronze</b> U20: <b>Silver</b> U17: <b>Bronze</b>	

2- **Alberta Cup 2:** We had about 17 athletes participated at this regional tournament. We got a total of **18 medals (4 Golds + 3 Silvers + 11 Bronzes)** Plus **16 athletes in the top 8 which could be turned to medals.**

**(4 Golds – 3 Silvers – 11 Bronzes – 16 top 8.)**

Sabre	Foil	Epee
William B U17: 5 <sup>th</sup>	Felix B U13: BRONZE U15: 7 <sup>th</sup>	Mathias C - U17: BRONZE U20/Open; 6 <sup>th</sup>
U20: BRONZE Open: 6 <sup>th</sup>	Ronan M: U20: 8 <sup>th</sup>	Alice E: U20:7 <sup>th</sup>
Elly H U17: BORNZE U20: 6 <sup>th</sup>	Surya S U20: 10 <sup>th</sup> Ronan M: U20: 8 <sup>th</sup>	
Agnes B: U13 GOLD U15 BRONZE	Dashiel K U15: 10 <sup>th</sup>	Cheryl C U20: GOLD Senior: SILVER
Jasper F U15: BRONZE	Simon E U13: 8 <sup>th</sup> U15: 9 <sup>th</sup>	
Meriem B U20: BRONZE Senior: 6 <sup>th</sup>	Raph V U13: 7 <sup>th</sup> Kayan O U10: 6 <sup>th</sup>	
Khloe L: Senior: SILVER U20; BRONZE	Annabelle N: U13: GOLD	
Andy S: U15: 5 <sup>th</sup> Bronwyn E U15: BRONZE	Taylor S Senior: BRONZE U20: 5 <sup>th</sup>	
Marie-Anne Senior: BRONZE	Sabre	
Aidan P: U17; GOLD Senior: 6 <sup>th</sup>	Ouweiss D: U17: 6 <sup>th</sup>	
Elyes I U17: SILVER Senior: 7 <sup>th</sup>		

3- **Alberta Cup 3: 5 athletes (1 Gold – 2 Silvers – 2 Bronzes)**

Sabre	Foil	Epee
Andy S: U15: SILVER U17: 8 <sup>th</sup>	Noah M Senior: BRONZE USenior: GOLD	Alice E: U17: 10 <sup>th</sup>
Bronwyn E U15: BRONZE	Kevin G U20: SILVER Senior: 6 <sup>th</sup>	

**4- Alberta Cup 4:** We had 11 athletes participated at this regional tournament. We got a total of 13 medals (5 Golds + 2 Silvers + 6 Bronzes) and 4 top 8.

Sabre	Foil	Foil
Agnes B u13: GOLD	Felix B U15: SILVER	Sury S: U20: 6 <sup>th</sup>
U15: GOLD	U13: GOLD	Taylor S U20: BRONZE
U13M: GOLD	Jacob K: U13: 5 <sup>th</sup>	Senior: BRONZE
Nate M U15M: BRONZE	Dash K U15: 6 <sup>th</sup>	Annabelle N U13: BRONZE
William B U20: SILVER	Sabre	
U17: BRONZE	Andy S U20: BRONZE	
	U15M: GOLD	
	Sean h U20: 5 <sup>th</sup>	

**5- Alberta Championships:** We had 5 athletes participated at this regional tournament. We got a total of 7 medals (3 GOLDS, 1 SILVER, 3 BRONZES and 2 top 8)

Sabre	Foil	Epee
Agnes B u13: GOLD	Felix B U15: GOLD	
U15: BRONZE	U13: GOLD	
William B U20:		
U17: 7		
Andy S U20: BRONZE		
U15M: BRONZE		
U17: 6 <sup>th</sup>		
Jasper F: U15M: SILVER		

**6- Youth Cup West:**

Sabre	Foil	Epee
Andy S: U15: Bronze	Felix B: U13 SILVER	
U17: 6 <sup>th</sup>	U15: 7 <sup>th</sup>	
Senior: 6 <sup>th</sup>	Charles J: U15: 10 <sup>th</sup>	
Agnes B UM13: SILVER		

**7- Quebec Regional Tournament:**

Foil
Felix B U15: Silver/38
U13: GOLD/34

c- **National Competitions:** Our participation was great too, our athletes brought **2 Bronze medals and 8 in the top 8 positions and 7 in the 16.** We could have at least extra 4 medals at that level.

**1- Canada Cup 1. Vancouver. (1 Medal, 1 top 8 and 2 top 32).**

Sabre	Foil	Epee
Aidan P U17: BRONZE		
U20: 5 <sup>th</sup> /41		
Xavier S U20: 17 <sup>th</sup> /41		
Senior: 17 <sup>th</sup> /47		

**2- Canada Cup 2. Québec. (2 in top 8 and 2 top 16, 2 top 32 and 3 top 64).**

Sabre	Foil	Epee
Aidan P U17: 13 <sup>th</sup> /38	Noah M Senior; 36 <sup>th</sup> / 87	Matias E U17 : 28 <sup>th</sup> /68
U20: 11 <sup>th</sup> /41		Silas : U20 : top 64
William B U20 : 22 <sup>nd</sup> /38		
Ilyas I U17: 23 <sup>rd</sup> /38		
Camilla T Senior : 6 <sup>th</sup>		
Sean R Senior : 8 <sup>th</sup>		

### 3- Canadian Nationals 2024:

It was a great success at these nationals, Manitobans came back with the following performances: **One Medal, 5 in the top 8, 5 in the top 16 and 12 top 32 and 6 in 64. I can say we missed at least 3 medals.** Sickness or injuries were the main reasons. It was very good experience for all; our athletes had a clear information where they are and what they need to do to go further. We can notice that

- 1- Our youth fencers showed great performances. **5 athletes in the top 8 In Canada** and, they brought a lot of medals at regional and North American Level.

Sabre	Foil	Epee
	Noah M SMF: 45 <sup>th</sup> /82	Cheryl JWE 23 <sup>rd</sup> /69
JMS 20 <sup>th</sup> /54	Felix B U13 5 <sup>th</sup> /16	SWE 24 <sup>th</sup> /57
Sasha M SMS 35 <sup>th</sup> /53	U15 8 <sup>th</sup> /34	
JMS 34 <sup>th</sup> /54	Jacob K U13: 7 <sup>th</sup>	Silas T SME 52 <sup>nd</sup> /102
Andy S: U15: 26 <sup>th</sup>	Simon E: 9 <sup>th</sup>	JME 50 <sup>th</sup> /68
U17: 20 <sup>th</sup>		Mathias E CME 37 <sup>th</sup> /69
Agnes B U13 6 <sup>th</sup> /18	Raph V: 13 <sup>th</sup>	Singh P : 26 <sup>th</sup> /102
William B CMS 27 <sup>th</sup>	Benjamin B U15: 20 <sup>th</sup> /34	
Ilyas I : U15: 5 <sup>th</sup> /33	Dashiel K: U15: 25 <sup>th</sup> /34	
Aidan P CMS: BRONZE		
JMS: 9 <sup>th</sup> /54	Annabelle N: U13: 8 <sup>th</sup> / 14	
Zach B JMS: 11 <sup>th</sup> /54	Camilla T: 27 <sup>th</sup> /35	
Xavier S JMS: 17 <sup>th</sup> /54		
Ilyas I: CMS: 19 <sup>th</sup> /33	Meriem K JWS 26 <sup>th</sup> /29	
Jasper F: U15: 20 <sup>th</sup> /33	Kiven G JMF; 57 <sup>th</sup> /68	
Nate M: U17` :33 <sup>rd</sup>	SMF: 60 <sup>th</sup> /88	
U15: 10 <sup>th</sup> /33	Surya S: MF: top 128	



**Two times medalist at National Competitions in Cadet and 6<sup>th</sup> in Junior. Bravo Aidan!! Bright future**



**1- Youth Regional in the United State. Peoria- Illinois:** At this US regional our fencers showed a great level and brought 8 medals.

Sabre	Sabre	Foil
Agnes B u13: <b>GOLD/18</b>	Elyias I: U15 <b>BRONZE/30</b>	Felix B U13: <b>GOLD/35</b>
U15: <b>BRONZE</b>	U17 <b>BRONZE</b>	
Jasper F: U15: <b>BRONZE/30</b>	William U17: <b>BRONZE/34</b>	
U17: <b>BRONZE</b>		

**2- US Regional Youth Circuit. Chicago. Il**

Foil	Epee
Simon E U13: <b>16<sup>th</sup>/42</b>	Matias E: U17 <b>8<sup>th</sup> /31</b>
Kevin G U20 <b>16<sup>th</sup> /46</b>	U20 <b>30<sup>th</sup>/48</b>
U17 <b>27<sup>th</sup>/41</b>	

**3- North American Circuit: Portland Or.**

Sabre	
Aidan P U13: <b>71<sup>st</sup>/192</b>	Jasper F: U15 <b>208<sup>th</sup> /250</b>
	U17: <b>169<sup>th</sup> /192</b>

## Long and court terms objectives

- Turn some of the top 8 at the national competitions to medals.
- Looking for top 16 at the North Americans Cup in Cadet Sabre.
- Looking for top 20 in U15 at US North American Circuits.
- 2 or 3 athletes to qualify for the Cadet Canadian Team (Foil/Sabre) in the next 2-3 years.
- Prepare the next generation in each weapon.

**5- Sport Development:** A real boom in term of officials' development. First time ever, getting a lot of people interested in coaching or refereeing.

**a- Coaching Development:**

- **Coaching:** An NCCP instructor Beginner coaching course started **November 18** in all weapons and we have the following candidates:

- 1- **Silas T:** Epee LFC
- 2- **Taylor S:** Foil CFC
- 3- **Ilyas I:** Sabre RFC
- 4- **Aidan P:** Sabre RFC
- 5- **Isaac T:** Epee LFC
- 6- **July D:** Foil CFC
- 7- **Ronan M Foil RFC**
- 8- **Rhys J Sabre LFC**
- 9- **Alice E Epee LFC**



- **Evaluation:** The evaluation of these candidates is scheduled **June 28 and 29**. A coach Evaluator from Quebec is coming to Winnipeg to evaluate them.
- **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 at regular basis. They did a great job with the PT. Extremely happy with their work. And on the top of running group sessions, they are running individual lessons **one-on-one**). And starting from next season, I will be focusing more on new coaches.

**b- Refereeing Development:**



- 1- This year was exceptional in term of refereeing development. 10 candidates the number of people interested taking the program was important. This will help running our competitions with more efficiency. We have to make sure that these candidates will take a second weapon. And will invite some to thing taking the national level soon.

## 2- Evaluation`s Results:

Number	Candidates / Weapon	Epee	Foil	Sabre
1	Matias Enciso	Pass	Pass	
2	Cheryl Ceuing	Pass		
3	Camilla Tang	In Training		Pass
4	Willaim Beardsall			Pass
5	Agnes Beardsall			Pass
6	Dashiel Kirkland	In Training	Pass	
7	Felix Buhler	In Training	Pass	
8	Jacob Kusa	In Training	Pass	
9	Raphael Vorreiter	In Training	Pass	
10	Benjamin Borges	In Training	Pass	

**3- Refereeing Performance:** Actually, a Manitoban referee becomes one of the key referees at national level. And its Noah Merrz. He is showing great success at national competitions. He is getting hired by CFF, Provinces Associations and US Fencing Federation for their regional and nationals' competitions. Hope, he keeps working toward to the international level.

## C- Provincial Armourer Workshop:

- MFA organised an armoury workshop to develop Provincial and national armourers who will be capable to run our local and regional tournaments. The workshop was conducted by an international armourer Denis Martel. A CFF national armourer.

Participants:

Number	Candidates / Weapon	Club
1	Neal Smith	CFC
2	Andy Beardsall	RFC
3	William Beardsall	RFC
4	Matias Enciso	CFC
5	Seema Wilson	LFC
6	Noah Merz	LFC
7	Scott Masson	RFC
8	Isaac Turcotte	LFC
9		

## **Challenges and recommendations.**

### **Development:**

- a- Increasing the MFA memberships fencers in the next two years.
- b- As we will have more certified coaches, we need to look to create new clubs in different areas and run more school demonstrations.
- c- Keep Promoting our tournaments to get fencers from outside the province.
- d- Targeting more the Under 12 age category in our school program demonstrations.
- e- Organising at least one regional tournament in Winnipeg with the coordination with Alberta and Saskatchewan.
- f- Increase the local competitions number for youth categories and creating new categories separated by level and fencing experiences.
- g- Invite and motivate our provincial referees to run for a national level examination.
- h- Motivate our coaches to go look for the next education level.
- i- Keep running coaching and refereeing courses.

### **Provincial Team:**

- a- Increase the High-Performance athletes from the results based.
- b-** Better organize the individual training within the squad groups to avoid that a lot of squad athletes could not get their private training.
- c- With that big number of the PT we will be dividing the groups into levels which will results that they will be training in different times.
- d- As the specific strength training is going very well and we are very happy with the athlete's improvement, we will strongly be recommending it for our HP, Int and YHP mandatory in their program level.
- e- Next coming season, our regional competitions will be in different provinces. There will be regional in Montreal, Toronto, Vancouver and Calgary based on the strength of the weapons.
- f- Also, we will still be participating in the US Regionals as well and some fencers will go to North American Circuits.

### **Facility:**

- a-** The MFA is working to find solution for our eternal facility problem. The size that the provincial team got, we need bigger gym to le all our fencers train together and get more training volume.