



**Media Release**

**6 July 2005**

## **GSV Girls Try Fencing**

GSV's Saturday sport program continued to offer girls the opportunity to experience a wide variety of sports with the last four weeks of second term dedicated to Fencing.

This was the first year that Fencing was offered as a GSV sport, but proved extremely popular with the girls, who enjoyed learning the finer points of Fencing with the weapon, Sabre.

The girls were treated to coaching tips from elite Fencer Alexandra Carroll who is the current Australian Junior Fencing Champion and represented Australia at the World Championships in 2004 and 2005.

Under Alexandra Carroll's tutelage, the girls learnt the basics of Fencing including, wearing appropriate protective gear, holding and wielding the weapon, correct stance, basic attacking and defending manoeuvres and the rules of the sport.

Pieter Leeuwenburgh from the Victorian Fencing Association said the sport was very popular among girls, especially those who might not consider themselves to be 'athletic' in the traditional sense.

"Fencing is just as much about strategy as it is about skill and speed," he said.

"However, Fencing is very good for building general fitness and developing flexibility, agility, quick reflexes, fine motor skills and strength."

Mr Leeuwenburgh said the girls all enjoyed themselves with a number keen to pursue the sport further.

"While they might have been a bit intimidated by the Sabre at first, once they realised that the protective gear was really protecting them, they 'got into it' and enjoyed the strategy and skill of the sport."

Ends

For more information please contact Leonie Mawkes on 0407 742 268.