



## What is Little Musketeers?

### A welcoming and friendly club...

...giving young children from the age of 5 a fun and safe introduction to the exciting sport of fencing. Fencing is immensely popular with children and is fast becoming the new niche alternative sport to help improve fitness, co-ordination, agility, speed and strength whilst also appealing to a child's sense of play. Little Musketeers offers just the right balance of fencing related activities and games to help improve a child's confidence whilst also having heaps of fun along the way.

## What do we offer?

### Fencing activities and games

Unlike most other mainstream sports, fencing is far better at holding a child's interest and attention. We offer a great balance of fencing activities and games to capture your child's imagination. What child has not grown up pretending to be a swashbuckling pirate, a duelling Musketeer, or even the master of swordplay himself, Zorro? Why do they do it? Because it's fun!

At Little Musketeers we base our courses on a system designed in conjunction with the British Fencing Association and other experts to bring SAFE fencing to 5 - 10 year olds. Courses are designed to be delivered during school time as part of the curriculum, at after school activity clubs, summer sports programmes and children's birthday parties. We provide bright coloured foam foils and plastic masks with mesh visors that are safe and yet hard enough to give children the real feel of fencing. We ensure visors are worn at all times giving piece of mind as well as that genuine fencing experience.

Each child is assessed at various key stages throughout the courses and he or she are provided with achievement certificates to document their progress. We encourage all our Little Musketeers to stay on at the club and, as their age and skill level increases, progress through our more advanced courses where they will begin to use plastic foils, which are equally safe to use with normal gym kit.

## Do you get expert tuition?

### YES! The club is run by former Olympian James Beever

Little Musketeers is run by former Olympian and 4 times British National Champion, James Beever. Under James' guidance and supervision children will have the unique opportunity to learn from one of Britain's most successful fencers and take their first steps to becoming the champions of tomorrow! James is a 3rd generation of fencer emulating the success of his mother, father and grandfather, who all fenced at international and Olympic level.



## Why fence?

### What Will Fencing Do For Your Child?

Fencing provides a unique mix of physical, intellectual and emotional stimulation. It is a great way to stay fit and make new friends.

### Teaching your child to fence can...

- non-violently appeal to their sense of play
- channel their physicality into sport
- promote self discipline, self assurance and responsibility
- help them learn good sportsmanship
- provide a fun way to stay or get fit
- develop co-ordination, speed, agility and strength
- provide positive interaction with other children and adults
- help them learn to compete individually as well as for a team

### Teaching your child to fence also has mental benefits...

- can help relieve stress and be a great way to let off steam and frustration
- help develop powers of observation and understanding of strategy
- help develop judgement and deduction so as to anticipate their opponent's actions
- help develop problem solving skills

These skills can help children excel in areas of their life other than fencing

