



# **KAPRICA UNITED FENCING ACADEMY**

104 Mt. Horeb Road ♦ Warren, NJ 07059

## **COMMUNITY COVENANT**

**KAPRICA UNITED FENCING ACADEMY** is a community with an ethic of excellence. We embrace the ancient warrior traditions of respect for the opponent, reverence for the salle, honoring one's family, and supporting one's fellow warriors. As Miyamoto wrote in The Book of Five Rings, **"Think Lightly Of Yourself And Deeply Of The World."** Be humble. How are you to hear wisdom if you only hear yourself?

### **1) I am humble and respectful**

I will not engage in any form of inappropriate, dishonest, mean-spirited, or discriminatory behavior towards other athletes, coaches, or guests. I understand that coaches hold a role of authority and I will follow their direction without exception.

### **2) I honor the physical safety of myself and others**

I follow the rules and wear appropriate equipment in good working order

### **3) I strive to be the best athlete and person I can be.**

As an athlete, I will do my best and be an example for others. As a guest, I will honor the space and never distract or disrupt.

### **4) I honor and respect our environment and culture.**

Everything and everyone in our environment has value and must be treated as if it were my own. By diminishing anything or anyone in it, I diminish myself and all that we strive for.

### **5) I agree to these specific policies:**

- I may not refuse a bout to anyone, directly or by saying I am committed to other bouts in the immediate future. I must honor the request that night.
- I may not exclude, tease, bully, or injure the feelings of another, passively or actively
- I may not reserve a strip in advance or hold one, waiting for another partner to arrive.
- I must ALWAYS fence my best against any training partner. If I am working on specific tasks, I do those to the best of my ability.
- I will keep my belongings and equipment organized and tidy or I will not be able to store them
- I will keep journals that document my training and competitive experiences
- If I am a national level (SYC and above) competitor, I will provide coaching staff with a written reflection within 48 hours of every competition
- I will put forth my maximum effort and mindfulness while at the gym or at any competition.



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## **COVENANT FOR COMPETITION**

At tournaments, we have one purpose, and that is to fight. And the only purpose of fighting is to win. But we also have a reputation of fairness and honor to uphold. Therefore:

### **1) I appear at the tournament venue early and prepared**

I arrive with all of my equipment in full working order. I arrive *no later than 60 minutes prior to the close of registration and 90 minutes before whenever possible.*

### **2) I manage my time at competitions wisely**

I am responsible for following the progress of the tournament and showing up for my next bout on time. *I AM NOT HERE TO SOCIALIZE OR BE A TOURIST*

### **3) I behave respectfully and sportsmanlike towards other fencers, tournament officials, and members of the audience.**

I obey my coach and all tournament officials. I DO NOT ARGUE with officials. **If I receive a justifiable black card, I understand I will likely be suspended from my club and training.**

### **4) I accept and learn from the results of my fencing.**

I will control my behavior and attitude at all times. After every bout, I will shake my opponent's and the referee's hand in a civilized and socially acceptable manner.. I will analyze and discuss my performance in order to improve my fencing during practice after the tournament.

### **5) I play an active role as a team member.**

I will show team spirit and support all team members who are present at the tournament. I will never seek an unfair advantage over my teammates in any way. I understand that when teammates face each other in competition, no coaching can be provided to either side. I understand that representing Kaprica United Fencing Academy at tournaments is a privilege as well as a responsibility.

### **6) I keep coaches fully informed before and during the tournament.**

I will inform and confirm with coaches before signing up for a tournament. I will contact the coach upon arrival at the venue and will keep them informed about my schedule and strip assignments.

**Kaprica United Fencing Academy reserves the right to suspend or revoke the club membership of any fencer or parent who does not act in accordance with the Community Covenants**

Sign \_\_\_\_\_ Date \_\_\_\_\_