



606 McLarty Road • Oxford, MS 38655

☎ (662) 915-5153 ✉ info@OxfordFencing.com 🌐 <http://www.OxfordFencing.com>

# Sports Benefits

## Get healthy!

Sport improves cardiovascular fitness and controls your weight. More importantly — being active in sports can help you look good! Sports activity:

- ▶ Reduces body fat, strengthens bones, and builds muscle
- ▶ Improves coordination, balance, flexibility and endurance
- ▶ Slows the aging process
- ▶ Reduces the risks of injury, and helps you recover faster

It also establishes a healthy pattern of lifetime physical activity, and makes your friends jealous.

## Get smart!

*Healthy body, healthy mind.* Improving in sports translates directly to improving in school. Sports can help you...

- ▶ Increase concentration and develop problem-solving skills
- ▶ Learn how to set and attain goals
- ▶ Gain “Training Transfer” — skills that start showing up in school or on the job
- ▶ Improve self-esteem through success (and failure!)
- ▶ Learn time-management skills

Students who play sports work harder in the classroom. A study of 2,308 student athletes in grades 7-12 found that 56 percent received As, 45 percent received Bs and Cs, and the rest aren't worth mentioning here.

## Get social!

Sports can help you learn social interaction, as well as give you a chance to exercise *leadership*. In competition, you quickly learn what your teammates — and you — are made of. You rely on your teammates and opponents to make you stronger, and pretty soon, you have a new set of friends.

## Get relaxed!

Playing sports releases stress and tension. Sports competitions teach you to feel relaxed in high-pressure situations. Athletics also helps you fight depression and anxiety — endorphins are our friends!

### Fencing at a glance:

#### Benefits

Speed, endurance, agility, discipline and tactical thinking.

#### Is fencing different from dueling?

In a duel, people used to fight until “first blood” with a sword as sharp as a kitchen knife.

In Olympic fencing, you fence to 15 *points*. You use a flexible blade, with a button at the tip. All fencers wear protective gear, including jackets, gloves and masks.

#### What does fencing look like?

Fencing is more mobile and athletic than the “classical” fencing style everybody knows from TV and the movies.

Fencing has running moves, “flicks” where you bend the blade over someone's shoulder, and sometimes lots of (happy) screaming.

#### Does fencing hurt?

Not if you do it right! Although fencing is a martial art it is very safe. We are strict about using full safety equipment. We also do stretching and warm-ups to prevent strains and twists.

#### Is fencing safe?

The **National Athletic Trainers' Association** places the low injury rate for fencing as comparable to tennis, golf and rowing, and far below soccer, basketball and football.

#### Fact!

Fencing has been in every Olympics, starting with the first in 1896. Mr. Pierre de Coubertin, creator of the modern Olympics, was a fencer.

#### Online information

Find more information on our website:  
<http://www.OxfordFencing.com>

This one is good too:  
<http://www.WhatIsFencing.com>