

MK Fencing Academy Commitment Policy

Purpose:

The Commitment Policy at MK Fencing Academy is designed to ensure that all students engage in the necessary level of training to maximise their progress and achieve their full potential in fencing. Consistent and regular attendance is essential for skill development, growth, and overall success in the sport.

Training Commitment Guidelines:

To support the development of our fencers, MK Fencing Academy recommends the following minimum training sessions per week for each programme:

- **Beginners Programme:** A minimum of 2 sessions per week is required to build foundational skills and basic techniques.
- **Intermediate Development Programme:** A minimum of 3 sessions per week is required to advance skills and techniques, laying the groundwork for higher-level competition.
- **Intermediate / Potential Elite Programme:** A minimum of 4 sessions per week is required to refine techniques, increase competitive readiness, and prepare for more advanced challenges.
- **Elite Programme:** A minimum of 5 sessions per week is required to maintain peak performance, competitive excellence, and to pursue success at the highest levels of fencing.

Commitment to Regular Attendance:

- **Attendance:** Regular attendance is a key factor in the development and success of our fencers. Consistency in training leads to improved skills, greater confidence, and better performance in competitions.
- **Responsibility:** Fencers are expected to adhere to the recommended minimum training sessions for their respective programme. Parents and guardians are

encouraged to support and facilitate their child's commitment to the training schedule.

- **Communication:** If a fencer is unable to attend a session, it is their responsibility (or their parent/guardian's) to inform the academy in advance. This helps in planning sessions effectively and ensures that each fencer receives the attention they need.

Commitment to Success:

At MK Fencing Academy, we recognise that success in fencing is a shared responsibility between the coach and the fencer. While we cannot guarantee specific outcomes or achievements, we are fully committed to giving 100% of our expertise, dedication, and support to help each fencer reach their fullest potential. Success is built on the combined efforts of both the coach and the athlete, and together, we strive to create an environment where every fencer has the opportunity to excel.

Conclusion:

At MK Fencing Academy, we believe that dedication to training is the foundation of success. By committing to the recommended training sessions, fencers can expect to see continuous improvement, greater enjoyment of the sport, and a higher level of achievement in fencing. Your commitment to your training is a commitment to your success.