

Silver Swords

FENCING FOR ACTIVE AGING



Silver Swords PROGRAMME

What is Silver Swords?

British Veterans Fencing (BVF) are strategically aiming to increase participation with those over 40 years of age who are new to the sport of fencing, through the development of established clubs and bespoke training for our current veteran fencers.

Recognising that many fencing clubs in the UK are open for a wide range of ages, older people generally gain less attention by resident coaches and are resigned to take part in younger training programmes. For some, this can be off putting when seeking a new sport, preferring to learn with others of their own age and experience.

To help a club's capability to welcome new veterans, integrate and take those first technical steps, a workforce of Silver Sword Activators are being trained in basic coaching skills with the intention of creating an environment that is more appealing for older people who have never tried the sport before, and develop a culture of that promotes healthy activity, age-appropriate warm-ups, exercises that improve functional movement and support a pathway into long-term participation and competition.

Activators are not coaches as defined with British Fencing, but a friendly face and active veteran fencer who can be a BVF representative in their club and be the first step for nervous novices! Activator training is a 7 hour training day free to BVF members, no previous experience of coaching required!

If you would like to take part in an Activator training session, complete this form to have information sent directly to you. [LINK](#)

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Why FENCING for Older People?

Many generalize the types of activities that older people participate in to be low intensity and non-competitive such as yoga, cycling and walking.

Fencing is a unique sport and combines even more health benefits for those over 40!

Here are some of the many reasons to choose:

The Headlines.....

- Reduces Stress
- Increases Strength – We lose 50% muscle mass by the age of 75 through inactivity
- Improves Cardiovascular Health
- Lowers Blood Pressure
- Improve Cholesterol and Blood Sugar Levels Associated with Diabetes
- Improves Bone Density Associated with Osteoporosis due to increased resilience to impact
- Increases Mental Awareness
- Boosts Immunity
- Improves Cognitive Function associated with Dementia, due tactical setting
- Helps Coordination due to the fine motor-skills needed
- Increases Flexibility
- Improves Balance – Reduces possibility of trips and falls

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Why FENCING for Older People?

The science is growing and the understanding of how exercise impacts the health of older participants is now only a click away! Check out these great blogs and podcasts!

1.) Podcast about the importance of exercise and eating enough protein as we get older. #296 The Critical Importance of Strength Training and Eating More Protein with Dr Gabrielle Lyon [LINK TO PODCAST](#)

2.) Benefits of learning a new physical activity, also in the full-length podcast he mentions the importance of fast twitch muscles (definitely used in fencing, flêching, lunging, sprinting) in falls prevention as opposed to slow twitch muscle (which is developed through jogging/longer distance running). #301 BITESIZE | The Secret to Long Term Brain Health | Dr Tommy Wood [LINK TO PODCAST](#)

3.) Blogs - Fencing as an adult [LINK TO BLOG](#)
[Benefits of Adult Fencing - Why You Should Give It A Try - PDX Fencing](#)

4.) Jeanne Louise Calment, the longest-lived person (she died age 122) a French woman who some sources say took up fencing aged 85 [LINK TO ARTICLE](#)

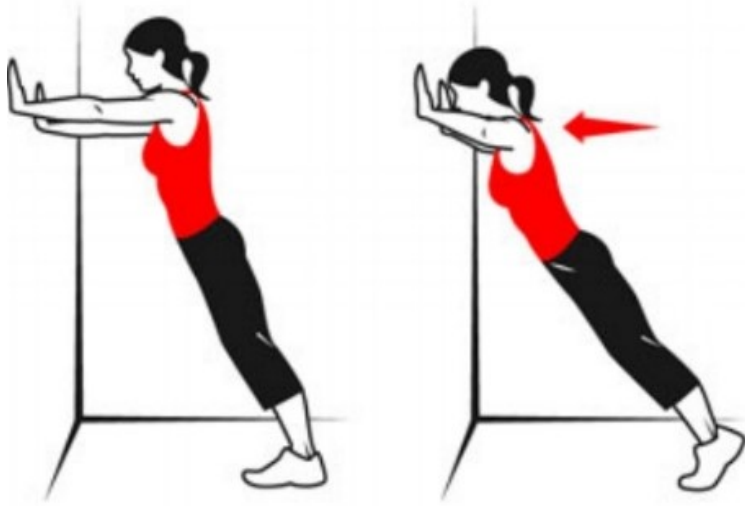
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INJURY PREVENTION + FUNCTIONAL MOVEMENT EXERCISES

These exercises have been designed to develop strength and conditioning for all levels. They aim to activate key muscles used while fencing and encourage good functional movements to avoid injury. A light cardio warm-up is recommended before starting this programme. Aim for 3 sessions per week Allow 15 mins per session.



Wall Push-Up

Reps: 10

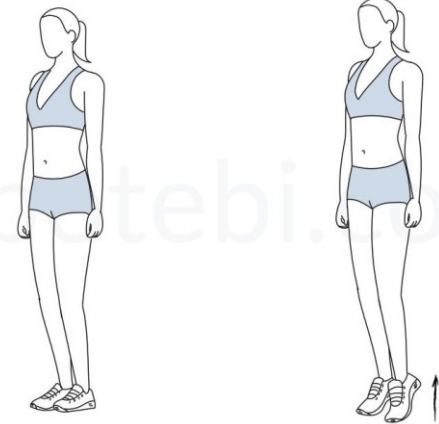
Time: 3 secs per move



Side Steps

Reps: 10 per side

Progression: Resistance Band



Calf Rises

Reps: 10

Progression: On a Step or block

INJURY PREVENTION + FUNCTIONAL MOVEMENT EXERCISES

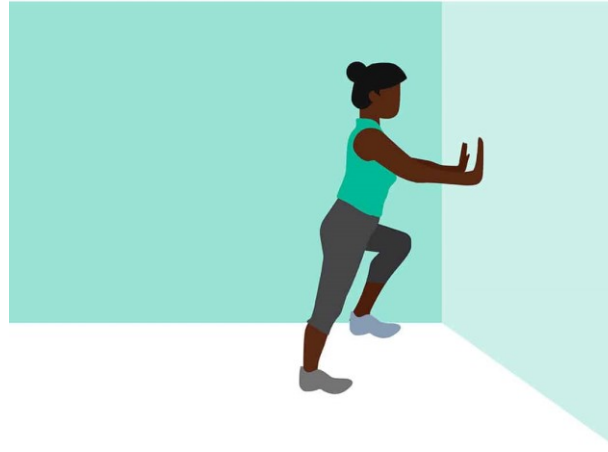
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Split-Squats

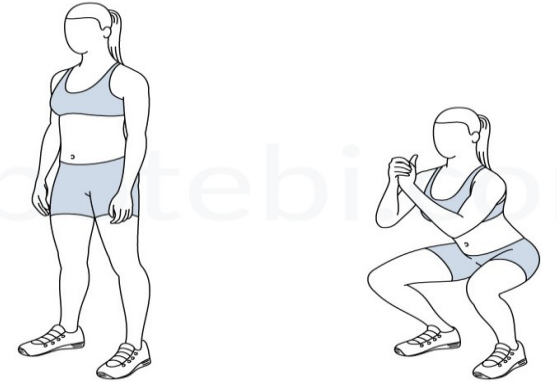
Reps: 10 per side
Time: Slow

INCLINE MOUNTAIN CLIMBER



Mountain Climbers

Lift knees alternatively
Reps: 10 per leg



Squats

Reps: 10
Time: Slow

INJURY PREVENTION + FUNCTIONAL MOVEMENT EXERCISES

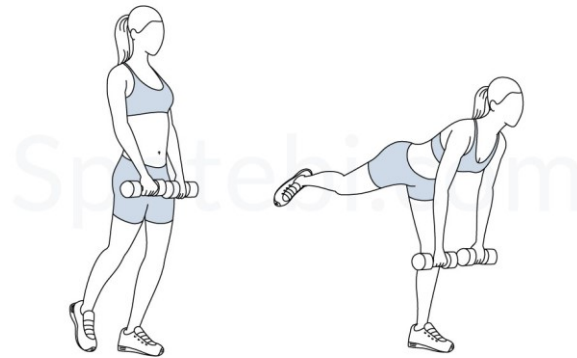
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Wall-Glutes

Reps: 10 per leg

Time: Hold for 3 secs



Single Leg Romanian Dead Lift

Reps: 10 per leg

Progression: With weight



Fencer Lunge

Reps: 10

Time: Slow

Range: Your comfort zone

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Promotional video YouTube Video



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PROGRAMME

EVENTS & MEMBERSHIP

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[BVF MEMBERSHIP LINK](#)

[BRITISH FENCING MEMBERSHIP](#)

INTRODUCTION LEVEL



[British Veterans Fencing Calendar](#)



[Promotional video](#)

[European Veterans Fencing Calendar](#)



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Activators and Clubs (Activators who have currently completed training for leading Silver Sword activities)

Name	Email	Club	Website Links
Olly Bickley	ollybickley@btinternet.com	Wantage FC / Newbury FC	Wantage Fencing Club Facebook Page Newbury Fencing Club Facebook Page
Kevin Alexander	kev_alexander76@hotmail.com	Kingston Fencing Club, London	Kingston Fencing Club Website
Leeds Fencing	Check out our Facebook page!	Leeds FC	Leeds Fencing Club
Marilyn Hardy	mini1maz@hotmail.co.uk	Chilwell Blades, Nottingham	Chilwell Blades Fencing Club
Karina Calderon Brown	gemminix@gmail.com	Skipton FC	Skipton Fencing Club
Barry Massey	barry.massey@icloud.com	Ashton FC, Tameside	Ashton Fencing Club - Fencing for all ages
Phil Drury & Ev Van Gemenen	phldrury.pd@gmail.com Van_gemenen@hotmail.com	Wingerworth FC, Derby	Wingerworth Fencing Club
Dave Bolt	dave@davebolt.co.uk	Barnsley FC, Yorkshire	Barnsley Fencing Club
Beth Davidson	beth4fencing@aol.com	Durham Fencing Centre & Street Swords, Darlington & Tynedale Fencing Club, Northumberland	Durham Fencing Centre & Laszlo's Fencing Street Swords Website Tynedale Fencing Club Website

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