



Titolo Progetto: Mens Sana Fencing Project

Lessons Package Proposal: 8 lessons of 1 hour each, with qualified Italian National Fencing Coaches (1 lesson a week).

Language: English

Price: TBD (proposal: 8 lessons for 100 euros each plus subscription fees to Mens Sana Association)

Where: Polisportiva Mens Sana, Viale Achille Sclavo, 53100 Siena. The fencing hall is 5 minutes away (walking distance) from the main site of Unistrasi.

Teachers:

Name: Eleonora Pieracciani

Qualification: Maestro Nazionale Alle 3 Armi

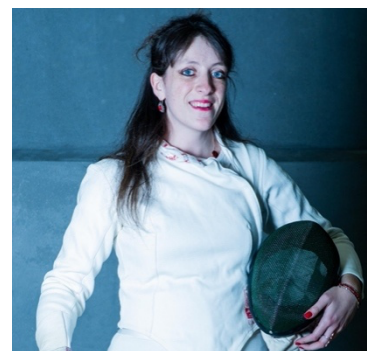
Brief Bio: Eleonora started fencing at the age of 7 in Siena, right there on the pistes of Polisportiva Mens Sana. After various national finals in the under 14 categories, she also began competing internationally at the age of 17, entering the under 20 national team which she participated in various world cup competitions with. In 2001 she reached the final in the World Cup competition held in Palermo (ITA) and in the international competition in Pisa (ITA). In 2002 she was chosen as reserve at the Under 17 World Championships in Antalya (TUR). The following year she hits another World Cup final in Ponte de Sor (POR). She is also summoned to some training sessions of the Senior Italian national team. In this period she trained at the Sala di Scherma il Giardino in Milan where she also attended the university for interpreters and translators in English and Spanish. She graduates in 2008. Due to two injuries, she chooses to slow down her competitive activity and dedicate herself starting from 2012 to teaching. In 2016 she obtained the title of Maestro alle Tre Armi (SnaQ Level 3). Since 2012 she has been teaching children and adults trying to convey not only the passion for fencing but also all the notions necessary to deal with any bouts on the piste.



Name: Giovanna Maria Dimitri

Qualification: Istruttore Nazionale II Livello SNAQ-CONI alle 3 armi

Brief Bio: Giovanna Maria Dimitri started fencing at the age of 10. She fenced at a national level competitively in Italy up until the age of 23. She then moved to pursue a MPhil and PhD in Computer Science at the University of Cambridge (UK). She was there selected for the first team of the University for 5 years in a row, winning the British University Championships in 2015 and the Varsity Match (against Oxford University) in 2015, 2016 and 2019. She was awarded the very prestigious Full Blues award by the University of Cambridge, for having won simultaneously the British University Championships and the Varsity Match in 2015.



She later was awarded also two additional Half Blues in 2016 and 2019 for having won the Varsity Match against Oxford. She also was awarded the Clare Hall College Sport Awards in 2015, 2016 and 2019 and the Hawks Award from the University of Cambridge for excellence in Sport and Academia in 2016, 2017, 2018 e 2019.

Upon her return to Italy she started the school to become a qualified Italian coach and started teaching fencing extensively. She earned the title of Istruttore I Livello SNAQ-CONI for the three weapons in June 2022, and she then earned the title of Istruttore Nazionale II Livello SNAQ-CONI for the three weapons in June 2023. She was admitted and she already attended the first module for earning 3rd Level coach in July 2023.

Description of the course:

The course is intended to be an introduction to fencing. No previous experience is required and the material will be offered by the course instructor (no need to buy any equipment).

Topics of the course will include (not limited to):

- Learn fencing terminology
- At the end of the course the participants will be able to practice the conventions of a match in simulated bouts with other course members.
- Adopt the correct 'en garde' position.
- To be able to coordinate foot and hand to execute attacks, defenses and counterattacks
- To appreciate the idea of 'fencing distance', time and velocity
- To have experienced supervised bouts with other course members.
- To be familiar with basic piste rules, and the role and powers of the referee.
- To have received an introduction to the world of fencing, club, competitions, the various age groups, the various weapons.
- To understand that this basic course is an introduction to the world of fencing that can lead, with more experience and practice, to trying other weapons and fencing with more experienced members of the club
- To acquire also basic notions relating to the tactics to be employed during your bouts, also useful for understanding the bouts we can see on TV during special occasions such as the Paris 2024 Summer Olympics).