

SIDELINES

All American Trail closed

Fort Bragg's All American Trail is closed for deer hunting season since Oct. 7. The trail will re-open Jan. 2, 2007. For more information, call 396-5979.

Soccer players needed

Bragg United F.C. is recruiting new players and assistant coaches. Those interested should contact David Kelley at 717-3363 or Anthony Recinos at 578-8597.

Roller Derby

Do you love to roller skate and want an awesome workout? Rogue Rollergirls are now recruiting for the first derby league in Fayetteville. We will be having a Meet and Greet today from 8 to 9:30 p.m. at the Round-A-Bout in the Eutaw Shopping Center to answer all your burning questions about the comeback of this exciting sport. E-mail RogueDerby@hotmail.com or call (919) 498-3814 with any questions.

Exhibition Game

The Fayetteville FireAntz will be playing an exhibition game against the Richmond Renegades on Oct. 21 at 7:35 p.m. at the Crown Coliseum. All seats are only \$5. For more information, visit our Web site www.fireantz.com or call Krista Lindstedt at 321-0123.

Scuba Certification Class

Fort Bragg's Sports and Physical Fitness Branch will offer the National Association of Underwater Instructors open water Scuba certification class Monday through Oct. 22. The class will be held at various times at Cape Fear Scuba and Tucker Indoor Pool. Upon completion and final testing, participants will become certified in NAUI open water Scuba diving.

The class is open to all authorized Morale Welfare and Recreation facility users ages 16 and older.

The cost is \$275 per person. A deposit of \$100 is due by Oct. 16. For more information, call 432-0883.

Racquetball Tournament

The Fort Bragg Fall Racquetball Tournament will be conducted Oct. 21 and 22 at Ritz-Epps Physical Fitness Center.

The tournament is open to all military/government ID card holders ages 18 and older.

To enter, participants must submit an entry form to the Sports Office at the Soldier Support Center. For more information, call 396-1217.

Enlisted Golf Tournament

The annual Enlisted Golf Tournament will be held at Stryker Golf Course on Oct. 27 at 9 a.m. The tournament is open to the public. Teams will consist of no more than four players and only 120 slots available. For more information call 396-7751.



photo by Casey Nelsen/Paraglide

Eric Desveaux rides with his daughter Celine, 3, and son Justin, 6, during the Smith Lake bike trails open house and "Take a Kid Mountain Biking Day" Saturday.

Hitting the trails

Smith Lake bike trails open house, "Take a Kid Mountain Biking Day"

by Casey Nelsen

Paraglide

The weather last weekend may have ruined your outdoor plans, but if you're a mountain biker, you might have thought it was perfect.

The cooler temperatures and rain made for ideal riding conditions, commented Jim Talbot, Morale, Welfare and Recreation parks branch chief, at the Smith Lake bike trail open house Saturday.

The open house coincided with the third annual "Take a Kid Mountain Biking Day" an international event that exposes youth to the sport, created in memory of a North Carolina teen who was a competitive mountain biker.

Volunteers taught clinics on bike repair, riding skills and guided tours of the trails.

Eric Desveaux came out with his wife and two children, "This is the first time we had the opportunity to do this and it was great," said Desveaux.

Eric Redlin, a volunteer from Headquarters and Headquarters

Battery, 3rd Brigade, 319th Airborne Field Artillery Regiment, 82nd Airborne Division, who has been riding for about 20 years, was hoping for more kids, but said events like this are good for the local mountain bike community.

"There's a lot of riders in the area, they're just not real well organized," he explained.

The Smith Lake bike trails opened in 1995 with about 7.5 miles of track and now include more than 10 miles on a beginner, advanced and expert loop.

"We're working on additional trails, but they have to be approved by the endangered species branch," said Talbot.

The spring and fall are the busiest times on the trails, with some Soldiers coming out to do their physical training in the morning, he added.

The trails are open year round from dawn until dusk with a pass. Helmets are required and it's recommended that you ride with a buddy.

Fencing Club tests each other in home tournament

All-American Fencing Club

Special to the Paraglide

The fencing club hosted an in-house tournament Sept. 27 in preparation for a weekend tournament in Greensboro. There were 14 total competitors and 3 different events.

"Our in-house tournaments are a great way to determine how we'll do during the fencing year and who will excel," said coach Gerhard Guevarra.

With almost the entire team fencing, the coaches got a chance to see which students will lead the team this year.

In saber, John Gore took first place in the finals against new team member Nick Trotman in an even match ending in a score of 15-13.

Gore had to step up to the plate since the saber team was lost because of graduations and students moving. Stephen Mahaney also came in third place in his first tournament.

In foil, Derek Secord and Grant Vavra took the stage, placing first and second respectively. Derek had a tough fight last year, placing in the top five in smaller local tournaments.

Vavra is looking to cement his name in North Carolina fencing, after taking many first places and several top five placements in many North Carolina tournaments.

"Every year, I see Grant change, physically and mentally. What I saw last night was a fencer fully aware of what he was capable of, and starting to add in a personal flair and creativity to his game," said Guevarra.

In a tie for third place, Josh Happel and Lars Larson showed they were going to fight to be in the club's top three positions in foil.

Although both fenced very differently, both had a general understanding of competitive fencing in the short time they have been with the club.

Larson excelled and was very aggressive against his peers who joined the team around the same time. He had a difficult time against a younger, but more experienced, fencer Vavra in the semi-finals. Despite an imbalance of sheer experience, Larson fought for each of the touches he scored.

"I hadn't expected what I saw from Josh Happel. What I saw was a very high aptitude for basic fencing tactics. Although Josh isn't as aggressive, he understood how to attack an open target and basic defense. Against an equally experienced fencer, Josh stood out and could easily make attacks work successfully," said Guevarra.

Both fencers joined after the summer and have been working with new assistant coach Paul Hovey. "I haven't gotten a chance to work with either Josh or Lars much, but Paul has done a great job preparing them in his lessons. As a new assistant coach, Paul has a great leadership style and the team looks up to him," said Guevarra.

The epee team was almost all veterans. After a summer break, they were eager to get back in the game and to reestablish their positions on the team. Hovey, now in the positions of competitive fencer and assistant coach, is fighting for the top epee spot on the team. He has been in the top spot for many years, and being on top is hard when everyone is trying to knock you off, he said.

Early Success at Chapel Hill

On Sept. 17 Nate Hughes gave the club a kick-start by being the first All-American Fencing Club member to compete in an epee tournament in Chapel Hill. Hughes has been fencing for a year and is a great asset on the team. He's friends with many of the team members, has great sportsmanship, and always helpful, said Guevarra.

At Chapel Hill, Hughes faced a national and international fencer in his event. Not letting the daunting odds deter him, Hughes worked very hard for any wins he could muster.

"I was very happy if I was able to get just one touch on either the national or international fencer," said Hughes. Hughes tied for third that weekend.

Team Traveling to Greensboro, NC

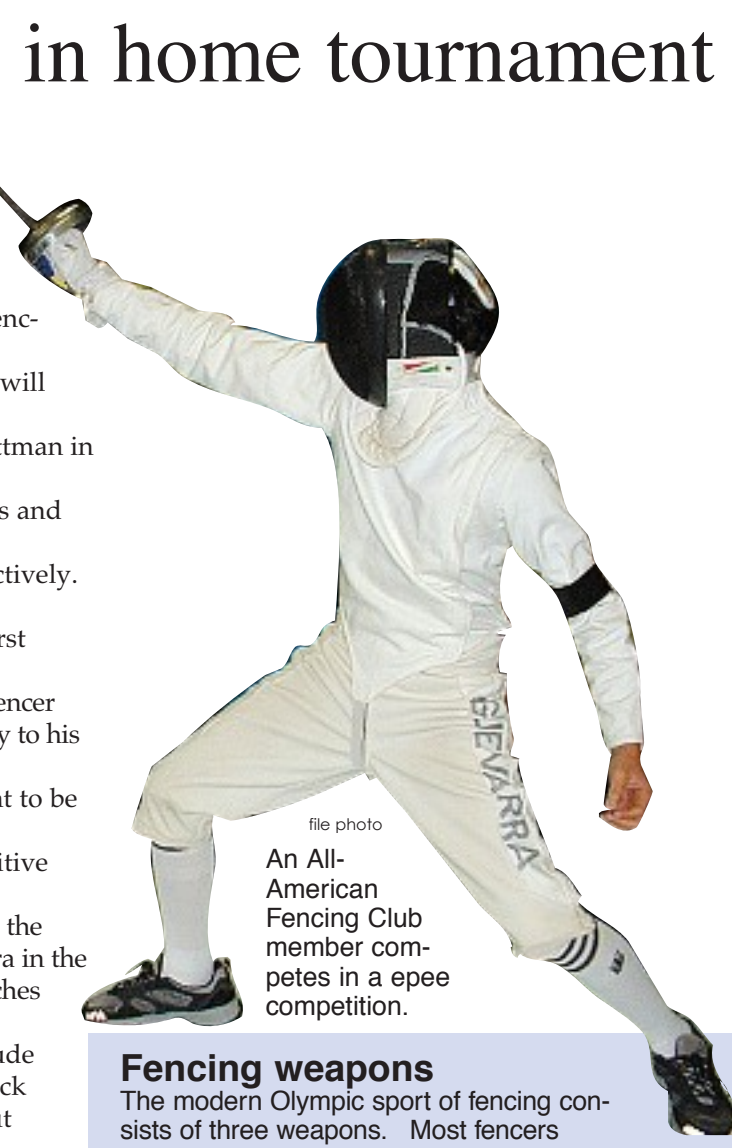
The All-American Fencing Team will be traveling to Greensboro, for an open foil tournament. Expected fencers are Vavra, Trotman, Happel, and Secord.

This is usually the first tournament of the year for many clubs; in many cases, this is the first tournament for many fencers. Annually, Greensboro holds its Fall fencing fest which draws many beginning fencers from North Carolina clubs as well as new fencers from the University of North Carolina at Chapel Hill.

UNC uses this opportunity to evaluate its new team members and to place them into different squads. The All-American Fencing team uses it for the same purpose, as well as attending a fun and low stress competition.

"Many fencers we'll see there are new, there will be some experienced fencers. I expect Grant and Derek to do really well. I hope they work together in supporting each other during the day. I also expect Nick and Josh to fare well also. Both fencers show a determination and confidence on the fencing strip. On their own, they'll do very well against their equals. With some help from assistant coach Paul Hovey and me, I think we can really get them close to a top 10 finish," said Guevarra.

For more information about the All-American Fencing Club, please visit www.allamericanfencing.com




file photo


An All-American Fencing Club member competes in an epee competition.

Fencing weapons

The modern Olympic sport of fencing consists of three weapons. Most fencers choose to learn and compete in one. The sport of fencing will not look anything like the sword play you see in movies. The weapons of fencing are:

Foil: The foil,  the modern version of the court sword, has a flexible, rectangular blade (about one yard long) and weighs just over a pound. Touches are scored with a spring-loaded tip of the blade and must land on the torso of the body to be counted.

Epee: The épée (pronounced "epp-pay"), the descendant of the dueling sword, is similar in length to the foil, but is heavier, weighing about 27 ounces, with a larger guard (to protect the hand from a valid hit) and a much stiffer blade. Touches are scored only with the point of the blade. The entire body is the valid target area. The blade is wired with a spring-loaded tip at the end that completes an electrical circuit when it is depressed beyond a pressure of 750 grams. This causes the colored bulb on the scoring machine to light. Because the entire body is a valid target area, the épée fencer's uniform does not include a lamé. Off-target hits do not register on the machine.

Saber: The saber  is the modern version of the slashing cavalry sword, and is similar in length and weight to the foil. The major difference is that the saber is a thrusting weapon as well as a cutting weapon (use of the blade). The target area is from the bend of the hips (both front and back), to the top of the head, simulating the cavalry rider on a horse. The saber fencer's uniform includes a metallic jacket (lamé), which covers the target area to register a valid touch on the scoring machine. The mask is different from foil and épée, with a metallic covering since the head is valid target area.

All information presented above is from the USFA website (www.usfencing.org)