

Abigail Harvey – CUFC Women’s Captain 2015-2016



About me:

For those who don't know me, I am a law student at Trinity Hall, currently on an Erasmus year in France between the second and final years of my studies. During my final year I hope to captain the Women's Blues team for the 2015-2016 season, assuring the continued success not only of the Women's team in competition, but also of CUFC more widely as a club. I am fully aware that, given the Light Blue domination in fencing this last season, I have a tough act to follow. However, as an enthusiastic, open and reliable person, I would be honoured to receive your votes and the opportunity to give my total commitment to the challenge.

Aims:

→ To continue the chain of recent cumulative successes of the Women's Team.

I intend to achieve this through:

- Assuring *excellent holistic preparation for competition*, especially the all-important 2016 away Varsity match in addition to both BUCS League and Championship matches.
- *Emphasising in particular the importance of scenario exercises* during training and of *sports psychology techniques*, such as visualisation.
- *Maintaining and improving the team's general fitness*, either with specific squad fitness sessions, or by advising individuals who need assistance with this.

→ To work towards a more integrated Women's Team.

I hope to *increase co-operation and cohesion between the First and Second Teams*. Ideally, this would increase the strength of training and diversify the pool of fencers from which to select teams.

Skills and previous experience:

→ Fencing

- 6 years of international individual épée competition experience.
- Extensive team épée competition experience, representing Cambridge and Scotland.
- Basic level NGB épée refereeing and coaching qualifications.
- 5 years Sport England S&C training, in addition to general fitness coaching in France.

→ Leadership and Teamwork:

Vice-President, Trinity Hall Law Society 2013-2014

- Learned the necessity of taking responsibility for designated tasks, but also the importance of delegating within the team and deferring to others with greater knowledge and experience.
- Developed skills of written and oral communication, both within and on behalf of the committee.

Fencer, CUFC Women's First Team 2012-2014

- Learned to appreciate individuals' strengths, combining these to achieve best possible team, particularly amongst the epeeists.