

Laurence Peplow for Men's Captain

What will I do?

I want to replicate the remarkable success we have had in the Men's First and Second Teams this year. My proposals are focused to achieve this:

- **Strength and Conditioning training** – I would introduce more targeted conditioning into the warm up and the option of separate power training outside sessions; this would be tailored to the three different weapons. We have many fencers (for each weapon) who have experienced quality S&C through national training and would be able to introduce this to the entire training squad.
- **Preparation for team matches** – have one training session a week (in Lent and the second half of Michaelmas term) focused on fencing in team matches, this would include: scenario fencing, handicapped bouts and mock team fights. One of our greatest advantages over most universities clubs is we have the depth of high-level fencers to allow us to train specifically for these matches.
- **Reduce the numbers at advanced training** – I would only have fencers who were going to fence in First and Second Team matches at advanced sessions (+invited guests who are not eligible to fence in university matches). By reducing the numbers, First and Second Team fencers would have more time on boxes within training.
- **Field complete teams to Second's matches** – when we have fielded a complete team to Second's matches this year we have usually won convincingly. I would achieve this by increasing the number of Seconds Team fencers at training sessions; we have remarkable depth in the intermediates this year, this should allow us to field full teams while maintaining the high quality of fencing. I would also work on allowing a better access to lessons for Second Team fencers.
- **Extra training sessions before Varsity and key BUCS matches** – (this was done casually this year) I would organize these sessions much further in advance, so more fencers would be able to attend; especially as most people have busy schedules at those times. This would provide the best possible preparation before these important matches.
- **Separate the weapons for footwork sessions** – if we split the group for the footwork part of the warm up, it would allow more effective coaching for each of the different weapons.

Why am I suitable?

- I fenced in every match this season for the Men's First Team and won gold in the BUCS Individual Championships.
- I captained the Great Britain Épée team at the World and European Championships.
- I have fenced in the GB squad for the last four years and trained with the Hungarian senior national squad, in Budapest, for six months in 2014. I can bring ideas from both domestic and foreign systems into training sessions.

- I was on the Guildford Fencing Club committee between 2012-2014, involved in the running and coaching of the beginners' group at the club. I also organized events targeted at bringing new members to the club, including a series of public exhibition matches in the run-up to the 2012 Olympics.
- I am qualified both as a fencing and strength & conditioning coach, I can use this experience to help organize training sessions.

I have loved being a member of CUFC and fencing for the club this year. I feel I am the right person to lead the team in retaining both the Varsity and BUCS trophies. Vote for me!