



What Makes a Winning Fencer?

By Paul ApSimon

- ☞ **A winning fencer** says: "Let's find out".
- ☞ **A winning fencer** makes commitments.
- ☞ **A winning fencer** says: "I'm good and I'm going to work to get better".
- ☞ **A winning fencer** is humble in victory.
- ☞ **A winning fencer** listens!
- ☞ **A winning fencer** learns from those who demonstrate superior skills and knowledge of the game.
- ☞ **A winning fencer** does more than what is asked of him or her.
- ☞ **A winning fencer** respects the abilities and efforts of other fencers.
- ☞ **A winning fencer** displays sportsmanship no matter what the outcome of a bout.
- ☞ **A winning fencer** demonstrates responsibility for more than just their fencing but also their preparation.
- ☞ **A winning fencer** says: "I made a mistake and I will make up for it".
- ☞ **A winning fencer** encourages his or her teammates at competitions.

To win, you must be willing to do those things that no one else is willing to do!

To be a Champion, you must be willing to do those things that you do not want to do!