



2024 – 2025 Program Guide

ARES
PENTATHLON & FENCING CLUB

Pentathlon | Fencing | Youth | Adult
Wheelchair | Camps | Intro

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MNP COMMUNITY &
SPORT CENTRE

RESPECT
IN SPORT FOR
ACTIVITY LEADERS

V. 24/09/13



Ares Pentathlon & Fencing Club training is structured to foster development in both pentathlon and fencing, building from an introductory phase toward advanced performance. Athletes are encouraged to participate in multiple sports to develop their overall athleticism. Programs align with the Long-Term Athlete Development (LTD) pathway. Click [HERE](#) for the LTD.

Programs run from September until early June, with summer training options based on the competition calendar. Please note:

September 18: AGM (5:30 pm, MNP Centre) - An athlete (18+) or family member must attend.

New Member Tour 6:30p

Equipment Purchase & Rental (6:30 – 8:00 pm)

Pentathlon Programs:

Pentathlon consists of fencing, swimming, obstacle and laser run. Ares' pentathlon program options are captured on page 3.



Fencing Programs:

Ares offers epee fencing programs. In epee, the entire body is the target and the first fencer to register a touch on the opponent scores the point. Ares' fencing program options are captured on page 4.



Mission Statement

Ares Pentathlon & Fencing Club is a competitive club dedicated to the development of individuals in the sports of modern pentathlon and fencing, from a first introduction to high performance results, while contributing to their overall growth as active citizens.

Vision Statement

Ares Pentathlon & Fencing Club will be a leading option for development in the sports of modern pentathlon and fencing in the city of Calgary.

Core Values

- Passion
- Work ethic
- Overall personal development



Pentathlon Programs

	Program	Age & Experience	LTD Stage	Workouts	Competitions
Development	Pent 1	Age: 7 – 10 years Beginner (0 – 1 year)	FUNDamentals	2 sessions per week	ARES Events Pentathlon Alberta Meets
	Pent 2	Age: 11 – 13 years Intermediate (1 – 2 years)	Learn to Train	3 sessions per week	ARES Events Pentathlon Alberta Meets Fencing Alberta Tournaments
Provincial Stream	Pent 3	Age: 13 – 15 years Intermediate (2 – 3 years)	Train to Train	4 sessions per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments
National Stream	Pent 4	Age: 15+ years Advanced (3+ years)	Train to Train Train to Compete	5 sessions per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments UIPM Pentathlon Meets
	Pent 5	Age: 16+ years Advanced (4+ years)	Train to Compete Train to Win	7+ sessions per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments UIPM Pentathlon Meets



Fencing Programs

	Program	Age & Experience	LTD Stage	Workouts	Competitions
Development	Fence 1A	Age: 7 – 10 years Beginner (0 – 1 year)	FUNDamentals	1 session per week	ARES Events Pentathlon Alberta Meets
	Fence 1B	Age: 11 – 13 years Beginner (0 – 1 year)	Learn to Train	1 session per week	ARES Events Pentathlon Alberta Meets
	Fence 1C	Age: 14 – 18 years Beginner (0 – 1 year)	Learn to Train	1 session per week	ARES Events Pentathlon Alberta Meets
Provincial Stream	Fence 2A	Age: 12 – 14 years Intermediate (1 – 2 years)	Train to Train	2 sessions per week	Pentathlon Alberta Meets Fencing Alberta Tournaments
	Fence 2B	Age: 15 – 19 years Intermediate (1 – 2 years)	Train to Train	2+ sessions per week	Pentathlon Alberta Meets Fencing Alberta Tournaments
National Stream	Fence 3A	Age: 12 - 15 years Advanced (2 - 3 years)	Train to Train Train to Compete	3+ sessions per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments
	Fence 3B	Age: 16+ years Advanced (2 - 3 years)	Train to Train Train to Compete	3+ sessions per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments
Development	Adult	Age: 18+ N/A	Active for Life	1+ session per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments
	Wheelchair	Age: 15+ N/A	Active for Life	1+ session per week	Pentathlon Alberta and Canada Meets Fencing Alberta and Canada Tournaments
	6 Week Intro	Age: 7+ and Adult Beginner (new fencer)	FUNDamentals Active for Life	1 session per week	N/A
	Open Bouting	Age: 14+ N/A	Train to Train Train to Compete	1 - 2 sessions per week	N/A



Schedule and Fees – Pentathlon

Program	Schedule	Equipment to Own	Program Fee
Pentathlon 1A Pentathlon 1B	Tue 5:45 – 6:45 pm Dryland – Swim (Pent 1A) Tue 7:15 – 8:15 pm Dryland – Swim (Pent 1B) Fri 5:15 – 6:45 pm Fence – Laser-Run	Glove, Wire, Plastron, Chest Protector Fins & Kickboard, Training Swimsuit	\$1,096
Pentathlon 2	Tue 5:30 – 7:30 pm Fence – Swim Thu 6:30 – 8:30 pm LR – Swim Fri 5:15 – 6:30 pm Fence	Glove, Wire, Plastron, Chest Protector, Mask, Epee, Bag Fins & Kickboard	\$1456
Pentathlon 3	Mon 6:00 – 8:30 pm Run – Fence – Swim Tue 6:00 – 8:45 pm Fence – Swim Wed 5:30 – 7:00 pm Open Bouting Thu 6:45 – 8:30 pm Run/Core – Swim Fri 6:30 – 9:00 pm Fence – LR	All fencing gear All swim gear Basic running watch Laser recommended	\$1872
Pentathlon 4	Mon 7:00 – 8:00 am Swim 5:00 – 8:00 pm Run – Fence – Swim *4:00 pm start December onward. Tue 6:00 – 9:00 pm Swim – Fence Wed 5:30 – 7:00 pm Open Bouting Thu 6:00 – 8:30 pm LR – Swim Fri 6:30 – 9:00 pm Fence – LR Sat 10:15 – 1:30 pm Run – Swim – Gym	All fencing gear All swim gear Laser Basic running watch	\$2,616
Pentathlon 5	P4 schedule, plus: Fri 7:00 – 8:00 am Swim 1/month private fencing lesson	All fencing gear All swim gear Laser	\$2,832

* P3, 4, 5 athletes require a running watch. A basic [Timex](#) watch is perfect. Phones are not appropriate.

Athlete equipment requirements are captured in the schedule above. All athletes require a fencing mask and jacket, except for Intro students. If a P1, F1A, F1B, Adult or Wheelchair athlete does not own their mask and jacket, they can rent these for \$50 each, annually.



Schedule and Fees – Fencing

Program	Schedule	Equipment to Own	Program Fee
Fencing 1A	Fri 5:15 – 6:15 pm	Glove, Wire, Plastron, Chest Protector	\$704
Fencing 1B	Fri 5:15 – 6:30 pm	Glove, Wire, Plastron, Chest Protector	\$704
Fencing 1C	Fri 5:15 – 6:30 pm	Glove, Wire, Plastron, Chest Protector, Mask	\$704
Fencing 2A	Tue 5:30 – 6:30 pm Wed 5:30 – 7:00 pm Open Boutings Fri 5:15 – 6:30 pm	Glove, Wire, Plastron, Chest protector, Mask, Epee, Bag	\$1024
Fencing 2B	Mon 5:15 – 6:30 pm Wed 5:30 – 7:00 pm Open Boutings Fri 6:30 – 8:00 pm	Glove, Wire, Plastron, Chest protector, Mask, Epee, Bag	\$1024
Fencing 3A	Mon 7:00 – 8:15 pm *6:30 pm start December onward. Tue 6:00 – 7:15 pm Wed 5:30 – 7:00 pm Open Boutings Fri 6:30 – 8:00 pm	All	\$1288
Fencing 3B	Mon 5:15 – 6:30 pm Tue 7:30 – 9:00 pm Wed 5:30 – 7:00 pm Open Boutings Fri 6:30 – 8:00 pm Sat 12:30 - 1:30 pm (Strength)	All	\$1288
Adult Fencing	Fri 6:30 – 8:00 pm	Glove, Wire, Plastron, Chest protector	\$704
Wheelchair Fencing	Fri 5:15 – 6:15 pm	Glove, Wire, Plastron, Chest protector	\$570
Intro to Fencing	Fri Youth 5:15 – 6:15 pm Adult 6:30 – 7:30 pm	None	\$150/6 weeks
Open Boutings	Tue 7:45 – 9:00 pm Fri 6:30 – 8:00 pm Athletes may drop in to boutings for \$15 per session for up to 3 sessions; after that, they join the Open Boutings group.	All	1/week \$440 2/week \$570

Athlete equipment requirements are captured in the schedule above. All athletes require a fencing mask and jacket, except for Intro students. If a P1, F1A, F1B, Adult or Wheelchair athlete does not own their mask and jacket, they can rent these for \$50 each, annually.



The schedules are current as of June 2024 and it may update. The season runs from September to early June, with additional training available in the summer, based on the competition schedule (and a separate fee structure). Program fees may change based on program updates and facility availability. Each program has a specific number of available spots.

Please arrive for practice 10+ minutes before its start-time. If late or missing practice, please send a direct message to your coach, so they can adapt as needed.

Program Fees: Fees are due prior to the athlete starting training. They may be paid:

- In full in September via credit card, or
- By eight installments on the first day of the month of September to April (by post-dated cheques for 1/8 of total program fee). Please add your athletes name and program to the memo on cheques.

Fees include a t-shirt, coaching at local competitions, and a ticket to the Club's Year-End Gala. Athletes joining mid-year pay prorated fees. With the exception of Open Bouting, Ares members represent Ares in competition. Registration can be completed [HERE](#).

Dates to note:

September 18: AGM (5:30 pm, MNP Centre) - An athlete (18+) or family member must attend.

New Member Tour 6:30p

Equipment Purchase & Rental (6:30 – 8:00 pm)

September 20: First practice

December 22 – January 2: Christmas Break

March 23 – April 1: Spring Break

* Some workouts continue during holiday breaks and/or may run during the day.

Program Change or Refund Policy:

- Prior to November 15; 2/3 programming fee minus a \$75 administration fee,
- Prior to February 1; 1/3 programming fee minus a \$100 administration fee,
- Refunds are not available after February 1.

The club requires athlete commitment for the full season, apart from introductory courses, in order to structure coaching and facility requirements appropriately.

A [Pentathlon Canada membership](#) is required for those participating in pentathlon events, and an [Alberta Fencing membership](#) is required for those fencing in tournaments. Events hosted by external organizations may require a Day or Annual membership.

Ares Membership Documents are housed online (www.pentathloncalgary.ca), in Profile -> Club Docs. This includes Club Policies, Equipment Usage forms, Waivers and more.



Individual Lessons: Fencing lessons are an important component to development and should play a role in all competitive athlete's program. Lessons are typically \$30 - \$40 as determined by the coach (30 minutes), and blocks are available as noted below (subject to change). Scheduling and payment is coordinated directly with the coach. Payment should be remitted for cancellations made inside 24 hours (unless a student replaces the lesson).

Coach	Day & Time															
	Monday		Tuesday		Wednesday		Thursday		Friday							
Darragh	5:00p		5:30p		5:30p				4:45p							
	8:15p		6:00p		6:00p											
			9:00p		6:30p											
					7:00p											
Rosario	5:00p		5:00p		5:00p		5:00p		4:45p							
	5:30p		7:30p		5:30p		5:30p		5:30p							
	6:00p				6:00p		6:00p		6:00p							
	7:45p				6:30p											
Elizabeth	4:00p		5:00p													
	4:30p		5:30p													
	5:00p															
	5:30p															
Will	4:00p		5:00p		5:00p		6:30p		5:00p							
	4:30p		5:30p		5:30p		7:00p		5:30p							
	5:00p		6:00p		6:00p		7:30p									
	7:00p				6:30p											
	7:30p				7:00p											
Josh			6:45p						5:00p							
			7:15p						7:15p							
			7:45p													

Family Volunteer Commitment

The Club prides itself on having minimal volunteer duties relative to other similar organizations. As a non-profit, Ares relies on volunteer involvement to help run its program and events, and to keep costs down. The Family Volunteer Commitment (FVC) Agreement refers to two aspects: supporting the Club's casino, and general volunteering.

Like other non-profit organizations, Ares receives an invitation to work a casino every 18-24 months, acting as the Club's largest fundraising event. All members are responsible to support the casino as it secures additional funding and keeps programming fees low. Families can sign up for the casino through a sign-up link when the club receives the invitation. Once the casino sign up has closed, all families signed up are responsible for working the shift. If they cannot make it, it is the responsibility of the family to find another member who can.

Volunteer commitments are related to Board positions, Events, Friday Night Fencing (setup and take down), equipment sales and inventory, equipment repairs and cleaning, Gala committee, fundraising committee, and other duties. A link will be sent out to input names for training setup and competition support. Ares



hosts up to five annual competitions, providing event opportunities in our home facility. The competition dates are identified at the end of this document, and subject to change. The success of these meets requires a strong team effort! Shifts range between 3-5 hrs. Volunteer shifts are usually sent out four weeks prior to the event. We would appreciate all families considering these their first priority when planning their volunteer hours. The volunteer commitment aligns with an athlete's program level and is based on a points system. It is easy to reach the required points. There is a buy-out option.

Program	Points	Buy-out
F1, F2, Adult, Wheelchair, P1, P2	10	\$400
F3, P3, P4, P5,	15	\$500

Annual General Meeting (AGM) Attendance

The AGM is held in the Fall of each year and the Board will provide all members with an overview of the Club operations, plans, and events for the future. Financial Statements will be presented to the membership. Elections will be held at the AGM for new and existing members who would like to join the Board of Directors. All members are required to send one voting member (18+) from each family to the Annual General Meeting (attendance is mandatory). Due to the importance of the information conveyed, it is critical each member(s) attends. Notification of the meeting will follow the current AGLC Bylaws. Attendance at these meetings will count as 1 volunteer point per family.

Communication

- Communication within the Club is primarily via email, WhatsApp groups, and Ares' internal [Facebook Page](#).
 - Members are required to join their athlete's WhatsApp group (age 13+ athletes are welcome to join as well), as this is crucial for time-sensitive communication. The link will be sent by email, and it is free.
- The Club's Board can be reached via the President, Ken Chow, at president@arespentathlon.ca
- Sport Manager – Joshua Riker-Fox: joshua@arespentathlon.ca & 403 807 1737
- Lead Coach – Darragh O'Malley: darragh@arespentathlon.ca & 403 462 9294
- Group Leaders:
 - Loreto Gajardo – loreto@arespentathlon.ca & 647 637 1758
 - Rosario Gajardo – rosario@arespentathlon.ca & 647 502 3710
 - Joel Riker-Fox – joel@arespentathlon.ca & 403 860 0587
 - Surina Elidrissi – surina@arespentathlon.ca & 587 436 7710
 - Elizabeth Rodriguez – elizabeth@arespentathlon.ca & 403 672 0362
 - William Woodley – will@arespentathlon.ca & 403 370 1133



Competitions

Competition is an important contributor to development. The Club and its coaches encourage all members to join the competitions that are indicated as appropriate.

Every athlete will have a different competition focus; some athletes will participate in three events during the season, while others will look to attend most competition opportunities. This is a function of development and season goals.

Once confirmed, out-of-town events will be loaded into a document accessible to all members. Members indicate event participation in Ares' Events Google Sheet [HERE](#). If you are not able to access the spreadsheet, please email info@arespentathlon.ca to add your email address.

To offset the cost to prepare for and support out-of-city competitions, a competition fee is applied, payable to the Club (per athlete). This is not applicable to ARES events or local competitions, and is as follows:

Competition Days (specific to each athlete)	One Day	Two Days	Three Days	Four+ Days
Location				
Provincial (outside Calgary)	\$30	\$35	\$40	\$45
National (outside Alberta)	\$70	\$80	\$90	\$100
International	As communicated.			

Team Gear

Membership includes a T-Shirt and swim cap (pentathletes). Periodic orders for jackets, hoodies and other items occur during the season. Athlete equipment requirements are captured in the schedule above. All athletes require a fencing mask and jacket, except for Intro students. If a P1, F1A, F1B, Adult or Wheelchair athlete does not own their mask and jacket, they can rent these for \$50 each, annually. A rental also requires an equipment deposit cheque that will be destroyed upon the return of the gear at the final practice (\$50 for each item). The tentative equipment return date is June 6, 2025.

Equipment orders can be placed [HERE](#). The timeline for submission will be communicated by email (new members, please note the September 4 deadline).

Ares offers most fencing items for sale. For swimming and running, please visit our recommended vendors TriHub, Team Aquatic Supplies and Gord's Running Store.



Equipment

Please note the program schedule outlines the equipment members are required to own, according to their training group. For further information on Ares' Equipment Policy, please view within your member account online under 'Club Docs.' Ares equipment for purchase is captured below (subject to inventory and prices subject to change). Order link is [HERE](#).

Glove	Body Wire	Plastron	Chest Guard	Jacket	Pants	Mask	Roll Bag	Junior Bag
\$ 25	\$ 25	\$ 50	\$ 35	\$ 100	\$ 60	\$ 100	\$ 200	\$ 50
Full Epee (Basic)	Epee Blade Wired	FIE Full Epee	FIE Epee Blade Wired	Bells	Pistol Handle w/ Hex Nut	French Grip w/ Pommel	Sockets	Felt Pad and Blade Wires
\$ 125	\$ 80	\$ 250	\$ 200	\$ 15	\$ 15	\$ 15	\$ 15	\$ 5
Small Springs (10)	Big Springs (10)	Tip Screws (10)	Test Gauge (Shims)	Epee Test Box	Epee Test Weight	Epee Build	Epee rewire	Blade Wires
\$ 7	\$ 7	\$ 7	\$ 10	\$ 20	\$ 35	\$ 30	\$ 30	\$ 5

Ares equipment available for annual rent:

Mask	Jacket
\$ 50	\$ 50

Fencing & Laser Vendors:

Crossed Swords http://www.crossedswords.ca/ 	Absolute Fencing (USA) http://www.absolute fencing gear.com 	EcoAims jeremy.johnson@ecoaims.com Mention you are an Ares member 
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Swim & Run:

Preferred Vendors		
<u>Swim</u> Tri hub https://www.trihub.ca/teamswimwearingear Custom Ares team swimsuits. 	<u>Swim</u> Team Aquatic Supplies https://www.team-aquatic.com/ Ares members receive a Shark Card for store-wide discounts. 	<u>Run</u> Gord's Running Store https://gordsrunningstore.com/ The best care & attention in shoe selection, and long-time pent supporter. 
Assistance		
KidSport and JumpStart are historical Ares' partners. The program reduces barriers for young athletes to participate in sport, and the application process is simple.		
KidSport Calgary http://www.kidsportcanada.ca/alberta/calgary/ 	JumpStart http://jumpstart.canadiantire.ca/ 	



Event Calendar

Date	Competition	Location	Eligibility
Oct 18 - 20	CFF Canada Cup 1	Quebec City, QC	P3/4/5, F2/3, Adult
Oct 26	ARES Splash 'N Dash	Calgary – MNP	P1/P2/3/4/5
Nov 2 - 3	AFA Fencing AB Cup 1	Edmonton	All
Nov 16 – 17	Epic Fall Classic	Calgary – Epic	All
Nov 24	Kronos Splash 'N Dash	Calgary – MNP	P1/P2/3/4/5
Nov 27-Dec 2	U13, U17, U19 Pan Am Champ	Guatemala City, GUA	Qualifiers
Dec 3 - 8	UIPM U15 World Championships	Guatemala City, GUA	Qualifiers
Nov 29 - Dec 1	CFF Canada Cup 2	Vancouver, BC	P3/4/5, F2/3, Adult
Dec 13	Pent AB Polar Pentathlon	Calgary – MNP	All
Jan 11	8 th Annual ARES Open Fencing	Calgary – MNP	All
Feb 2	Kronos Kraken Cup Swim Meet	Calgary – MNP	P1/P2/3/4/5
Feb 14 - 15	CFF Canada Cup 3 / JR Nationals	Winnipeg	P3/4/5, F3, Adult
Feb 22 - 23	AFA Cup 2 Don Laszlo Fencing	Calgary – UC	All
Mar 2	Pent AB Western Winter National	Calgary	All
TBD	Okanagan Spring Fling	Vernon	P3/4/5, F2/3, Adult
Apr 19 - 20	Epic Gladiators Cup	Calgary – Epic	All
April 25 - 27	AFA Cup 3	Blackfalds	All
May 16 - 19	CFF Fencing Nationals	St. Catherines	P3/4/5, F2/3, Adult
Jun 14 - 15	AFA Fencing Provincials	Calgary – Epic	All
TBD	Pent AB Provincials		All
TBD	Pent Canada Nationals		All
Jun 25 - 29	UIPM JR World Championships	Székesfehérvár, HUN	Qualifiers
Jul 17 - 20	UIPM U17 World Championships	Johannesburg, RSA	Qualifiers
Aug 21 - 24	UIPM U19 World Championships	Druskininkai, LTH	Qualifiers

- The calendar is updated as information is made available to the club. Updated versions to be released on an ongoing basis.
- Blue highlighted events are considered a priority for which all Ares members are encouraged to participate or volunteer at.
- Some listed events may be low priority and not a Club focus; athletes are welcome to participate but there may not be attending coaches. Communication will be sent out prior with details.



Pentathlon Major Event Outlook

Year	U17/U19 National Team		Junior National Team		Senior National Team
World Championship Dates	Birth Years	Major Events	Birth Years	Major Events	Major Events
2025	2007 – 2010	U17/19 World Championships	2004 – 2009	Junior World Championships	World Championships
2026	2008 – 2011	Youth Olympic Games	2005 – 2007	World University Championships	Pan American Championships
2027	2009 – 2012	U17/19 World Championships	2006 – 2008	Junior World Championships	Pan American Games
2028	2010 – 2013	U17/19 World Championships	2007 - 2009	Junior World Championships	Olympic Games



Integrated Support Team (IST)

Sport comes with aches and pains. The best strategy is to nip it in the bud early! Ares partners with the following practitioners for their expertise and specific experience in sport.

<u>Physiotherapy</u> 	Bridget Pyke - Complete Chiropractic and Sports Therapy - bpykephysio@gmail.com Bridget holds a Bachelor of Science in Exercise and Health Physiology with Honours (University of Calgary) and a Masters of Physical Therapy (University of Western Ontario). She has clinical experience and has practiced physiotherapy in pediatric settings, backstage at the Alberta Ballet, and at an outpatient clinic in Perth, Australia. She has a strong interest in running injury prevention, rehabilitation, and performance, which stems from her four years as a varsity cross-country and track and field athlete. She competed at the Canada Summer Games as a member of Team Alberta. She won team medals at the Canadian Cross Country Championships and the Canadian University Cross Country Championships.
<u>Athletic Therapy</u> 	Jill Hanna – Purdy Invincible Therapy – purdy.invincibletherapy@gmail.com As an athletic therapist, I am the person who will enter onto the field when an athlete is hurt and I am qualified to help them. In addition to helping them safely off the field, I will work with the athlete to bring the athlete back to full playing potential using manual therapies and functional exercises. As we are specialists in the musculoskeletal system, we integrate the whole body to ensure the best possible outcome for recovery. Another goal of mine is to integrate prevention programs into teams to reduce the amount of injuries. I am a Certified Athletic Therapist and a First Responder.
<u>Sport Medicine</u> 	Dr. Bobby Homayoon – Surge Sport Med – central@surgesportmed.com Dr. Homayoon was formerly a high school and collegiate level Basketball player, I also competed at the national level in Taekwondo. Recreationally I've participated in Boxing, JiuJitsu and Soccer. In terms of education, I completed my undergraduate degree in Kinesiology and medical degree at UBC. I split my residency between U of C and U of Ottawa. I currently practice at Surge Sport Medicine (in Lifemark MNP) as well as Airdrie Urgent Care. I've done "field side" physician work with Judo and Diving Canada as well as semi professional and high school Football and Basketball teams.