



My Fencing Club overview

My Fencing Club (MYF) is a Toronto-based fencing club where people of all ages and experience levels enjoy the ancient art of dueling. We boast over 100 club members at three locations: Wychwood (St. Clair Ave. W. & Christie), High Park (Bloor St. W. & Runnymede St.) and the Beaches (Queen St. E. & Glen Manor Dr.)

The club offers beginner, intermediate and competitive group lessons as well as private fencing lessons that challenge your body and mind in ways that no other sport can. Our other services include fencing camps, corporate events, fencing gear rental, demos and birthday parties.

My Fencing Club's mission is to introduce children to the sport of fencing and bring out the best in them by emphasizing passion, challenge, teamwork and the will to achieve. The club focuses on youth development, with the goal of training high performance athletes and elevating the profile of fencing within Toronto communities.

The majority of MYF students are 10-14 years old and train at beginner/recreational, intermediate and competitive levels. Our competitive level students are currently ranked #4 and #5 in the Canadian national rankings, with a total of 9 medals at the Canada Cup and National Championships. The continuing growth that happens within the club allows us to develop culture, leave heritage and build reputation. MYF also has a large group of people who feel included as members of the club — parents, friends, sponsors, nutrition and conditioning specialists, and sport psychologists that share our vision and help to create a nurturing environment for the students.

The founders, Katya Belkina and her mother Olga Zdesenko, are full-time fencing coaches and former competitive athletes with years of fencing experience in Russia and Canada. Our staff also includes a sabre coach, Kristina Han, and beginner coaches Ben Attal, Noah Enns and Sarah Preston. To read more about the club please visit <http://www.myfencing.ca>

