



"ALWAYS WORK TO IMPROVE.

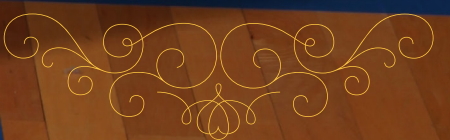
NEVER FOCUS

ON THE OUTCOME BEFORE

YOU BEGIN. MOST IMPORTANT, LEARN HOW TO

ACCEPT FAILURE."

-JUNIOR CATHERINE JIANG SAID ON HOW SHE STRIVED FOR SUCCESS



FENCING

"The representation of fencing as a sport has evolved for the better," senior Aashima Garg said about how the sport has changed during the past years at Hockaday.

Fenced In

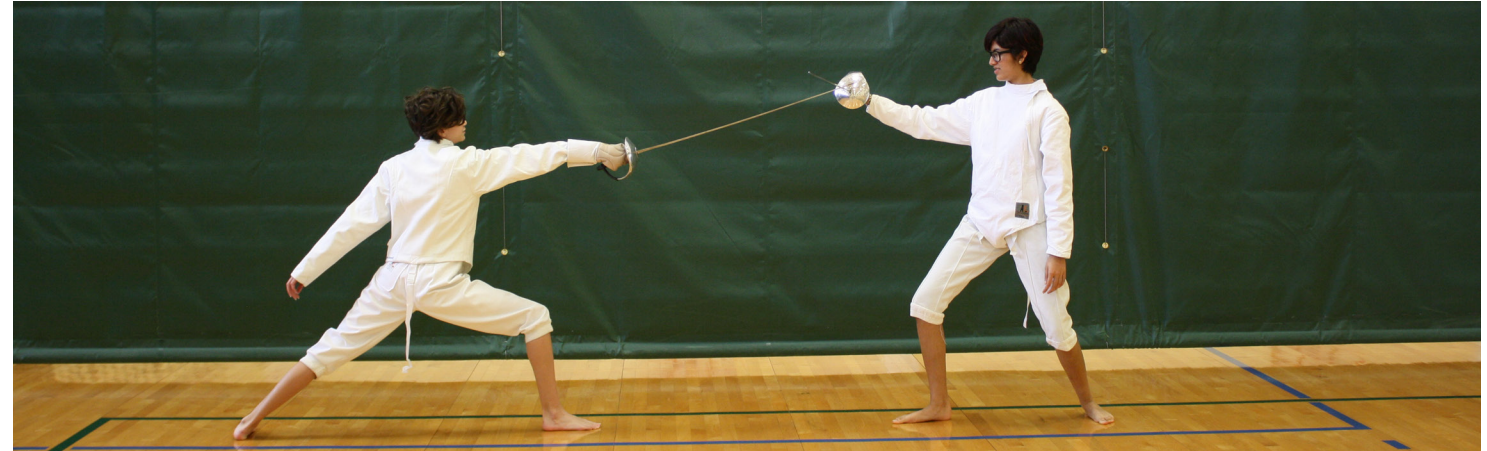
As returning fencer junior Karla Salinas walked to the gym for the first practice of the season, she assumed it would be like any other: a few new girls to add with the experienced girls. She walked in the gym and was faced with a surprise. 18 new fencers had joined the team to top off the 18 returning members, marking the biggest fencing team the school has had. As a result of this growth, separate junior varsity and varsity teams were created, and

practices rotated between St. Mark's and Hockaday.

While practicing at St. Mark's, fencers worked on the technical aspects. "Coach Hoss greatly emphasized working on technique, and he was very helpful with correcting our form if we had it wrong," freshman Lin Lin Lee said.

Those not practicing at St. Mark's were given the opportunity to do strength training exercises in the Wellness Center, and this helped strengthen the girls' muscles.

"While it was important to improve our fencing technique and skills, keeping up our fitness level and staying in shape was equally as important," senior Mary Zhong said.



● top left

PUMPING IRON
Freshman Angela Shi works during practice to strengthen her biceps. "From working out in the fitness center, I developed a lot of healthy exercise habits," Shi said.

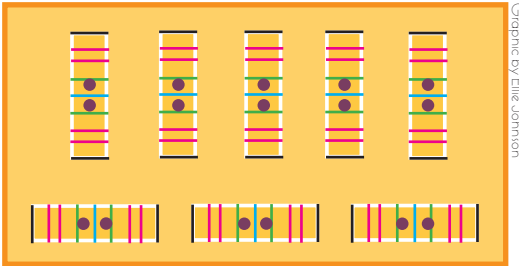
● middle

FACING OFF
Sophomores Sabrina Sanchez and Sabah Shams hold a practice bout. "When it comes to working on form, posture is super important," Shams said.

● top right

FORWARD PROGRESS
Senior Tina Fan takes a strike toward her opponent during the second round of competition at the Oct. 18 tournament at Hockaday.

Junior Karla Salinas warms up before the start of the Oct. 18 tournament. "Matches are always more nerve-wracking than practice because we have more people watching and judging our every move. When I'm competing, I try to get into a mindset that will help to shut out all the distractions around me," Salinas said.



Graphic by Ellie Johnson

BETWEEN THE LINES OF FENCING

A typical fencing tournament has multiple strips where the competition takes place. The green lines represent the on-guard lines where both fencers start. Both pink lines serve as warning lines for the end black lines. The black lines on either end cannot be crossed. The purple dots represent both opponents on the strips.

Number of equipment pieces



Photos by Ellie Johnson, Elizabeth Michel and Barrett Smith