



Academy of Fencing Masters

Fencing Goal Setting and Your Lifestyle Worksheet

Sit down and answer these questions about your family, fencing and your lifestyle.

1. As a parent, what do you want your child to get out of fencing?
 - a. Just enjoyment - nothing more.
 - b. Discipline and self control
 - c. Camaraderie
 - d. Satisfaction and accomplishment of competition
 - e. College preparation
2. What does your child want to get out of fencing? (Hint: don't guess - go ask them!)
 - a. Just enjoyment - nothing more.
 - b. Discipline and self control
 - c. Camaraderie
 - d. Satisfaction and accomplishment of competition
 - e. College preparation
3. How would you rate your child's competitive nature?
 - a. 1 - dislikes competition: avoids it at all costs.
 - b. 2 - somewhat competitive: enjoys it, but doesn't care about winning or losing.
 - c. 3- highly competitive: really gets into all kinds of competitions, but doesn't get upset over winning or losing.
 - d. 4 - overly competitive: enjoys competition, but can't handle losing.
4. How much time would you like to devote to fencing?
 - a. 2-4 hours per week
 - b. 6-8 hours per week
 - c. 10-12 hours per week
 - d. 24 hours per day
5. What kind of competition are you interested in?
 - a. None.
 - b. Local only - no travel.
 - c. Regional - travel by car.
 - d. National - travel by plane.
 - e. International - and maybe interplanetary if there's ever one on the Moon.

6. How does your family feel with your current level of extracurricular activities?
 - a. We have time to spare! Relaxed and loving what we do.
 - b. Our schedule is full, but manageable.
 - c. Frantic, there's too much to do and too little time.
7. What does your family talk most about at the dinner table?
 - a. How we feel about the day.
 - b. What we accomplished.
 - c. What we're excited about for tomorrow.
 - d. Fencing, fencing, and we might discuss fencing with dessert.
8. What is one thing that you would change about life if you had a magic wand?
 - a. 4 more hours in the day
 - b. Easier family dynamic
 - c. More opportunity for the kids

Now look back at your answers and then think about the following questions.

What kinds of patterns do you see about your family?

What did you learn about yourself and how you understand your kids?

How about your kids - what did you learn about them?

What insight do you have about your family and fencing?

Other notes and observations.
