

# FENCING

## FENCING DEMONSTRATIONS WILL BE HELD THROUGHOUT THE WEEKEND

Presented by

Witold M. Rak

Founder and Director – Woodside Fencing Center

Exercise Physiologist Witold Rak is the head instructor and founder of the Woodside Fencing Academy. He has contributed greatly to exposing fencing to inner-city youth in NY City through the Sports & Arts Foundation and prepares grassroots fencing programs for children and adults. Coach Rak has previous collegiate coaching experience at SUNY Purchase and New Jersey Institute of Technology.

and

John Wilhelm

Fencing coach in community recreational setting

John Wilhelms coaching experience spans all age groups and levels of fencing including the Stony Brook Fencing Club, Great Neck Arts Center, and New York City Parks and Recreational Centers. He has his USFA Certification at the Olympic Training Camp in Colorado Springs, Colorado.