

	Youth Academy Level 1 (YAL1)	Youth Academy Level 2 (YAL2)	High Performance (HP)	Travel Team	Teen and Adult Academy Level 1 (TAAL1)	Teen and Adult Academy Level 2 (TAAL2)
Equipment	Borrowing club gear, own gear to move up	Own basic kit	Own and maintain tournament kit	Full gear, spare weapons and strip-side repair tools	Borrowing club gear, membership discount when basic kit obtained	Own electric gear
Number of Practices Per Week	1-2x	2x	2x+	Personal Plan	1-2x	1-2x
Individual Lessons	Optional	Begin taking Individual lesson, training 1x wk	1x week mandatory	2x+ lessons, individual coaching plan	Optional	Encouraged
Competition	In-house practice tournament	Local/Priority on Youth	P.O.Y., Regional season planned out in advance	Commit to all National events	In-house Practice Tournament	Local/Reg/National
Conditioning	In-class conditioning, try other sports	In-class conditioning, L2 fitness challenge	Fit for Fencing, Outside of club cross training	Fit for Fencing, Outside of club cross training	In-class conditioning	Outside of class conditioning encouraged
Training Camps	Forge Camp, beg level	Forge Camp, intermediate level	Forge Camp, competitive level	Forge Camp, competitive level, Travel Camps	Forge Camp, appropriate level	Forge Camps
Forge Teams	Learn about Forge Teams	Participate in swap meet	Learn Core Team Values	Serve as Teen Leader	Learn about Forge Teams	Volunteer in tournaments, committees, armory
Parent Involvement	Read emails, watch slides, read white board/bulletin board	Active communication and engagement	Semi-annual coach meeting	Semi-annual coach meeting	Read emails, watch slides, read white board/bulletin board	Active communication and engagement
Open Bouting	In-class only	In-class, self-refereeing	Bouting outside of classtime expected	Mandatory based on training schedule	In-class only	Encouraged, included in membership
Homework	Read Study Guide, watch Forge Study Guide Videos	Read Study Guide, watch Forge Study Guide Videos	Goal sheet, film and watch self, opponents	Goal sheet, film and watch self, opponents	Encouraged to access Forge Study Guides and Videos	Encouraged to access Forge Study Guides and Videos