

Spirit's Roundhouse Report – October 2009

Upcoming Events

12th – Thanksgiving – NO CLASSES

17th – K H Min Tournament @ Shaw Conference Centre
Good Luck to our Sparring Team

22nd – Last day to register for Promotion Test

23rd – Promotion Test @ 6 pm – Doors will open at 5:30 pm

29th – Halloween at the gym – Wear your costumes to class

IMPORTANT!!

**** Please DO NOT drop off your children any more than 15 minutes prior to their class. ALSO, ensure your children are picked up immediately after their class ends. We do not have the staff to safely oversee them! ****

LATE FOR CLASS

If you or your children are more than 5 minutes late for class you will not be allowed to join class.

Warm-ups are important to get the body prepared to learn techniques safely.
Please try to adjust your schedule to be on time.

Back to School Referral Program



The highest compliment you can pay your Instructor is to refer a new student!

Ask Debbie in the office for your VIP passes.
Give them out to your special friends.

If three of them sign up on our Intro special you receive a
Free professional Taekwondo Uniform!!
Offer expires November 6, 2009

Housekeeping

For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

- Please remove ALL footwear and neatly place on the boot racks or off to the side at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.
- So as to keep accurate attendance records, all members must place their cards into the “White Box” at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.
- While waiting for your martial artist and to avoid any distractions to classes in session, please keep the noise levels to a minimum.
- While watching your martial artist from the sides or back of the dojang, please refrain from speaking to them while their class is in session.
- Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.
- To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.

S. T. A. R. Foundation NEWS

(Spirit Taekwondo Athletic Rewards Foundation)

Wanting to take one of the special seminars held at Spirit, but can't afford it?

Need new sparring equipment for you or your children?

Having problems paying promotion test or membership fees?

WHAT CAN WE DO FOR YOU?

Reimburse costs for:

Equipment

Promotion Test and Membership Fees

Tournament Costs

Additional training costs

S.T.A.R. can reimburse you up to 50% of these costs to a maximum of \$250/year.

HOW DO YOU IT:

FIRST all members of Spirit Taekwondo are members of S.T.A.R.

SECOND show your support by assisting with at least one of our yearly functions.

THIRD fill out a request for funding

THAT'S IT!! All forms available from the office.