

Spirit Roundhouse Report

February 2008

New Office Assistant

Master Le would like to welcome Debbie Roberge to the Spirit Taekwondo Management Team. Debbie will be Tammy's new office assistant and the pro-shop manager. She will help take care of most of your office needs and all your pro-shop needs when Tammy is unavailable. Tammy will still try to meet the needs of present members but Debbie will now take care of all new members and members that need membership renewal. Please see her for any pro-shop purchases; she will also be able to handle all special orders that we do not have in stock. So before you buy online or at another martial arts retailer, see Debbie and she will try her best to get what you need as soon as she can.

Valentine's gift for your loved one

Do you have a loved one that you do not know what to give them for Valentine's? We're going to help you out! Why not give them the gift of fun and fitness both for FREE. If you are currently enrolled in one of our memberships and you want your spouse or your boyfriend or girlfriend to do class with you bring them in all month for FREE classes. See Tammy or Debbie in the office for more details.

Upcoming Events

February

7th – Registration Deadline for Promotion Test

8th – Promotion Test @ 6pm – Doors will open at 5:30 for practice – NO CLASSES

11th – Early Registration Deadline for D.K. Chun Tournament

16th – D.K. Chun Memorial Tournament @ Concordia College Edmonton

18th – Family Day – NO CLASSES

March

1st – World Record W.E.M. Water Park Workout

W.E.M. Waterpark Workout

The Taekwondo Alliance of Alberta has rented out the entire water park for us to be part of a world record setting event. There will be a 10-15 minute workout (uniform optional) in the wave pool and then the rest of the night is all yours to do what you want. Tickets are only \$25/person and every Taekwondo member and their family and friends are welcome to come. This is a great way to spend an evening with the family and also a fantastic way to meet other Taekwondo practitioners from all over Alberta.

Pub Night and Silent Auction

We need items for our silent auction for the pub night. S.T.A.R. has information letters and request forms for you to bring to a business and ask for a donation. Without items to auction the pub night will not be a success. You may not think you know of any business' that would give out donations for our event, but you probably know a lot. Try asking your hair stylist, your mechanic or even your favourite restaurant, these are only to name a few places, it makes great advertising for them.

We also have tickets for sale for the pub night. The more people the merrier. Tickets are only \$10 each and all proceeds of these tickets go directly to S.T.A.R. and each ticket come with a free hi-ball or draft beer and is eligible for door prizes that will be drawn throughout the evening.

Track Suits & Beanies & T-shirts

Now that the sparring team has their new tracksuits and all of you have seen them, I have been approached by a few members wanting one. Now is your chance to get your very own Spirit Taekwondo Tracksuit. We need a minimum of 12 people to make another order. Jackets are only \$130 and the matching Pants are \$40 (optional). Sizes are available in men's, women's and children's sizes. Please see Debbie to make your order.

We also still have a limited number of beanies available for only \$20 each. They come in Black or Pink. We also have limited sizes of T-shirts left over from last summer available for only \$5 each or FREE with the purchase of a Beanie.

Information Board and Calendar

If you haven't noticed yet, S.T.A.R. has an information board up in the parent's room. Please take time to stop in and read it, there is valuable information on it that may be an interest to you.

On the cork board is also a calendar with upcoming events listed and bolded with red. Information on this calendar includes promotion dates, school holidays, etc.

We have all these notices and this newsletter to help keep you informed on everything that happens in our school. We also have a website that has all this information on it too. If you haven't added us to your favourite website do so at www.spirit-tkd.com also add yourself to our mailing list, Master Le sends out daily motivational quotes in the morning to help kick start your day. All you have to do is e-mail info@spirit-tkd.com and request to be added. And for a little more fun, we have our very own page on face book. Lots of cool pictures and a great message board so add yourself and be part of our group.

F.A.S.T. Defense

For more information please speak directly to Mel Zilkowsky (906-3079) or Steve Bartley (413-4009) who are both **F.A.S.T. Defense™** Instructors and the coordinators for the program. You can also read and soon see some video clips on the Elite website at www.elite-tkd.com/fast

F.A.S.T. Defense - Teen - Feb.24, 2008

F.A.S.T. Defense - Adult - Women Only - Mar. 2, 2008

FAST CATS - Stranger Danger - March 15, 2008