

Spirit's Roundhouse Report - July & August 2007

Sparring Camp in August

Want to train like a champion? Or want to train with a champion? Master Le and Instructor Bill, both National Champions and Instructor Lynne, Silver at Nationals, will be conducting an all day sparring camp from

August 20th – 24th from 8:30 am to 4:30 pm

Don't worry it won't be all work and no fun! The harder you work the more fun you will have.

Cost for Camp is \$125 for the Entire Week

Minimum of 15 members to proceed with camp

The Camp is open to all members with Sparring equipment. If you do not have sparring equipment and wish to participate you can purchase equipment from our pro-shop upstairs.

CONGRATULATIONS !!

Instructor Bill Chahal is Spirit Taekwondo's first National Champion! At the Junior Nationals in Saint John, NB; Bill had 3 grueling fights to win the Light-heavyweight National Title. Bill will now represent Canada at the Junior Pan-Am games in Daytona, Florida in October.

Bill would like to thank all the students and parents who supported his travel costs through fundraising and an extra big thanks to Mike Horton and Paul Pandur who let him beat on them in preparation for the Junior Nationals.

Hopefully Bill is the first of many national champions that Master Le and Spirit Taekwondo will produce.

Theme Days

All of us are going to have some fun this summer and have some theme days. Adults do your best to join in on the fun, because we all know you're all kids at heart. Parents, if you want to come dressed the part please do so, it will be fun to have everyone take part in the fun.

Pajama day is on July 19th. Just promise you won't fall asleep! Wear your coolest PJ's instead of your uniforms this day. If you like you can even bring your teddy...bear that is!

Birthday Hat day is on July 26th. Don't worry we will supply all the party hats for this one! Come and wear a birthday hat and enjoy some birthday cake for Madison's 1st Birthday!

Hat Day is on August 16th. Wear your favorite or your craziest hat! Just make sure you keep a lid on it!

Crazy Hair day is on August 23rd. Wear your hair the funniest way you can or if you have a wig...go for it!

Free Summer Classes for Parents

For the parents who are interested in class but are afraid to do so, have we got a deal for you! All you have to do is purchase one of our Spirit Taekwondo T-shirts and you can join in on the fun! Train all summer long for only \$20, the cost of our t-shirt! Why not get a kick out of us this summer!

WATER AND SPORTS DRINKS

Remember that the water and sports drinks in the fridge are not free. Water bottles are \$1 each and Sports Drinks are \$2 each. We are on the honor system and please put your payment in the money jar provided. Also, take your bottles home after or put them in the recycle bag, PLEASE do not leave them all over the gym.

T-shirts are still available for only \$20
each!!

Internet

Have a facebook account? It's a great way to keep in touch with all your Spirit Taekwondo friends. We have created our own group on facebook just for that. The group is called "Spirit Taekwondo" all you have to do is register for facebook and join our group. This group is for all past, present and parent members of our club.

Also, we still have the message of the day! Each day, Master Le sends out motivational and inspirational messages to start off your day. All you have to do to is e-mail your e-mail address to info@spirit-tkd.com and request to be added to our list. You also get to be the first to get notification of any upcoming events.

Keeping Hydrated in Summer Heat

We've all experienced it at some point when working out or on the field – fatigue sets in, your mouth feels dry and your legs are heavy. These are all common signs of dehydration.

When an athlete works out, body fluid is lost through sweat. If the fluid lost through sweat is not replaced, dehydration and early fatigue are unavoidable. Losing even 2% of body fluids (less than 3.5 pounds in a 180-pound athlete) can impair performance by increasing fatigue and affecting cognitive skills. Since many athletes lose between 5-8 pounds of sweat during a game, it's easy for them to become dehydrated if they don't drink enough to replace what is lost in sweat.

Dehydration can be prevented

When to drink: Drink before you get thirsty. By the time you're thirsty you are already dehydrated, so it's important to drink at regular intervals – especially when it is hot outside.

What to drink: Research shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.

What not to drink: During activity, avoid drinks with high sugar content, alcohol or carbonation because:

- Alcohol can dehydrate the body
- Fruit juices, soft drinks and energy drinks are high in sugar which slows fluid absorption by the body

Dr. Lawrence Spriet is a leading sports nutrition researcher with the University of Guelph and the Gatorade Sports Science Institute. More information on sports drinks and hydration is available at www.gssiweb.org.

Upcoming Events

July

23rd – 27th: Summer Camp #2
– Still some space available
19th: Pajama Day

26th: Birthday Hat Day
Madison's 1st Birthday

August

3rd: Promotion test @ 6 pm

5th – 11th: School closed for Holidays

20th – 24th: Sparring Camp

13th: Summer Schedule Resumes

16th: Hat Day

23rd: Crazy Hair Day