

Victory Training Center March/April Newsletter



Important Dates:

- **April 1st:** Tuition Due
- **April 13th:** Spring Lock In
- **April 27-28th:** Kansas City, MO Qualifier, USAT
- **April 30th:** Final collection day for the VTC Support Our Troops Campaign

New Class Schedule

MON	TUES	WED	THURS	FRI	SAT
5:30-6:30 PM Kid's Beginner		5:30-6:30 PM Kid's Beginner		12:00 PM Body Sculpting	8:15-9:15 AM Body Sculpting
5:45-6:45 PM Women's Fitness	5:30-6:30 PM Kid's Beginner	5:45-6:45 PM Women's Fitness	6:15-7:15 PM Body Sculpting		9:15-9:45 AM Boot Camp
6:30-7:30 PM Adult Beginner/ Intermediate Sport Tae Kwon Do	6:30-7:30 PM Adult Beginner/ Intermediate Traditional Tae Kwon Do	6:30-7:30 PM Adult Beginner/ Intermediate Sport Tae Kwon Do	7:30-8:30 PM Boot Camp		10:00-11:00 AM All Ages Traditional Tae Kwon Do
7:30-8:30 PM Fighting Team Training	6:30-7:30 PM All Ages Advanced Traditional Tae Kwon Do	7:30-8:30 PM Fighting Team Training			11:00-12:00 PM Fighting Team Training



April Tuition Special

Bring a friend, if they sign up for a month's worth of Tae Kwon Do or Women's Fitness, you receive \$30 off your next month's Tae Kwon Do tuition or \$10 off Women's Fitness.

Spotlight Students of the Month

Women's Fitness Success Story of the month: Leslie Fronzak



Leslie is one of the most dedicated members of the Women's Fitness club. She virtually never misses a class and always comes to extra sessions. She won the last fitness challenge and is well on her way to winning the bikini battle this spring. Leslie has lost X pounds and looks and feels great. Please congratulate Leslie on her continued success.

Spotlight Student of the Month: Dylan Dailey



Dylan has been with VTC for over 2 years. He is a dedicated student always concerned with perfecting his technique. Dylan is hardworking and always courteous. Please congratulate Dylan on being chosen Student of the month.



Quote of the month from Master Carter:

True integrity is doing the right thing even when people aren't watching.

Competition Team Results:

US Open:

US Open was held in Orlando, Florida on February 15-18th. The US Open is an international competition hosted by USAT. This year 41 countries were represented with over 4000 athletes competing in Olympic Style sparring and Forms. VTC sent three competitors this year. Steven Carter kicked things off with an excellent fight against Jaime Toyota on Thursday the 15th. Steven did not win the fight but held his own against the Army team member. Next up was Yuto Ikuma. Yuto fought his way to a bronze medal. This in of itself was a impressive feat, made more so by the fact that this was Yuto's first competition as a black belt as well as being his first international competition. Finally, Naomi Sevidal received a silver medal on closing day of competition.



Christian's first fight! –
AAU GA State Qualifier



Eoin lands a point—
AAU GA State Qualifier



Christiana & Naomi
spend quality time in
holding –AAU GA State
Qualifier

AAU GA State Championships:

The AAU GA State Championships was held on Saturday, February 28th in Duluth, GA. VTC sent seven competitors to represent our school. In the first fight of the morning, Naomi Sevidal received a gold medal. Soon after, Steven Carter fought his way to a bronze medal. In her first fight since giving birth to a beautiful baby boy only seven months ago, Christiana Saltzman received a bronze medal. Shuto Ikuma drew inspiration from his older brother and earned a bronze medal of his own. Chrisitan Paniccia fought hard for his bronze in his first tournament appearance ever. Yuto Ikuma was eliminated in the first round after a difficult fight with an experienced fighter from FCT. Finally, Eoin Sevidal returned from a self imposed retirement for his first fight in over a year. Eoin did not win this match but will be back in fighting form soon.

US Army Tae Kwon Do Team Visits VTC:

The US Army WCAP athletes visited VTC in late January and participated in some friendly sparring with the VTC competition team. Thanks to Jaime Paniccia was kind enough to film the fights for the students to review.

Help VTC Support our Troops:

We will be collecting items to send to Iraq through April30th. Items that are requested are:

- Current books and magazines (for men and women)
- Packaged non-perishable items i.e. Trail Mix, Nuts, Candy, Pretzels, Granola, Girl Scout Cookies, Pepperoni, Beef Jerky, Cereal, Cracker Jacks
- Baby Wipes
- Q-Tips
- DVDs
- CDs
- Baggies (store and carry food)
- Batteries (all types)
- Calling Cards (see www.aafes.com in the middle of the page right hand see- Help our troops call home)

We will also make Thank You cards available should you wish to express your thanks to the men and women who put their lives on the line to protect our freedoms and privileges. Please see Naomi if you have any questions.

Announcements:

- Please continue to excuse our mess...We are currently in process of painting the school, please bear with us; we will be finished by the end of April...we promise!
- Check out the new VTC website design at www.victorytrainingcenter.com
- Please help us by putting all bags and shoes, etc over by the wall near the mirrors. We would like to keep the bench area clear of items that may cause someone to trip and fall.
- Upcoming Tournaments: USAT Qualifiers start March 16th. USSSA Nationals June, USAT Nationals July
- Sign up now for Private Instruction at the Front Desk, cost is 20\$ an hour. We offer private instruction in both Traditional and Sport Tae Kwon Do. Appointments must be made at least two weeks in advance.

WELCOME

VTC would like to welcome our new student:

- Ivan Silva
- Ruben Silva
- Shena Patel

We at VTC welcome your input and suggestions. Please see Miss Naomi during class or call 678-725-5023.

Contact us:

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