

# Victory Training Center November & December

## Newsletter



### Important Dates:

- **November 1<sup>st</sup>**: Tuition Due
- **November 11<sup>th</sup>**: Weigh-ins- Holiday Fitness Challenge
- **November 13<sup>th</sup>**: New Class Schedule goes into effect
- **November 17<sup>th</sup>**: Sign-ups for Competition Team begins
- **November 20<sup>th</sup>**: Sign-ups begin-Dec. Parent's Night Out
- **November 20<sup>th</sup>**: Sign-ups for Jr. Instructors Program begins
- **November 23<sup>rd</sup>-25<sup>th</sup>**: School Closed for Thanksgiving Holiday
- **November 27<sup>th</sup>**: Signups begin for Dec. Lock-In
- **December 1<sup>st</sup>**: Tuition Due
- **December 2<sup>nd</sup>**: Tournament, North Carolina- No classes
- **December 4<sup>th</sup>**: Bring a friend week
- **December 8<sup>th</sup>**: December Parent's Night Out (6-10 PM)
- **December 9<sup>th</sup>**: Competition Team Try-Outs (1-3PM)
- **December 15<sup>th</sup>**: Winter Lock-In (6:30PM-8:30AM)
- **December 22<sup>nd</sup>**: VTC Holiday Party (7-9 PM)
- **December 23<sup>rd</sup>-29<sup>th</sup>**: School Closed for Christmas Holiday

### New Class Schedule

MON	TUES	WED	THURS	FRI	SAT
	6:15-7:15 AM Body Sculpting			6:15-7:15AM Boot Camp	8:15-9:15 AM Body Sculpting
5:30-6:30 PM Kid's Beginner	5:30-6:30 PM Kid's Beginner	5:30-6:30 PM Kid's Beginner	6:15-7:15 PM Body Sculpting		9:15-10:00 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
					12:00-12:30 PM Ab Training

### ***New Programs:***

- ***Competition Team-*** The competition team will compete in various local and national Tae Kwon Do tournaments through out the year. The competition team will have special team workouts three times a week with required individual training throughout the week. The team will be coached by Master Carter. Try-outs for the competition team will be held from 1:00 PM until 3:00 PM on Saturday, December 9<sup>th</sup>. You must be at least 7 years of age to try out. All belt ranks are eligible. Sign-ups for try-outs begin on November 17<sup>th</sup> at the front desk. Please direct any questions to Master Carter.
  
- ***JR Instructor Program-*** The JR instructor program is aimed at black belts 12 years and older who are interested in assisting Master Carter with teaching the lower belt ranks. The jr instructors will be given special training and instruction by Master Carter. You will be added to the VTC web site and wall as an instructor. All those interested in signing up for the jr. instructor program should sign-up at the front desk beginning on November 17<sup>th</sup>. Please direct any questions to Master Carter.
  
- ***Parent's Night Out:*** Once a month, VTC will sponsor a parent's night out on Friday from 6-10 PM. During that time, parent's can drop their children off at VTC for a fun filled night of games, movies and pizza. Cost for parent's night out is \$20.00 for one child, with an additional \$10.00 per child per family. Sign-up in advance of parent's night will be mandatory so that we ensure there are enough adults present to supervise. Please direct any questions to Naomi either during class or by calling 678-725-5023.
  
- ***Quarterly Lock Ins-*** Once a quarter, VTC will host a lock in for all kids 5 years and up. Cost for VTC students is \$10.00, all guests are admitted free of charge. This is a fun filled night of pizza, snacks, games, movies and video game tournaments. Sign-up will be mandatory in order to ensure enough adults are available to supervise. Parents can drop their children off beginning at 6:30 PM and pick them up by 8:30 AM. Please direct any questions to Naomi either during class or by calling 678-725-5023.
  
- ***Bring a Friend Night-*** Once a month, VTC will host a bring a friend week to try out our Tae Kwon Do workouts. The person who brings the most friends to try out our Tae Kwon Do or Women's Fitness classes will win a special prize. Our first bring a friend day will be December 4<sup>th</sup> for TKD classes and December 5<sup>th</sup> for Women's Fitness. Please direct any questions to Master Carter or Naomi.

*Spotlight Students of the Month*

*Women's Fitness Success Story of the month: Anna Kania*



Anna is the only remaining original Boot camp/Body Sculpting student. She rarely misses a class and always gives 100% to her workouts. Since beginning her workouts at VTC she has lost weight and increased her strength and stamina. Please congratulate Anna on her progress and continued success.

*Spotlight Student of the Month: Logan Witters*



Logan joined VTC after a demonstration for his Tiger Scout den. He has been steadily progressing in his Tae Kwon Do skills and always works hard and does his best. Please congratulate Logan on being VTC's first student of the month.

***Quote of the month from Master Carter:*** Committing yourself to training hard is a big part of being successful in Tae Kwon Do. Always remember that you fight like you train. If you want to be fast and strong during a competition, you must train fast and strong. If you train slow and weak, you will be slow and weak. Always put your best effort into your training.

***VTC would like to welcome our new students.***

- Daniel Arredondo
- Joni Bjong
- Collin Frawley
- Cristobal Gonzalez
- Jocelyn Gonzalez
- Penny Mullin

# WELCOME

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

***Contact us:***

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Upcoming Tournaments:

Dec. 2 2006-North Carolina Open

Feb. 15<sup>th</sup> Ish US OPEN