

Victory Training Center January Newsletter



Important Dates:

- **January 1st:** New Year's Day, no classes
- **January 2nd:** Tuition due
- **January 3rd:** New Class Schedule enforced, Competition team only on M,W 7:30 PM & S 11:00 AM
- **January 13th:** Belt Testing 10AM
- **January 26th:** Parent's Night Out 6-10 PM

New Class Schedule

MON	TUES	WED	THURS	FRI	SAT
	6:15-7:15 AM Body Sculpting	5:30 PM Boot Camp		12:00 PM Body Sculpting	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		9:15-9:45 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



January 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: Lori Dailey



Lori has been a regular fixture at the Women's Fitness classes since summer of 2006. She works very hard both in and out of class. She is building her strength and developing her muscle definition! Please congratulate Lori on her progress and continued success.

Spotlight Student of the Month: Daniel Arredondo



Danny has been attending classes for only one short month and is doing very well with his forms. Danny is always willing to work hard to perfect his techniques and give it his all. Please congratulate Danny on being chosen Student of the month.



Quote of the month from Master Carter:

Practice doesn't make perfect, only perfect practice makes perfect.

Announcing the VTC Competition Team:

Please congratulate the VTC competition team members for 2007

- Steven Carter
- Christian Sevidal
- Brian Torres
- Bryan Willingham
- Ben Otieno
- Naomi Meister-Sevidal

Announcing the JR. Instructors:

- Ben Otieno
- Lillian Otieno



Boyscout Demonstration:

VTC gave a demonstration to Eoin Sevidal and Logan Witter's boyscout troop on November 20th. The boyscouts were all very impressed with everyone's kicking skills especially Monica Ikuma's head shots on the paddles.



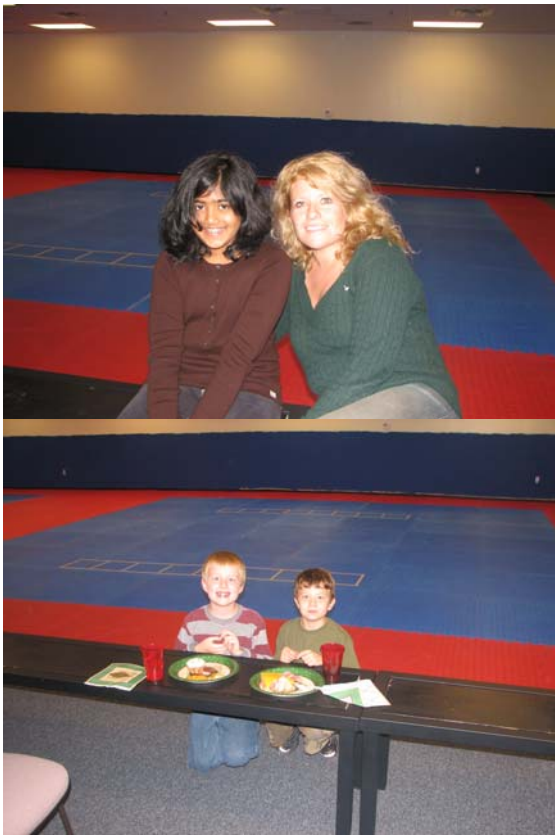
Monica prepares for her headshots



Logan performs his new form

VTC Christmas and New Year's Party

We celebrated the holidays on Friday, December 22nd. Everyone had a great time catching up with old friends and meeting new people. We will all have to work hard this month to make up for all the good food we ate!



Hannah and Miss Naomi hang out

Logan and Eoin chow down



Miss Donna, Master Brad,
Loren and Fallon dig in



Miss Maria and the
Arredondos chat



Steven tells Logan and
Miss Lisa a joke



Master Brad and the
Louis' hang out

Winter Lock In:

We held the VTC Winter Lock in on Friday, December the 15th. A fun time was had by all eating pizza, playing video games, watching movies, playing tag and dodge ball. Unfortunately, for the adults, the only thing the kids didn't do was sleep. The next lock in will be scheduled some time in March.

WCAP Winter Training Camp:

VTC's very own Steven Carter was invited to participate in the prestigious WCAP (World Class Athlete Program) training program in Colorado Springs, CO. This exclusive training camp is open only to military athletes or by invitation only. Steven earned an invitation by fighting and winning against the Army Fly Weight athlete during the 2006 CISM qualifier in Fort Indiantown Gap, PA. During his time in Colorado, Steven learned a new appreciation for workout discipline and team building. He felt challenged and pushed by the team to make himself better and always show heart. Congratulations to Steven for this prestigious honor.

Announcements:

- Please excuse our mess...We are currently in process of painting the school, please bear with us; we will be finished by the end of January.
- 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: Feb. 15th-18th US OPEN

- 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:

- Sean Nam

VTC would also like to welcome back:

- Russel Muskowitz
- Joshua Wheeler

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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