

Victory Training Center May/June Newsletter



Important Dates:

- **May 1st:** Tuition Due
- **June 1st:** Tuition Due
- **June 9th:** Spring Fling and Paddle Ball Tournament
- **June 11th:** Final Collection Day for Troops

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



May Tuition Special

Buy a complete basic equipment package and receive a complimentary uniform.

Spotlight Students of the Month

Women's Fitness Success Story of the month: Debbie Chandler



Debbie has been a fixture in the women's fitness for more than a year. She is very dedicated working through injury and vacation blues. Debbie recently showed off her new body on a two week vacation to Hawaii. Please congratulate Debbie on her continued success.

Spotlight Student of the Month: Christian Sevidal



Christian has been with VTC for over 3 years. He is very competitive and works hard to increase his skill. Please congratulate Christian on being chosen Student of the month.



Quote of the month from Master Carter:

Could've...Should've...Would've. Do you want to say that when you're in your rocking chair? Take a chance...dream big.

Competition Team Results:

USAT Qualifiers:

Several members of the VTC competition team have competed in the Dallas and Kansas City qualifiers. The next qualifier that the team members will visit is Fresno, California at the beginning of June with USAT Nationals and Jr. Olympics in July.

Spring Fling:

VTC will be hosting a spring fling on Saturday June 9th from 12-4 PM. There will be a paddle ball tournament for charity in which we will take donations to buy phone cards for our troops. This is an excellent opportunity to meet all the members of the VTC family as we have many new students. Come join us for a day of food, fun and games. Signups for paddle ball teams will be available the week of May 21st. The teams are open to kids and adults alike. See Miss Naomi for questions.

Summer Seminar Programs:

VTC will be offering a host of summer programs including Women's Self Defense and specialized Tae Kwon Do training, Paddle Ball Tournaments and Video Game Days. Seminar costs will range from \$10.00 to \$30.00 depending upon length of classes. Please see Miss Naomi or Master Brad for a complete listing of potential offerings. All classes will be offered based on amount of interest. Sign-up sheets will be available starting the week of May 21st.

Summer T-Shirts:

There is a sign-up sheet at the front desk for summer t-shirts. If we have enough interest, we will be ordering them at the end of the month. During the summer months we will be wearing our VTC t-shirts with uniform pants instead of full uniforms due to the heat.

Help VTC Support our Troops:

We will be collecting items to send to Iraq through June 11th. 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:

- The painting is finished! We will be hanging pictures and message boards. Look for the mural coming in the next couple of months.
- 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 but not in front of 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 June 2-3. USAT Nationals and Junior Olympics in 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:

- Canyon Burton
- Amalia Lopez
- Maria Elena Gonzalez
- Katie Nam
- Michelle Kania

Welcome back to:

- James Jung
- Logan Witter
- Taylor Gill

Congratulations:

The following students have tested for their next belt level and achieved the following:

Danny Arredondo- Yellow Belt with Green Stripe
Collin Frawley- Yellow Belt with Green Stripe
Cris Gonzalez- Yellow Belt with Green Stripe
Jocelyn Gonzalez- Yellow Belt with Green Stripe
Hannah Louis- Red Belt with Black Stripe
Sean Nam- Yellow Belt with Green Stripe
Christian Paniccia- Green Belt
Eoin Sevidal- Blue Belt
Mark Thompson- Blue Belt

Good Luck:

The Norling Family will be moving to Arizona this month. The VTC family would like to extend to them our best wishes. Also, Karen Norling will be testing for her second degree black belt this month. Good Luck to her!

VTC 2007 High School Graduates:

Steven Carter will be graduating from North Gwinnett High School at the end of this month. The VTC family would like to take this opportunity to wish Steven luck on all his future endeavors, congratulate him on this accomplishment and let him know how proud we are of him.

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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