

# Fall 2009 Newsletter September / October



## Tournaments. Why?

Fall 2009

Volume 2, Issue 3

Its our equivalent to the big game. Other sports can sideline or bench a participant because of any number of reasons. The person isn't as good as a few others so he or she doesn't get that much playtime during the games. There are only so many positions available and they just miss the cut and can't play at all.

Now consider us. Nobody sits the bench in our sport. They all get a fair chance to compete and all that work they have been doing in class gets a place to be showcased. Sometimes the outcome is great. Sometimes its less than that. Either way the competitor gets their chance to get out there and try. When we come back from these tournaments it is always with a sense of what we need to improve. Even if we won gold we still encourage our students to analyze there division and see where they could do better next time.

Particularly if they didn't win we want to encourage them and praise them for having the spirit to go out there and try. We have a set of tenets and a student oath that we recite before every class. Its when we falter that we need to look at these and ask what it is that we are saying when we bow in.

- Courtesy: to be kind and supportive.
- Integrity: To be fair, truthful, & honest.
- Perseverance: To never quit when it's something worth having.
- Self Control: To keep focused when it can be very difficult to do so.
- Indomitable Spirit: To have the inner strength to achieve our goals. To go out and prove things more to ourselves than to others.

Please always consider tournaments when they are close by.

If a student cannot afford the entry fee I will always find a way to get the money and recently we started an actual fund for such students. We are naming this the Novak Fund in memory of Julia Novak. A terrific instructor and friend to our school who we lost just 1 year ago.

Her family has helped to really get this started as an official fund and some of our local businesses are contributing when they can. Julia had a thing for the oath in class and would frequently ask the kids she taught for examples of how they had used it that day. I could think of no better way to honor her than by helping those in need, in her name.

Abbott

### Special points of interest:

- ✓ Tournaments
- ✓ Sept: Regional Events
- ✓ October: Regional Events
- ✓ Sept. Calendar
- ✓ Oct. Calendar

**PLEASE MAKE SURE TO READ THE HANDOUTS, THE WEBSITE, AND ANY SIGNS POSTED ON THE COUNTER.**

## Regional Events for September 2009

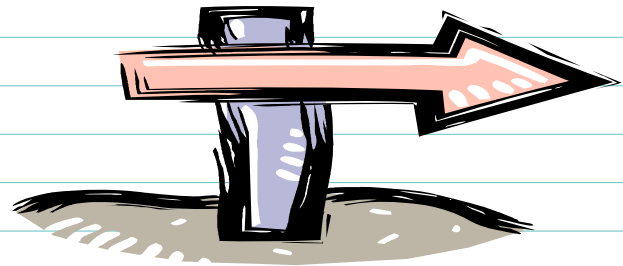
Events for the months listed can also be found on our website in a printable PDF format:

- Closed Sept. 4th-7th. Labor Day
- Closed Sept. 12th. Tournament Prep and Picnic in Roanoke. Hosted by Lacy's TKD.
- No TKD Sept. 18th-19th. National Tournament in Winston-Salem. Cardio as Scheduled.
- Testing Sign Ups! September 21st. Do not wait until later to do it.

- September 26th is Buddy Day and Parents Night Out.

## School Calendar

Every two months we will be printing this newsletter and within it will be a monthly calendar to show you our events, closings, etc. Please make sure you take a copy home with you and as always, if you have questions ask Mr. or Mrs. Abbott.



## Regional Events for October 2009

- October is a testing month.
- White-Sr. Green October 1st 6:30pm
  - Purple-Black October 2nd 6:30pm
- Clinics to be taught by Mr. Dang of Lake Norman on Saturday the 3rd.
- 9am Juniors
  - 10am Adults
- Award Ceremony to be held at Belmont Christian Church on Oct. 6th. Full Uniform please. This will also be a pot luck dinner so please bring your best dish...and lots of it. Ceremony starts at 6pm.
- October 17th is out Lock In or Parents Night Out. TBD

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed= No TKD or Cardio NO TKD= Cardio as scheduled		1	2	3	4 Closed Labor Day	5 Closed Labor Day
6	7 Closed Labor Day	8	9	10	11	12 Closed No Classes Prep & Picnic in Roanoke.
13	14	15	16	17	18 NO TKD National Tour- nament Cardio as Scheduled	19 NO TKD National Tourna- ment Cardio as Scheduled
20	21 Sign Up For Testing! Today!!	22	23	24	25	26 Buddy Day!! Parents Night Out! 5pm-11pm
27	28	29	30			

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Closed= No TKD or Cardio NO TKD= Cardio as scheduled</p>				<p>1 Closed Testing White - Sr. Blue 6:30</p>	<p>2 Closed Testing Brown-Black 6:30</p>	<p>3 Clinics Taught by Mr. Dang 9am Juniors 10am Adults</p>
4	5	<p>6 Closed Award Ceremony: Pot Luck</p>	7	8	9	10
11	12	13	14	15	16	<p>17 Parents Night Out 5pm-11pm</p>
18	19	20	21	22	23	24
25	26	27	28	29	30	31