



Mentor ATA

Newsletter

www.mentorata.com

February 2009

Happy Valentine's Day

NEW STUDENTS

Lance Stapleton	Johnathan Shrout
Jennifer Hayes	John Hayes
Sara Carpenter	Haleigh McPhillips
Jack McPhillips	Samantha McPhillips
Shon Neal	Kailey Wulfert
Robin Valus	Ron Herbert
Megan Kropko	Cierra Smith
Tauras Vucianis	

BRING-A-BUDDY BREAK-A-BOARD & PIZZA DAY

On February 27th all students can bring a friend and break a real wooden board, then stay for pizza afterwards. There will not be regular class on this day make sure you have your buddy. Your buddy has to be someone who is not currently taking class. There are special sign up times for buddy day so please schedule your day soon. If there are any questions please see an instructor at the front desk.

Sign Up Times:

10:30 a.m. – 11:30 a.m.
11:30 a.m. – 12:30 p.m.
12:30 p.m. – 1:30 p.m.



HAPPY BIRTHDAY!

Suhas Medidi	Skylar Bertolette
Kailey Wulfert	Gregory Ihnat
Meredith Kovatch	Claire Elshaw
John Davis	Brianna Smith
Helen Holley	

TESTING

Wednesday, February 24th, 2010

5:15 *All Tiny Tigers*

6:45 *All Karate Kids*

Thursday, February 25th, 2010

7:30 *All Adults*

Please have testing card and fee turned in at least 1 day prior to testing.

SPARRING

Sparring is introduced at the camo belt level. All camo belts and higher must do sparring as a part of their belt testing. Sparring will be practiced in regular class as well as a weekly sparring class. Sparring is an important part of training and is necessary for self defense. Gear may be purchased here at the school. All gear must be ATA improved for insurance purposes.

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BOARDS	2 BOARDS	3 SPAR	4 BOARDS	5 BOARDS	6 SPAR
7	8 SPAR	9 SPAR	10 BOARDS	11 SPAR	12 SPAR	13 BOARDS
14	15 BOARDS	16 BOARDS	17 SPAR	18 BOARDS	19 BOARDS	20 SPAR
21	22 SPAR	23 SPAR	24 BOARDS	25 SPAR	26 SPAR	27 BOARDS
28						

Obstacles List

Name: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WEEK 1: PERSEVERANCE WEEK

WEEK 2: FOCUS WEEK

WEEK 3: COMMITMENT WEEK

WEEK 4: OVERCOMING OBSTACLES WEEK

Parents, please help your child fill out the monthly List to earn a Blue Star!