



Mentor ATA

Newsletter

www.mentorata.com

May 2010

Happy Mother's Day

NEW STUDENTS

| | |
|------------------|---------------------|
| Stacey Conner | Cynthia Moran |
| Michelle Moran | Emily Pawlaczyk |
| Mitchy Reed | Aleasha Harris |
| Alonzo Harris | Amari Harris |
| Danny Longbons | Alexandria Carlozzi |
| Michael Carlozzi | |

HAPPY BIRTHDAY!

| | |
|-----------------|----------------|
| Lauren Skelly | Amari Harris |
| Emily Pawlaczyk | Sienna Adkins |
| Gabe Hansen | Benjamin Harps |
| Kate Szep | |

WE DO BIRTHDAY PARTIES!!!!

Ask An Instructor For More Information.

NO CLASSES

May 31st Due To Memorial Day

SUMMER CAMP

July 19th – 23rd
9:00 am – Noon

Cost: \$149.00

Any questions please see an instructor at the front desk for more information.

LEADERSHIP STUDENTS

Weapons Sparring will be starting May 15th. Weapon sparring is a lot of fun. If you have not yet purchased your sparring weapon please see an instructor for information.

WORLD CHAMPIONSHIPS

World Championships is going to be June 23 – 27 in Little Rock, Ar. Anyone who is planning on attending will need to make hotel reservations soon. Online registration will be available this month at www.ataonline.com.



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.

MAY 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------|-------------|-------------|-------------|--------------|-------------|
| 1 | 2 | 3 DRILL | 4 CHUX | 5 DRILL | 6 TESTING | 1 SPAR |
| 2 | 3 SPAR | 4 SPAR | 5 STICK | 6 SPAR | 7 SPAR | 8 STICK |
| 9 | 10 STICK | 11 STICK | 12 SPAR | 13 STICK | 14 STICK | 15 SPAR |
| 16 | 17 SPAR | 18 SPAR | 19 STICK | 20 SPAR | 21 SPAR | 22 STICK |
| 23 | 24 STICK | 25 STICK | 26 SPAR | 27 STICK | 28 STICK | 29 SPAR |
| 30 | 31 NO CLASS | | | | | |

APPRECIATION LIST

Name: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

WEEK 1: RESPECT WEEK

WEEK 2: TRUST WEEK

WEEK 3: APPRECIATION WEEK

WEEK 4: SELF-RESPECT WEEK

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