



Mentor ATA

Newsletter

www.mentorata.com

May 2011

Happy Mother's Day

NEW STUDENTS

Nathan Sieminski Barrett Jett
Erin Cole Natalie Roeder

No CLASSES

May 21st Buddy Day
May 30st Due To Memorial Day

MOTHER'S DAY SPECIAL

We are having a free Mother's Day Earn Your Orange Belt For Free Special. If you join during the month of May you can train till you earn your orange belt. For any questions please ask an instructor at the front desk.

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.



HAPPY BIRTHDAY!

Lauren Skelly	Daniel Henderson
Nathan Sieminski	Milton Howard
Rita DiCello	Rick Troha
Anthony Ricciardi	Gabe Hansen
Kate Szep	Natalie Roeder

WE DO BIRTHDAY PARTIES!!!!

Ask An Instructor For More Information.

Bring-A-Buddy Day May 21st

On May 21st all students can bring a friend to class with them. There will not be regular class on this day so make sure you have your buddy. Your buddy has to be someone who is not currently taking class. If there are any questions please see an instructor at the front desk.

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 2011

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

- WEEK 1: RESPECT WEEK
- WEEK 2: TRUST WEEK
- WEEK 3: APPRECIATION WEEK
- WEEK 4: SELF-RESPECT WEEK

APPRECIATION LIST

Name: _____

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

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