

Diamond Blast

09/13-14/2007

Newsletter of the Boca Raton ATA Taekwondo Club: Issue 64 (Online at <http://www.bocaata.com>)

Birthdays in Sep/Oct

Sep 06: Joepy Cortez
Sep 08: Juan Restrepo
Sep 10: Pamela Oliver
Sep 11: Oma Alejo
Sep 13: Peter Usher
Sep 16: Oscar Rosalez
Sep 22: Andrew Bowdry
Sep 29: Patrick Lewis
Oct 05: Ed Marvinney
Oct 10: Erin Gleeson
Oct 15: Jeffrey Smith
Oct 17: Jared Usher
Oct 28: Lenore Ramos
Oct 30: Jack Buttell

Upcoming Events

Sep 21: Miami Tournament
Oct 05: Black Belt Test (6:30p)
Oct 06: Level 1 Cert. Workshop
Oct 20: Orlando Nationals
Nov 10: Perry, GA Tournament

Black Belt Test

The next black belt test will be October 5. Attendance is mandatory for all black belts and red-black belts (1st degree recommended). Please start making arrangements now to attend.

New Certified Instructors

Congratulations to Mr. Patrick Oliver and Mr. Pete Robustelli for becoming nationally certified (black collar) ATA instructors!

Level 1 Certification Workshop

Mr. Nelson will hold a Level 1 Instructor Certification Workshop on Oct 6 (Time TBD). Black belts – if you're interested in attending this workshop, please see Mr. Nelson.

Student of the Month **Sabrina Torres** **Congratulations!!!**

Family Picnic

We had our annual family picnic and volleyball marathon at Quiet Waters Park on Sunday, Sep 9. Everyone had a great time! If you didn't make it this year, be sure to plan for next year.



New 4th Degree Black Belt!!!

Congratulations to Mr. Patrick Oliver for meeting all the requirements for promotion to 4th Degree Black Belt!

Start the School Year Off on the Right Foot

Here are five tips for a great school year:

1. Develop a schedule that caters to both you and your children's needs.
2. Create a workspace environment that will help maximize concentration during homework hours. This can vary depending on each student's needs.
3. Dedicate a time of day to spend talking about things going on at school – both activities and concerns.
4. Look into after-school activities related to any subjects in which your child has taken an interest or has excelled
5. Start a family calendar that will help show how much time is being spent doing various things. This will either provide more time for extra activities or help focus on what needs to be cut.

Who is This?

Who is the man with Mr. Avadanian? What kind of hat is he wearing? If you don't know, just ask Mr. Avadanian.

