

# Club Newsletter

## Club Newsletter



Number 168  
20 January 2009

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Welcome  
To 2009  
Taekwondo  
And  
Hapkido

To all students and their families we take the opportunity to wish everyone a happy New Year and a successful 2009. This newsletter also serves as a reminder that training recommences next week on **Tuesday, 27 January 2009.**

	Tuesday	Thursday
Taekwondo Beginners	6:00pm - 7:00pm	6:00pm - 7:00pm
Taekwondo Seniors	6:30pm - 8:00pm	6:30pm - 8:00pm
Taekwondo Sports Training	8:00pm - 9:00pm	8:00pm - 9:00pm
Hapkido	8:00pm - 9:00pm	8:00pm - 9:00pm

Therefore it would be a very good idea for students to do some light stretching at home prior to commencing training so as to minimise sore muscles. While training will be light in the first week, most students still tend to feel a bit sore because they will be exercising after six weeks of rest. Therefore please spend a few minutes each day doing some of the class warm up exercises in readiness.

### Contact Information

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### Affiliations and Recognitions



Australian Government  
Australian Sports Commission



## The Year That Was 2008

In starting the new year we acknowledge Gail Kingston's achievement in winning this year's Dale Eagling Memorial Scholarship. Gail's approach, attitude and thoughtfulness for her fellow students has been inspirational and the scholarship

could not have gone to a more deserving student. Gail embodies the Taekwondo qualities that Dale Eagling not only lived by, but also instilled in all his students. I am sure that he would be very pleased with our award nomination. Well done from all of us Gail.



2008 Certificates Of Merit were awarded to Olivia Clarvis, Paris Leopold, Shaun White and Jade Anderson-Ives. All of these students demonstrated a very contentious approach to their training and are worthy recipients. We congratulate them all and hold them up as 'role models' for others to aspire to. . . . cont'd

**1 Taekwondo & Hapkido - Fitness With Meaning**

Aside from being awarded the Dale Eagling Memorial Scholarship, Gail also passed her 3rd Dan Black Belt examination with an awesome display of power and control and a very good command in the translation of her third Dan poomsae in Korean.

We also congratulate our Colour Belt students on their individual grading successes. There were several outstanding grading performances which was very pleasing to see. It is not easy to grade for the first time but the White Belt students (Olivia, Paris, Jade, Krystal, Maddison and Shaun) can be justifiably proud of their grading which was a testament to their hard training. Likewise Alex and Nathaniel in their respective Red and Blue Belt examinations did very well and demonstrated their technical standards to a very good level for their ages.



## Our 2009 Goals

In 2009 it will be our 16th year of operation at Aldinga Beach and we look forward to continue building on the foundations of success that so many of our students have enjoyed over many years.

It is also worthwhile to individually reflect back on 2008 and look forward to this year and set our goals as to what we want to aspire to achieve in 2009. This does not necessarily mean attempting every grading and achieving the highest scores possible. The motivation may be as simple as improving coordination, fitness or technical standards such as locks, kicks, blocks and punches, or in excelling in tournaments. If we all set our sights on a goal, and we achieve, then surely this will improve our self esteem and confidence in our ability to accomplish a goal.

## 2009 Fee Structure

Our fee structure for 2009 will be the same as last year for the 1st single full fee student and Centre Link recipient (Centre Link fee is for families whose only income is from Centre Link. If you are working part-time

Number	Full	Centre
1st	\$6.00	\$4.50
2nd	\$10.00	\$7.50
3rd	\$12.00	\$9.00
Family	\$14.00	\$11.00

then the full fee applies). We had a considerable increase in hall hire last year which unfortunately has necessitated a slight increase of \$1 for 2nd, 3rd and family training fees.



## Registration Fees

As you are all well aware clubs such as ourselves are required to carry public liability insurance in order to be able to operate. This insurance is provided through Taekwondo Australia (TA) for both Taekwondo and Hapkido students to all registered Head Instructors, at a cost of course. However, one of the stipulations that has been placed by the insurance underwriters, is that the insurance will only cover students who are registered members of TA. This clearly places responsibility on clubs to ensure that they and their students are protected.

Therefore only students who are currently registered members of TA will be allowed to train. These Registrations lapse on the 1st of February 2009 and renewal forms will be distributed soon. However, a grace period of one month is provided which means that students must renew their registrations by the end of February 2009.

The registration for 2009, which is inclusive of membership fees, sports injury, public liability fees and income protection where applicable, are the same as last year:

Minors ( up to 10 years) \$36

Juniors (11-16 years) \$43

Seniors (17 and over) \$46

## 2009 Calendar

2009 Activity Calendar *	
27 Jan	Start First Term
9 Apr	End First Term
27 Apr	Start Second Term
7 May	First Grading
2 Jul	End Second Term
21 Jul	Start Third Term
27 Aug	Second Grading
24 Sep	End Third Term
1- 4 Oct	Nationals—Brisbane
13 Oct	Start Fourth Term
10 Dec	Final Grading Christmas Breakup Party

\* State based activities currently unavailable