



Dojo News

<http://www.ScottHayesKarate.com>

May 2005

<http://www.usashorinryu.org>

It's always busy at the Dojo, Check the calendar to stay on top of the events. Mother's Day is May 8th. Happy Mother's Day Dojo Moms, I really appreciate all that you do. The forth annual No Whiners Camp is this month. Please remember that the Dojo will be closed Memorial Day Weekend from Saturday through Memorial Day Monday.

The forth annual *No Whiner's Camp* is Friday May 20th through Sunday May 22nd at the Holiday Trav-L Park in Virginia Beach. The Dojo will be closed that weekend. The NWC is a weekend filled with lots of hard work and training. It is a return to "Old School" style training. The weekend is spent at a *campground*, training outside on the grass, in fields, or in the pool. The focus of the camp is hard training and good fun. This year's camp is bigger than last year's camp. I'm looking forward to having a great training weekend!

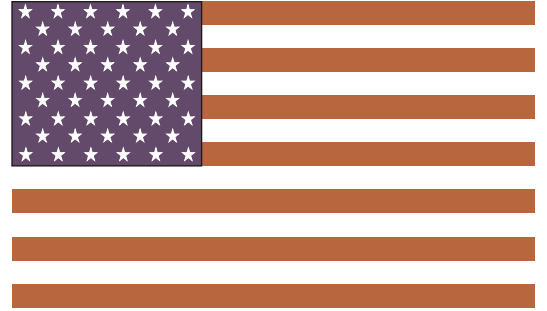
The weather is getting warmer it is important that you drink plenty of water. Remember when you sweat, you sweat water not soda. To perform at your best you need to stay hydrated, which means you need to drink water to get it back into your body. Try to drink a glass of water 30 minutes before class and another glass of water after class.

The Dojo will be closed Saturday May 28th and Monday May 31st for Memorial Day Weekend. Spend this weekend with your family and friends and remember how special they are. Take time this weekend to remember those that we have lost.

Dojo T-Shirts are in! You can wear a Dojo t-shirt in place of your gi top in class. Please remember that you MUST wear your gi top for testing and formal events such as belt promotions.

Students of the Month

Little Dragons - Carter Gilmore
Dragons - TBA
Teens - TBA



Schedule

<http://ScottHayesKarate.com/news/calendar.cfm>

May 6

BBC 8 PM

May 7

Kyoshi's Birthday

May 8

MOTHER'S DAY

May 13

Leadership 7:15 PM

May 20-21-22

**No Whiners Camp
DOJO CLOSED**

May 28 (SATURDAY)

Memorial Day Weekend
Dojo CLOSED

May 30

Memorial Day
Dojo CLOSED

June 3

Leadership 7:15 PM

June 17

BBC 8 PM

June 10-11-12

Teen Camp

June 24-25-26

Adult Camp

July 20-21-22-23-24

NASKA SUMMER CAMP

November 18-19-20

NASKA WEAPONS CAMP

Let Black Belt Be Your Goal

