



Dojo News

<http://www.ScottHayesKarate.com>

May 2007

It's May and that means No Whiners Camp! May is a busy month with the Memorial Day holiday, so check the calendar for special class times and for the holiday closing. The next few months will be busy with lots of events. Keep an eye on the calendar and the bulletin board.

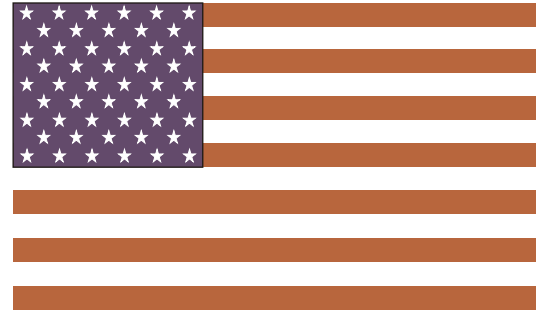
Little Dragon and Dragon Mini Camp: The camp was fantastic! We had a great turnout. I want to thank everyone for attending camp. I also want to thank the following students for assisting at the camp: Sebastian Brock, Antjuan Walker, Jake LaFrance, Victoria McCarthy-Cruse, Conor McCarthy-Cruse, and Ashley Wandersee. I also want to thank the parents that stayed at the dojo to support their children!

No Whiners Camp VI: The sixth annual No Whiners Camp will be May 18-19-20 in Virginia Beach. The NWC is held at a campground in Virginia Beach. We will be staying in cabins. Sensei envisions this camp as a karate boot camp but with better food. Students attending the camp will be pushed out of their comfort zones. The workouts are long and intense. All training is done outside. This is a tough camp. If you are interested in being considered for this camp, please talk to Sensei or Sensei Shaun. Parents, feel free to talk to Sensei to see if this camp is right for your child. This is a tough camp. It's called No Whiners Camp for a reason. Whiners will not be happy!

Warwick Blvd construction may cause traffic delays. If you are running late, come in quietly. Get your card and wait by the edge of the mat to join class. It is important to come to class even if you are late.

Students of the Month

Little Dragons - Justin Boyd
Dragons - Sarah Wandersee
Adult / Teens - Sebastian Brock



Schedule

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

May

BBC 5:45

May 11

Leadership Team 7:15

May 12

DOJO CLOSED

May 18-19-20

No Whiners Camp VI

DOJO CLOSED

May 25, Friday

Dojo Closes at

7:15 PM

May 26

Memorial Day Weekend

DOJO CLOSED

May 28

Memorial Day

DOJO CLOSED

June 1

Leadership Team 7:15

June 8

BBC 5:45

June 22-23-24

Teen & Adult

Mini Camp

June 28

Belt Presentation

Let Black Belt Be Your Goal



may

- Nancy Brest 5/9
- Jamie Bourgeois 5/18
- Eric Workman 5/22
- Katie Carrubba 5/30
- Ingrid Fournier 5/31
- Brittany Browne 5/31

BIRTHDAY PARTIES

Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Sensei Scott or the front office, and we'll do our best to be sure this birthday party is one you won't soon forget.

New Students – Welcome to the Dojo!

The Dojo wants your friends! Tell your friends about the Dojo. Tell them how much you like doing karate. Bring your friends to the Dojo. Go to the front desk and ask for a week pass for your friend!

Black Belt Club

Adults

- Jeff Browne
- Bob Brest
- Nancy Brest
- Kathy Adams

Teens Cont.

- Alex Browne
- Jamie Bourgeois
- Tyler Mueller
- Joesph Pritchard

Dragons Cont.

- Michael Adelson
- Carter Gilmore
- Demetry Workman
- Eric Workman
- Megan Link
- Meghan Boyd
- James Grenoble
- Ben Hancock

Teens

- Matthew Abeyounis
- Brittany Browne
- Antuan Byalik
- Richard Hudnall
- Lev Feygelson
- Shaun Brest
- Sebastian Brock
- Joey Prichard
- Caitlin Wallace
- Antjuan Walker
- Stephanie Adams
- Jake LaFrance

Dragons

- Emmanuel Feygelson
- Hunter Schmitz
- Emmit Necaie
- Andrew Maeso
- Michael Pratt
- C.W. Wood
- Katie Carrubba
- Ian Wildeman
- Joey Link
- Trip Gilmore

Leadership Team

D.E.L.T.A Force

- Matthew Abeyounis
- Jeff Browne
- Brittany Browne
- Shaun Brest
- Bob Brest
- Antuan Byalik
- Lev Feygelson

S.W.A.T. II

- Sebastian Brock

S.W.A.T.

- Antjuan Walker
- Emmanuel Feygelson
- Stephanie Adams
- Alex Browne
- Jake LaFrance
- Michael Harvey
- Steve Bateman
- Kathy Adams

S.T.O.R.M.

- Emmit Necaie
- Jamie Bourgeois
- Hunter Schmitz
- Trevor Jansen
- Connor McCarthy-Cruse
- Victoria McCarthy-Cruse
- Tyler Mueller
- Shelby Pantel
- Andrew Maeso
- Catlin Wallace
- Ashley Wandersee
- Trip Gilmore

S.T.O.R.M. cont.

- C.W. Wood
- Ian Wildemann
- Joey Link
- Sarah Wandersee
- Demetry Workman
- Katie Carubba
- Megan Boyd
- Magan Link
- Alison Moore
- Natalie Moore
- Carter Gilmore

Sensei's Corner

Dragons

Ben Woessner - Junior Gold Belt
Will Pell - Junior Blue Belt 1
Phillip Auby - Junior Blue Belt 2
Emily May - Junior Blue Belt 2
Trevor Jansen - Junior Purple Belt 2
Joey Link - Junior Purple Belt 2
Demetry - Junior Purple Belt 2
Michael Pratt - Junior Purple Belt 2

Little Dragons

Reilly David - Junior Gold + White Belt
Morgan Hancock - Junior Gold + White Belt
Julie McCullough - Junior Gold Belt
Sophie Moore - Junior Orange Belt

Adults

Jessica Fuhs - Mukyu Gold Belt

Teens

Jake LaFrance - Shodan-Ho

Odds and ends

Dojo T-Shirts

During the warmer parts of the year, some students like to wear a dojo T-Shirt in place of their gi top. You can get the dojo T-shirts in the front office. Only dojo T-shirts may be worn in place of the gi top, other T-shirts are not allowed.

Water

As it gets warmer, you need to drink more water. It is important to drink water *before* and *after* class. It takes the water that you drink about 30 minutes to get into your system. Parents, please encourage your child to get a drink of water before class.

Lost and Found

The lost and Found box is in the boys locker room. Parents, please check through the lost and found to see if your child has left anything. We just had a mini-camp, so the box is more full than normal

Jewelry

In the interest of safety, jewelry and watches should not be worn during class. They can get damaged, or injure yourself or another student. Wedding rings and religious items may be worn. Small, non-dangling earrings are permitted.

Shoes

The weather is getting better! Please remember that Sensei likes to go outside when the weather is nice. You should bring with you shoes that you can run and kick in.

Sparring Gear

The Dojo has limited sparring gear students may borrow for sparring class. Students should have their own set of sparring gloves by the time they are Orange belts. They should have their own sparring helmet by the time they are Blue belts. Don't forget the mouth pieces. Hey guys, groin protection is required so wear an athletic cup. Please remember to put your name or initials on ALL of your sparring gear. You can get all your sparring needs at the dojo.

