



Spring Training Camp


Saturday, March 30, 2013.

9 & Under- 11:30am – 2:00pm

10 & Up 2:00pm – 4:30pm

Time to prepare for another tournament season!
Get ready for the **April New Jersey State Championship**

- Intense Conditioning Workout
- Multiple fights and take home practice drills
- Ring time experience
- New strategy & Techniques
- Stretching exercises
- One-on-One Forms training
- Tournament rules review



**Bring ALL Sparring
Equipment & Bagged
lunch, drink etc..**

A starburst graphic with multiple points, containing the text "Bring ALL Sparring Equipment & Bagged lunch, drink etc..".

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. **Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.** Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.