

# AAU Training Camp



## REGIONAL TRAINING CAMP

**AAU Regional  
Training Camp**  
**August 15 & 16, 2014**  
**(540)720-1988**  
[powerkix@powerkixusa.com](mailto:powerkix@powerkixusa.com)

It's not too early to start your training for Team Trials! This Regional Training Camp will offer your athlete 9 hours of training with National AAU Coaches and Asst. Coaches.

### **Friday, August 15**

Check-in 6-7:00 pm  
Workout session 7-8:30 pm

### **Saturday, August 16**

Morning Session 8:30-10:00  
Afternoon Session 12-2:30  
Evening Session 4:30-6:30



### **INFORMATION & PAYMENT**

August 15 & 16 2014  
10 years old & up  
Blue Belt & up (or by coaches recommendation only)  
Respectful workout clothing Mandatory!  
Full uniform or uniform bottom & T-shirts are acceptable.  
Please no short-shorts!

**\$100 per person**                      Current Team Members-FREE  
Team Trial Qualifiers- \$60  
Cash, Checks & Major Credit Cards Accepted  
Please make checks payable to Power Kix Martial Arts

