

# AAU REGIONAL

## HIGH PERFORMANCE TRAINING

Hosted by

## The Houston Center for Taekwon-Do

December 6, 2014

AAU Regional Coach

Gianni Giambi

AAU National Coach

Greg Tubbs



\$75.00

FOR REGISTRATION AND ADDITIONAL INFORMATION CALL

713-467 4200

8404 Katy Freeway #400, Houston 77024



# REGIONAL AAU TAEKWONDO TRAINING SESSION



## ATHLETE APPLICATION

**ENTRY FEE** \$75 per athlete

### PAYMENTS

Make Checks Payable To: Seminar Director

### SCHEDULE

Please contact the Seminar Director

### WHAT TO WEAR

- Dobok pants and belt are required
- Full dobok is optional, athletes are welcome to wear a team t-shirt or warm up jacket

### WHAT TO BRING

- Full set of sparring gear
- Water or sports drink
- Fuel – fruit, light snacks (something to keep energy up during full session)

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### ATHLETE INFORMATION

FULL NAME \_\_\_\_\_ RANK \_\_\_\_\_

DOB \_\_\_\_\_ AGE \_\_\_\_\_ (As of 12/31/Current Year) GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (CELL) \_\_\_\_\_ PHONE (WORK) \_\_\_\_\_

EMAIL \_\_\_\_\_

CURRENT AAU # \_\_\_\_\_ INSTRUCTORS NAME \_\_\_\_\_

SCHOOL NAME \_\_\_\_\_

SCHOOL ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**PLEASE COMPLETE THE ABOVE INFORMATION AND RETURN APPLICATION ALONG WITH  
PAYMENT TO SEMINAR DIRECTOR**