



# AAU Northeast Regional Training Camp

## Saturday August 15, 2015

### 10:00-4:00pm

#### Location:

In Nae Taekwondo  
Skyway Plaza  
14 Saratoga Road  
Glenville, NY 12302  
518-542-9413

#### AAU Sanctioned Event

Registration at the door

(Must show copy of AAU membership)

Opportunity to train with AAU National Team  
Members

Tactics & Strategies for optimal scoring on  
Electronic Hogu

Match management strategies

Strength & Conditioning

Mental preparation

Defense against front leg

Preparation for Team Trials

All ages Red Belts and Higher

Cost: \$75.00 (Checks made out to In Nae  
Taekwondo)

Coaches: Arlene Limas (AAU National Team  
Coach)

Timothy Tocco (AAU Regional Assistant  
Coach)

Gordon White (AAU Regional Assistant  
Coach)

This event is licensed 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 entree fee to the event.

AAU Youth Athlete Membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for  
at event.

Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.