

AAU REGIONAL CAMP

MAY 27-28, 2017



Cost: \$125 (no cost for national team members)

Online Registration: www.usbesttaekwondo.com

Location: US Best Taekwondo Center, 380 Seminole Blvd Largo, FL 33770

Featuring:

Master Arlene Limas - AAU National Coach, Olympic Gold Medalist

Master Dennis White - AAU Regional Coach

Saturday, May 27th

9:00 AM-10:30 AM	Welcome, Warm Up, Drills
12:00 PM-3:00 PM	Warm Up & Scrimmage
5:00PM-6:30 PM	Warm Up & Situation Drills

Sunday, May 28th

9:00 AM-11:00 AM	Warm Up, Strength & Conditioning drills on Sand Key Beach <i>(weather permitting)</i>
1:00 PM-3:00 PM	Warm Up, Drills, Developments in Taekwondo Discussion, Question & Answer Session

Hosted By: Dennis White, US Best Taekwondo Center

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- 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 entry fee to the event.
 - AAU 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 the event. Please allow up to 10 days for membership to be processed.
 - Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.