



2011

# AAU Taekwondo National

## Senior Male & Female Teams for Ages: 18-32

### 18-32 MALE SENIOR TEAM MEMBERS

	<p>No Photo Provided</p> 	<p>No Photo Provided</p> 	<p>No Photo Provided</p> 	
<p>Alexander Yow Fin</p>	<p>Thomas Hawkins Fly</p>	<p>Kevin Gomogda Bantam</p>	<p>Christian Medina Feather</p>	<p>Daren Tubbs Light</p>
<p>No Photo Provided</p> 				
<p>Lenn Hypolite Welter</p>	<p>Jayson Grant Middle</p>	<p>Javier Sanchez Heavy</p>		

## 18-32 FEMALE SENIOR TEAM MEMBERS



**Haley  
Kong  
Fin**



**Shelby  
Olson  
Fly**



**Devon  
Lewis  
Bantam**



**Emilia  
Morrow  
Feather**



**Lauren  
Bensinger  
Light**

No Photo Provided



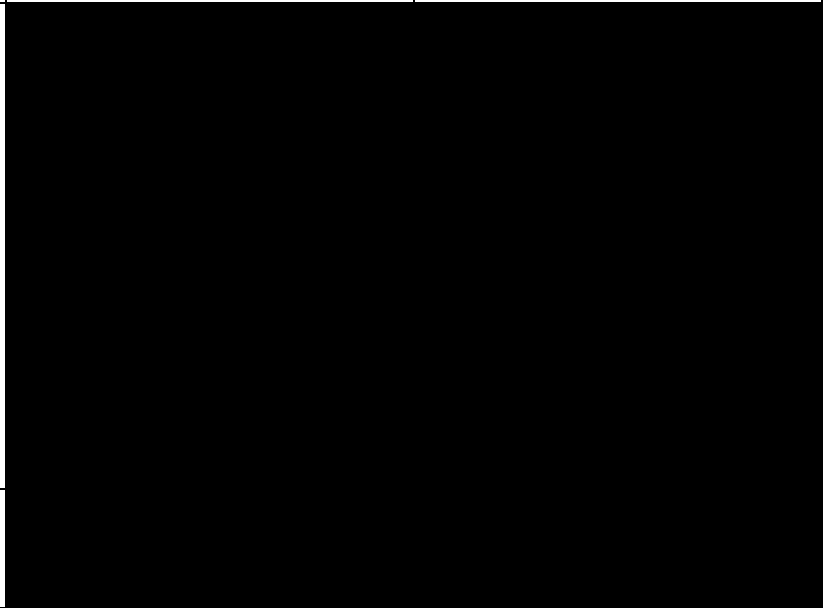
**Kayla  
Caracciola-Clayton  
Welter**



**Nikki  
Martinez  
Middle**



**Makesha  
Yarbrough  
Heavy**





## Alexander Yow

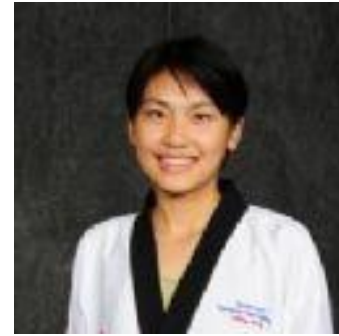
**Location:** Mequon, WI

**Instructor:** Luciano Medina

**Bio:** *Not Provided*

**National Experience:**

- 2010 AAU National Team Member



## Haley Kong

**Location:** Hillsborough, CA

**Instructor:** David Mangonon

**Bio:** I am currently a senior at San Mateo High School and I play the mellophone in the marching band. I love traveling, trying new foods, playing with my dog, and growing vegetables in my garden. I recently earned the Congressional Award Gold Medal. Thank you so much to my instructors, teammates, and family who have been so encouraging and supportive through the years.

**National Experience:**

- 2008 AAU Nationals - Gold

No Photo Provided



## Thomas Hawkins

**Location:** *Not Provided*

**Instructor:** *Not Provided*

**Bio:** *Not Provided*

**National Experience:** *None Provided*



## Shelby Olson

**Location:** Palm Harbor, FL

**Instructor:** Dennis White

**Bio:** Member of T-1 Team from Largo, Florida. Freshman at University of South Florida, St. Petersburg and would like to start a taekwondo club at the school. Have been competing for 5 years. Has taught me discipline, how to set goals, and how to handle both winning and losing. Like all sports especially scuba and football.

**National Experience:**

- 2005 AAU Junior Olympic Games - Gold

No Photo Provided



## Kevin Gomogda

**Location:** *Not Provided*

**Instructor:** *Not Provided*

**Bio:** *Not Provided*

**National Experience:** *None Provided*



## Devon Lewis

**Location:** Stafford, VA

**Instructor:** Arlene Limas

**Bio:** Senior at Brooke Point high school. I train at Power Kix Taekwondo with Arlene Limas. In my spare time I like to Hang out with my friends.

**National Experience:**

- 2010 AAU Nationals – Bronze
- 2009 AAU Nationals – Gold
- 2008 AAU Nationals – Gold
- 2007 AAU Nationals - Gold

No Photo Provided



## Christian Medina

**Location:** Dyer, IN

**Instructor:** Luciano Medina

**Bio:** *Not Provided*

**National Experience:**

- 2009 AAU Nationals - Gold



## Emilia Morrow

**Location:** Rockville, MD

**Instructor:** Patrice Remarck

**Bio:** *Not Provided*

**National Experience:**

- 2009 AAU Nationals - Gold





## Daren Tubbs

**Location:** Plano, TX

**Instructor:** Greg Tubbs

**Bio:** *Not Provided*

### National Experience:

- 2010 AAU Nationals - Gold



## Lauren Bensing

**Location:** Lutz, FL

**Instructor:** Ryan Frederick

**Bio:** Although I only have one year of formal Olympic style taekwondo training, I come to AAU with over 10 years of points sparring tkd experience. I am a two-time ATA World Champion and five-time Florida State Champion. I've also competed in NASKA, winning the US Open. Now, my sole focus is on Olympic Style and I love it the most! I'm part of a great team - Team Xcel out of Orlando where I train on the weekends. During the week, I train in Tampa at J Park Taekwondo.

### National Experience:

- 2010 AAU Nationals - Silver

No Photo Provided



## Lenn Hypolite

**Location:** Mount Vernon, NY

**Instructor:** Chinedum Osuji

**Bio:** Trinidad and Tobago National Team Member 2008 Pan American Taekwondo Championships silver medalist.

**National Experience:** *None Provided*

No Photo Provided



## Kayla Caracciola-Clayton

**Location:** *Not Provided*

**Instructor:** *Not Provided*

**Bio:** *Not Provided*

**National Experience:** *None Provided*



## Jayson Grant

**Location:** Worcester, MA

**Instructor:** Fabio Takahashi

**Bio:** Thanks to everyone who never gave up on me and I love you for it. Lastly, thanks to all that doubt me, you are my motivation!

**National Experience:**

- 2010 AAU Nationals - Bronze



## Nikki Martinez

**Location:** Loxahatchee, FL

**Instructor:** Antwuan Wilson

**Bio:** I'm half Puerto Rican and half Peruvian, a senior this year at Dreyfoos High School of the Arts. I plan on going to college majoring in Athletic Training, and a minor in Sports Management.

**National Experience:**

- 2010 AAU Nationals - Gold



## Javier Sanchez

**Location:** Fort Worth, TX

**Instructor:** Dong Lee

**Bio:** *Not Provided*

**National Experience:**

- 2010 AAU Nationals - Bronze



## Makesha Yarbrough

**Location:** Marietta, GA

**Instructor:** David Wilch

**Bio:** I am an Air Force brat who began training in the martial arts when I was 8 years old in Japan. I graduated from Georgia State University with a Bachelor's degree in psychology in 2000. I have worked at Hillside Hospital since graduation, working with children and families with mental health issues. I receive my sport taekwondo training from Master David Wilch at Team Atlanta. I also train in traditional taekwondo under Master Joaquin Bonilla and Master Greg Lloyd at Oh Do Kwan Martial Arts.

**National Experience:**

- 2010 AAU Nationals – Gold
- 2009 AAU Nationals – Gold
- 2008 AAU Nationals – Gold
- 2006 AAU Nationals - Bronze