

# 2010 AAU West Virginia Tae Kwon Do Regional Tournament Packet

*\*This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.\**

**Date:** March 6, 2010

**Location:** Student Recreation Center  
West Virginia University  
2001 Rec. Center Dr  
Morgantown, WV  
www.wvu.edu

**Entry Fee:** AAU Events: Registration \$40 for 1, \$50 for 2, or \$60 for 3  
Board Breaking Competition +\$20

**No athlete applications will be processed after 2/27/2010**

**Spectator Admission: \$5 per person**

*\* NO DAY OF EVENT REGISTRATION (We need time to group your divisions!)*

*\* ALL COMPETITORS/COACHES/OFFICIALS MUST BE AAU MEMBERS*

**AAU Certification:** All coaches and officials must be current AAU members and be properly certified by the AAU to coach and/or officiate.

**Coach's Clinic:** AAU does not do coach's clinics anymore. All coaches have to go online and take the online course. Go to [www.aautaekwondo.org](http://www.aautaekwondo.org) and click on the side bar "coaches and officials."

**Online Registration:** <http://www.wvtkd.com>

**Mail Paper Registrations:** Dan Nawrocki  
540 Hite St.  
Morgantown, WV 26501

**Phone:** (304) 685-5033 (Bryan Lake)

**E-Mail:** [wvtaekwondo@gmail.com](mailto:wvtaekwondo@gmail.com)











**Athlete Check-in  
and Weigh-in :** 11:00 AM – 11:59 AM


**Officials Meeting:** 12:01 PM

- AAU Membership:** All competitors must be an AAU member for 2010. Membership can be obtained at [www.aausports.org](http://www.aausports.org) and must be obtained before the competition begins. Competitors MUST have a valid AAU membership card and be able to present it at the time of staging.
- Rules:** AAU Taekwondo rules apply to all competitions conducted at the Tournament with the exception of the board breaking competition. The board breaking competition is not an AAU qualifier event and will not be offered at AAU Nationals or the Junior Olympics. AAU Taekwondo rules and regulations may be viewed or downloaded at: [www.aautaeqwondo.org](http://www.aautaeqwondo.org).
- Awards:** The top 3 finishers in each division will receive a trophy.
- Uniforms:** All competitors must wear a clean WHITE uniform. Patches & screens are permitted. No rolled sleeves or cuffed pants. Black belts are allowed to wear a black V-neck collar or wear black trim on the lapels of their uniform.
- Equipment:  
Point Sparring** The following safety gear is MANDATORY:  
\* Foam Point Sparring dipped or vinyl Headgear  
\* Foam Point Sparring dipped or vinyl Handgear  
\* Foam Point Sparring dipped or vinyl Footgear  
\* Protective mouthguard
- The following safety gear is OPTIONAL:  
\* Groin cup  
\* Forearm guards  
\* Shin guards  
\* Rib guards  
\* Optional equipment must be worn UNDER the uniform.
- Equipment:  
Olympic Sparring** The following safety gear is MANDATORY:  
\* Olympic style chest protector  
    - Reversible, or have blue and red available  
\* Foam headgear  
\* Shin & instep protectors  
\* Forearm protectors  
\* Protective mouthguard  
\* Groin cup  
    - Optional for females
- Special Notes:** The tournament director reserves the right to further divide or combine divisions depending on the number of competitors registered in each.
















## Directions from Pittsburgh:

Pittsburgh, PA

	1. Head <b>northwest</b> on <b>Blvd of the Allies</b> toward <b>Market St</b>	go 0.3 mi total 0.3 mi
	2. Turn <b>right</b> at <b>Commonwealth PI</b>	go 305 ft total 0.4 mi
	3. Turn <b>left</b> to merge onto <b>I-279 S</b> About 7 mins	go 5.8 mi total 6.1 mi
	4. Take exit <b>1A</b> to merge onto <b>I-79 S</b> toward <b>Washington</b> About 28 mins	go 24.6 mi total 30.7 mi
	5. Take exit <b>21</b> to merge onto <b>I-79 S</b> toward <b>Morgantown</b> Entering West Virginia About 37 mins	go 39.3 mi total 70.0 mi
	6. Take exit <b>155</b> toward <b>WV-7</b> About 1 min	go 0.4 mi total 70.4 mi
	7. Turn <b>left</b> at <b>Chaplin Rd/County Rte-19</b> About 2 mins	go 0.7 mi total 71.0 mi
	8. Slight <b>right</b> at <b>Monongahela Blvd/US-19/WV-7</b> About 3 mins	go 1.4 mi total 72.5 mi
	9. Turn <b>left</b> at <b>Patteson Dr</b> About 1 min	go 0.3 mi total 72.8 mi
	10. Take the 1st <b>right</b> onto <b>Riverview Dr</b>	go 289 ft total 72.8 mi
	11. Take the 1st <b>left</b> onto <b>Rec Center Dr</b>	go 463 ft total 72.9 mi

 Recreation Center Dr, Morgantown, WV 26505

## Directions from Washington, DC: Washington, DC

	1. Head <b>west</b> on <b>Constitution Ave NW</b> toward <b>10th St NW</b> About 4 mins	go 1.4 mi total 1.4 mi
	2. Take the ramp onto <b>I-66 W/US-50 W</b> About 1 min	go 0.8 mi total 2.2 mi
	3. Take the exit toward <b>G W Pkwy/US-50/Arlington Blvd</b>	go 364 ft total 2.2 mi
	4. Keep <b>right</b> at the fork, follow signs for <b>George Washington Memorial Pkwy</b> and merge onto <b>George Washington Memorial Pkwy</b> Entering Virginia About 11 mins	go 8.8 mi total 11.0 mi
	5. Take the exit onto <b>I-495 N</b> toward <b>Maryland</b> Entering Maryland About 5 mins	go 4.1 mi total 15.1 mi
	6. Slight <b>left</b> at <b>I-270 Bus Spur N</b> (signs for <b>Frederick/Rockville/I-270</b> ) About 3 mins	go 2.3 mi total 17.4 mi
	7. Merge onto <b>I-270 N</b> About 30 mins	go 29.0 mi total 46.4 mi
	8. Take exit <b>32</b> to merge onto <b>I-70 W</b> About 50 mins	go 52.8 mi total 99.2 mi
	9. Take exit <b>1A</b> on the <b>left</b> to merge onto <b>I-68 W/US-40 W</b> toward <b>Cumberland</b> Continue to follow I-68 W Entering West Virginia About 1 hour 39 mins	go 105 mi total 204 mi
	10. Take exit <b>7</b> toward <b>Pierpont Rd/WV-705</b>	go 0.4 mi total 204 mi
	11. Turn <b>right</b> at <b>Cheat Rd</b> (signs for <b>Morgantown</b> ) About 2 mins	go 1.0 mi total 205 mi
	12. Turn <b>left</b> at <b>Mileground Rd/US-119</b> About 3 mins	go 1.4 mi total 207 mi
	13. Turn <b>right</b> at <b>201 St Memorial Hwy/WV-705</b> Continue to follow WV-705 About 4 mins	go 2.3 mi total 209 mi
	14. Turn <b>left</b> at <b>Van Voorhis Rd</b> About 2 mins	go 0.5 mi total 210 mi
	15. Continue on <b>Patteson Dr</b>	go 0.4 mi total 210 mi
	16. Turn <b>left</b> at <b>Riverview Dr</b> About 1 min	go 289 ft total 210 mi
	17. Turn <b>left</b> at <b>Rec Center Dr</b>	go 463 ft total 210 mi



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# 2010 AAU West Virginia Tae Kwon Do Regional Tournament Packet ATHLETE Application

**AAU Events: \$40 for 1 event, \$50 for 2 events, \$60 for 3 events**

**Board Breaking Competition + \$20**

**Make Checks/Money Orders Payable to: WV TKD**

AAU Membership: All athletes, coaches, and officials must be current AAU members and be able to present a valid AAU card or completed AAU application form at registration. AAU MEMBERSHIP FEES: Youth Athlete (under 21): \$12/year; Adult Athlete (21+): \$22/year

**PRINT LEGIBLY OR TYPE:** Illegible applications will NOT be processed

Athlete Name: \_\_\_\_\_ AAU Member #: \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Martial Arts School: \_\_\_\_\_

Instructor's Name: \_\_\_\_\_ School Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

**ATHLETE'S RANK:** (Check the appropriate category)

NOVICE: \_\_\_\_\_ White \_\_\_\_\_ Orange \_\_\_\_\_ Yellow

INTERMEDIATE: \_\_\_\_\_ Green \_\_\_\_\_ Blue \_\_\_\_\_ Purple

ADVANCED: \_\_\_\_\_ Brown \_\_\_\_\_ Red \_\_\_\_\_ Red/Black

BLACK BELT: \_\_\_\_\_ 1st Degree \_\_\_\_\_ 2nd Degree & up

**COMPETITION DIVISION:**

Check ALL events you will compete in:  Forms  Point Sparring  
 Olympic Sparring  Board Breaking

AGE (as of Aug 31, 2010) \_\_\_\_\_ Date of Birth: \_\_\_\_\_ GENDER: \_\_\_\_\_

EXACT WEIGHT: \_\_\_\_\_ LBS. [Competitors will be weighed at the venue]

I hereby certify that I know and understand the rules, policies, and code of conduct for AAU Taekwondo. I certify that I have entered my self/child in the correct age (as of August 31, 2010) and belt grouping and that I/he/she is qualified to compete according to the specifications outlined in the AAU Taekwondo Handbook. I understand I/he/she may be eliminated from the competition if I have misrepresented any of the above information. I agree to waive any claims against any persons, schools, associations connected with this Championship from any injuries I/my child may sustain and likewise assume full responsibility for all my/my child's actions in connection with the Championship. *If under 18 - MUST be signed by a parent/guardian.*

Competitor/Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**2010 AAU West Virginia Tae Kwon Do  
Regional Tournament Packet  
OFFICIAL/COACH Application**

*This form must be completed if you intend to coach or officiate at the tournament.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # \_\_\_\_\_

AAU Membership # \_\_\_\_\_

License # \_\_\_\_\_ (Your current License number is posted online on the [www.aautaekwondo.org](http://www.aautaekwondo.org) website)

**OR** (If your license # has not yet been posted)

Date of Your 2010 Coaching Clinic: \_\_\_\_\_

Certification Level - (Circle one)    E    D    C    B    A    AA

All coaches and officials should bring their clinic participation card which was given out at their 2010 certification clinic.