

F A L L 2 0 1 1

Trinity News

Taekwon-Do & Fitness

Welcome Back Trinity TKD & Fitness Friends

We are so excited to begin another season of TKD & Fitness. This is Trinity's 8th season of TKD and it is shaping up to be a great year. First off, thank you to all of you who attended our summer drop-in classes as well as those who assisted with teaching! They were a big hit and will serve you well as you prepare for your next belt test.

This newsletter is filled with information for the next few months so please take some time to browse through it.

We hope that you had a wonderful summer break and are ready to get back at it!



BREAKING BOARDS FOR HAITI

Mr. Macdonald is joining a group of firefighters and other Cochrane residents and heading to Haiti from Oct 1-8th. While there, the group will be conducting various building projects to help in the aftermath of the Haiti earthquake.

To raise money for this effort, Mr. Macdonald will be *Breaking Boards For Haiti* on **September 16th**.

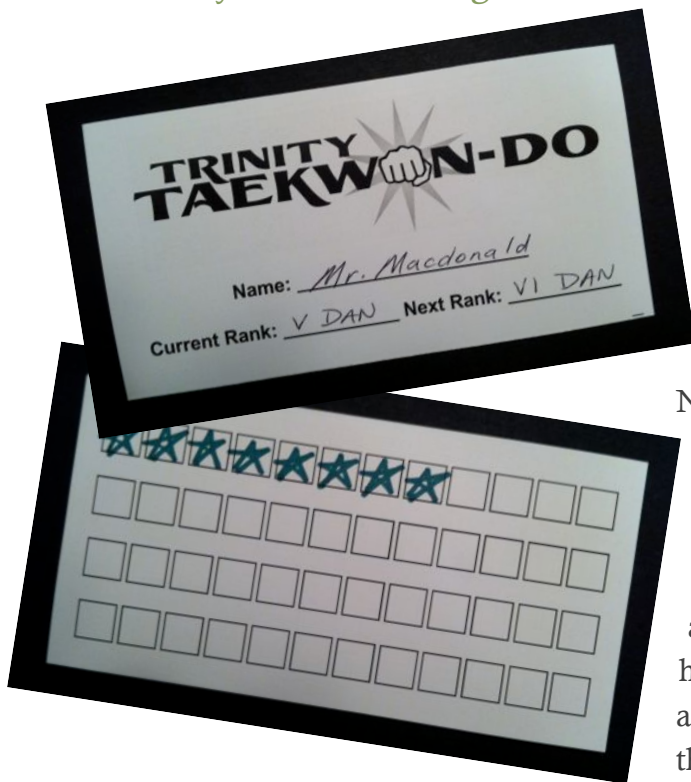
Starting at **7pm** at the **Cochrane Ranche**, with a family campfire to follow.

All donations and money raised from this event will help to support the team while on the ground in Haiti.

More information is available on the fundraiser invitation.

Hope your family can make it!

Trinity's New Training Card!



Sparring Gear Sale

Full sets of sparring gear (helmets, gloves and boots) are available at over 20% off until **September 14th**. Various colors available.

Basic set \$110 or Warrior set \$130.

To order, contact Mr. Macdonald asap.

TRAINING & TESTING

New this season, your training hours will be recorded and every hour of training will bring you closer to your next belt level. In other words, the more you train the quicker you will test. Each student will stamp their very own **training card** every time they attend a class and testing will be offered when you have met your required hours and your instructor approves the test. This process will be explained more thoroughly in class.

YEAR END PARTY & AWARDS

A big thanks to all who attended the year-end wrap up party and awards ceremony in June.

Congratulations to the recipients of our first annual Pauline Erne Memorial Awards – Colin Fetaz (Leadership), Christian Blazina (Outstanding Competitor), Micah Peacock (Perseverance), Devon Wieliczko (Dedication) and, Joshua Dobrowolski (Club Ambassador).



Dates to Remember:

Sept 7, 13

All classes, TKD & Fitness begin in Cochrane (7) & Water Valley (13)!

Sept 16

Breaking Boards for Haiti fundraiser at Cochrane Ranche, 7pm.

Oct 17

Our Annual General Meeting will be held at 8:30pm at the Seminary.

Oct 10

There will be no classes on this date. Happy Thanksgiving!

Oct 15

ICTF World Cup will be held in Toronto, ON.



Trinity Fitness News!

We are kicking off our second season of Trinity Fitness and are thrilled to welcome many returning students and a few new students!

Trinity Fitness classes are circuit-based classes where ladies of all fitness levels are welcome. The class format will stay the same from week to week with the exercises changing each class. Class components include warm up, cardio, strength, muscular endurance, core, cool down and flexibility. Feel free to drop in and try a class!

Currently the 5:30 pm class is full with a short waiting list. If you are interested in being on the waiting list, please let Abbie know. We are still registering ladies in the 6:30 and 7:30 pm

classes. Classes run in room 112 in the basement of the Seminary. Just follow the music and laughter... ☺

Sometimes we all need a little encouragement to get ourselves motivated to get moving! Group exercise classes have been an important part of my fitness journey. The accountability and challenge I feel being apart of a group class beats working out on my own any day... and the friendships formed are just an extra bonus!

Did you know Trinity Fitness also offers one-on-one personal fitness coaching? Included in the service is goal setting, weekly or bi-weekly meetings, challenging workouts and nutritional coaching. For more information, contact Abbie.



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