

Players News

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*Come see the
difference.!*

Team Players

Taekwondo Center

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**Have a safe
and Happy
Halloween!**

From Mr. Irvin- Commitment to Excellence

How good do you want to be? If you answer, "Good enough to get by," then a commitment to excellence is not necessary. But if your honest answer is "the best," you must make a total commitment to excellence.

You don't have to tell anyone about your commitment—they'll know. How? By your actions. People will see your commitment in the time and energy you put into practicing and the intensity of your practice.

Never be ashamed to admit that you want to be the best. And never feel you have to explain your reasons. If you're committed to excellence, your answer will always be, "Why not be the best?" Don't be satisfied until you get what you want.

In my many years of coaching, I have seen a couple dozen young athletes make a sincere commitment to excellence. They had a

burning desire to be great, not just "good." They craved coaching. They wanted to learn new moves every day. They worked harder than the other martial artists and they never stopped working. They looked for tougher competition to improve their performance. They were very stubborn; they refused to settle for anything less than the best.

Perfection is very elusive. Athletes know there are always ways to improve their performance. Many strive for perfection, but most fall short. You can only achieve perfection if you have a strong commitment to excellence. Ask any champion.

One thing I do want to make absolutely clear beyond any reasonable doubt is this: When you get involved in a project half-way and say, "Well, I just think I'll give it a good try and see if it works; that'll be good because if it doesn't work, I

really haven't lost anything because I didn't put much into it." This is a sure way to lose. The real reason most of us are afraid to make a total commitment to excellence is: Fear of failure. We say, "I don't want to try too hard to reach my goal, because if I do and don't reach my goal, it will hurt too much."

I'm going to tell you something, friends. If you start anything on this basis, you're not going to make it happen. When you get involved in something, man, you have to get after it. You have to go for it. No holding back. No half tries. Go for it with all your heart. Once you get it going, don't stop working. Maintain your steady workout schedule, and it will bring you more rewards than you possibly can imagine. Then, if you win, the harder you worked, the sweeter the victory. "Winning is living." "I love to win."

Going Trick-or-Treating?

Are you going trick-or-treating? Below are tips to help make the festivities fun and safe for trick-or-treaters.

- Swords, knives, and similar costume accessories should be short, soft and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Look both ways before crossing the street.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips and falls.
- Eat only factory-wrapped treats.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.
- Only trick-or-treat at houses that are lit.

Have a safe beggar's night!

Students of the Month

These students earned "Student of the Month" by proving their dedication and commitment to excel. They attend classes often, perform to the best of their abilities and show outstanding Team Spirit and leadership qualities. Congratulations to our Student's of the Month for September 2011:

<i>Tiny Tots</i>	<i>Shacla Healy</i>
<i>5-7 Beginners</i>	<i>Weston Day</i>
<i>8-12 Beginners</i>	<i>Austin Lowe</i>
<i>Intermediate</i>	<i>Xander Grey</i>
<i>Advanced</i>	<i>Zach Martin</i>
<i>Adult</i>	<i>Sharon Garcia</i>
<i>Jr. Black Belt</i>	<i>Anis Awale</i>
<i>Sr. Black Belt</i>	<i>Harsha Kaul</i>
<i>Jr. Judo</i>	<i>Brody Healy</i>
<i>Sr. Judo</i>	<i>Jarod Renner</i>

Holiday Gifts / Hoodies

*Looking for a special birthday or holiday gift for your martial artist? Let us help. In addition to T-shirts, uniforms and equipment we can custom order Team Players Sweatshirts/Hoodies. You can choose from an array of color options too! We are also able to order kicking targets, gym bags, hats, and shoes. Check with Jazia for other items as well. We will be placing our holiday order on **November 3rd**. Don't miss your chance to surprise your martial artist with something they'll love for the holidays or for their next birthday. Stop by the desk and talk with Jazia for more information or to place your order.*

Items Needed for the Homeless

It is time for our annual drive to help the homeless and less fortunate. Even though our economy shows signs of recovery, there are people that need our help. Please join us again this year as we collect items for the shelter. Below is a list of items needed. We will also be posting this list on the announcements page of our internet site. We will begin collecting items for donation now until November 17th and will donate the collected items the week of Thanksgiving. The donations given last year were exceptional and we hope to top that this year. If you are able to contribute in any way...please do...this is a good cause!

- Gloves
- Hats
- Scarves
- Socks
- Snow Pants
- Blankets
- Tarps
- Tents
- Batteries
- Canned Food
- Canned Meats
- Dry Food
- Toothbrushes
- Toothpaste
- Soap
- Deodorant
- Feminine Products
- Bottled Water
- Drink Flavor Packets
- Individual Crackers/ Snacks/Puddings
- Flashlights
- **Anything you can contribute is appreciated!**

- Coats

Shoe Cubbies

As it becomes colder it will become even more important to utilize the shoe cubbies. We have noticed an increase in students placing their belongings on top of the cubbies or on the floor in front of the cubbies. Please take the time to put your belongings inside the cubbies so that we can keep the entry area and the sign-in computer accessible. Don't forget that there is a backside to the cubbies that is usable as well.

On a side note...please be sure when you retrieve your belongings that they are actually yours. Many times students will have shoes or coats that look similar to another students and on a couple of occasions we have had a mix-up. It always gets straightened out, but we'd like to try to avoid it.

Beggar's Night

Trick or Treat for Hilliard is scheduled for Monday, October 31, 2011 from 6:00 to 8:00 p.m. All classes will be **cancelled** so that the kids may trick or treat and parent's can accompany them.