



FOCUS PRE-TEAM 2018 - 2019

What is Focus Pre-Team?

This membership is for those athletes that would like to experience the Karate competition but are not ready yet to commit to a full season of our competition team, Team Focus. There is no commitment with this membership, athletes can opt in or out of this membership anytime they want, as long as the changes are not done in the middle of a month.

What does this membership include?

- Unlimited access to Age/Rank appropriate Karate classes
- Unlimited access to Age appropriate Fitness classes
- 2 hours of competition training with Team Focus (Saturdays 2-4pm)
- low cost competition private lessons (\$30/hour)

How much does this membership cost?

\$125/month, due on the 1st of each month, and your Focus account should be maintained up to date.

What are the requirements to join the Pre-Team?

- The athletes need to be 6 years or older (age as of July 1st, 2019)
- Rank of Orange Belt or higher
- Become an AAU Member (\$16/athlete for the AAU extended membership)
- Get the required competition equipment as required by the coaching staff
- Focus accounts need to be up to date, and a current family e-mail address should be on file for each athlete (only 1 e-mail address per family)

If you are ready to join our Focus Pre-Team please let Sensei Ciprian know to set up your account. We are looking forward to working with all students regardless of their age, rank or physical abilities, as long as they are ready to work hard towards their goals.

Team Focus Coaching Staff



TEAM FOCUS 2018 - 2019

Dear Focus Athlete,

Thank you for your interest in our competition team, Team Focus. The objective of the Focus Competition Team is to provide a higher level of training physically and mentally for those athletes who have a desire to take their Karate competition to a higher level.

This welcome packet contains the following information:

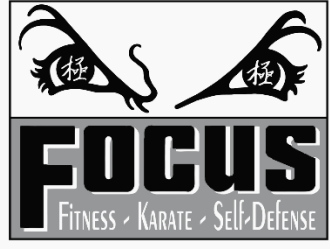
- ***Team Focus Requirements***
- ***Training Schedule***
- ***Competition Schedule***
- ***Team Focus Agreement***

Please consider this as your invitation to start or continue with a new season as a member of our competition team.

On behalf of the coaches we would like to welcome you to another fun and challenging competition season. We are excited that you are considering to become a part of Team Focus and are very much looking forward to getting to know you better and help you work on reaching your personal goals.

Thank you,

TEAM FOCUS COACHING STAFF



TEAM FOCUS TRAINING SCHEDULE

TUESDAY

5:15-6pm Kumite (Lake in the Hills)

WEDNESDAY

5:30-7pm Kata/Kumite (Lake in the Hills)

7-8:30pm Kata/Kumite (Deerfield)

THURSDAY

6-7pm Kumite (Lake in the Hills)

FRIDAY

5:15-6:30pm Kata/Kumite (14 yrs -) (Lake in the Hills)

7:30-8:45pm Kata/Kumite (15 yrs +) (Lake in the Hills)

SATURDAY

1:30-2:15pm Kobudo Class (Lake in the Hills)

1:30-4pm Kata & Kumite (Lake in the Hills)

Also included in your membership is Unlimited Training in the Following Programs:

- Karate Classes (Appropriate Age & Rank)*
- Fitness Classes (Appropriate Age)*
- Krav Maga Force Classes (Appropriate Age)*

Various scheduled Team Focus classes during the year may be canceled and rescheduled as a result of rank exams, clinics, special trainings, tournaments, weather, etc. Athletes and their parents will be informed of these dates as soon as they become available. Changes will be e-mailed to the provided e-mail address and/or be listed on the website (only one e-mail address per family).



KATA TRAINING: *Each student will practice one or more Kata(s) chosen specifically to fit their tournament experience level (Beginner, Novice, Intermediate or Advanced), their body type and physical abilities. It is important to remember that most Team Focus athletes will learn a completely different Kata from what they practice in the regular Karate classes for their rank.*

KUMITE TRAINING: *Similar with the Kata practice, all students will practice appropriate Kumite techniques and strategies based on their competition level (Beginner, Novice, Intermediate or Advanced). Each athlete will have a list of all of the skills that he/she will work on throughout the season, and will be expected to be able to perform them very well by the time they attend the AAU Regionals & Nationals.*

FITNESS TRAINING: *All Team Focus athletes should include fitness classes in their weekly training schedule, as this is an extremely important area that should be made a priority by everyone. Each athlete should attend a minimum of two age appropriate Fitness/Krav Maga classes a week.*

NEW THIS SEASON -> TEAM FOCUS PRIVATE LESSONS: *Team Focus athletes have the option of doing Competition Private Lessons with the instructor of their choice (\$30 for 1 hour). Please see Sensei Ciprian to set up these private lessons.*



2018 - 2019 TEAM FOCUS COMPETITIONS

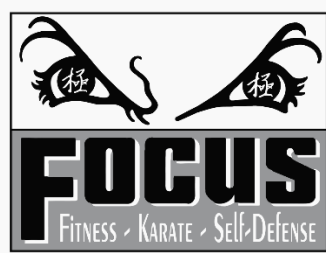
(Check our website for most up to date information)

An adult parent or guardian for each tournament must accompany underage athletes, unless other arrangements have been made and approved by the coaches.

2019 AAU NATIONALS: *3 weeks before the 2019 AAU Nationals, Team Focus training schedule will have some changes to allow the athletes to better prepare for the most important event of the season. Complete information on this will be emailed to all families after the 2019 AAU Regionals. After the 2019 AAU Nationals, all Team Focus classes will be cancelled for 1 week to give all of the athletes a well-deserved break after a long training camp followed by one of the toughest competition of their season.*

TEAM FOCUS REQUIRED EQUIPMENT

- Focus Warm-up Jacket
- Minimum 2 Black FEAR Focus T-shirts
- Recommended Tournament Karate Uniform(s)
 - AAU Patches For All Tournament Uniforms
- Proper Tournament Belt (White, Green, Brown or Black)
 - Approved AAU Helmet (17 & younger)
 - Mouth Guard
 - Red & White Fist Guards (Naugahyde)
 - Chest Protector
 - Groin Cup (male)
 - Shin & Foot Guards
- Proper Tournament Weapons
 - Clean Gym Shoes
 - Athletic Tape



2018-2019 TEAM FOCUS AGREEMENT

- \$190 / Athlete / Month for Team Focus members
- \$30/Family Yearly Liability Insurance Fee (Due September 1st)
- 2018-2019 AAU Extended Coverage Membership Fee
(Apply online at www.aaukarate.org - Club Name: Focus Martial Arts)

This is a 12 month agreement and all participants must agree to the fee for the entire 12 months! After the 2019 AAU Nationals, everyone will continue to pay the regular Team Focus monthly rate until the end of August 2019.

All Team Focus Members will be required to participate in our monthly automatic credit card payment program and continue to keep their accounts at Focus up to date in order to participate on Team Focus.

The monthly fee does not include tournaments fees, coaches' expenses, travel expenses, equipment, special trainings or clinics, team outings, or any other expenses that may arise.

Current members must commit to the entire new season by August 30th, 2018.

New members must commit to the entire new season by September 29th, 2018.

New Team Focus season starts on September 1st, 2018 for all returning students and on October 1st, 2018 for all new students.

By signing below you agree to the terms of this agreement and commit for the entire 2018-2019 Team Focus season.

Athlete(s) Name(s): _____

Parent Signature: _____ ***Date:*** _____



2018-2019 TEAM FOCUS WKF

Team WKF members are Team Focus athletes that would like to also dedicate time and resources to train and compete in selected WKF sanctioned events, including the USANKF National Championship (July 2019, after the AAU Nationals).

All Team WKF members must be both AAU and USANKF members!

REQUIREMENTS

Must have a minimum of one year Team Focus Experience and a minimum of one participation at an AAU National Championship.

Must participate in as many Team Focus, Team WKF & Fitness trainings as possible (see the attached training schedule).

Must become an AAU member (www.aaukarate.org) & USANKF member (<http://www.teamusa.org/usa-karate/member-resources>) and must have the approved WKF Kata/Kumite gear.

Must maintain or increase good academic standing in school. Athletes having an unacceptable drop in their grades as determined by their parents will be placed on probation until the problem is rectified.

Various scheduled Team Focus WKF classes during the year may be canceled and rescheduled as a result of rank exams, clinics, special trainings, tournaments, weather, etc. Athletes and their parents will be informed of these dates as soon as they become available.



TEAM WKF TRAINING SCHEDULE

MONDAY

4:30-5:30pm FAST/Ninja Fitness (14 yrs -)

5:30-7pm Team WKF

7-8pm Dynamic Fitness (15 yrs +)

TUESDAY

OFF

WEDNESDAY

4:30-5:30pm FAST (14 yrs -)

5:30-7pm Team Focus

7-8pm Dynamic Combat (15 yrs +)

THURSDAY

6-7pm Kumite

FRIDAY

5:15-6:30pm Team Focus (14 yrs -)

6:30-7:30pm Bag Slam (15 yrs +)

6:30-8:45pm Team Focus (15 yrs +)

SATURDAY

12:30-1:30pm FAST

1:30-2:15pm Kobudo

1:30-4pm Team Focus - Kata & Kumite

SUNDAY

8:30-10:30am Team WKF



2018-2019 TEAM WKF AGREEMENT

- \$205 / Athlete / Month for Team WKF members
- \$30/Family Yearly Liability Insurance Fee (Due September 1st)
- 2018-2019 AAU Extended Coverage Membership Fee
(Apply online at www.aaukarate.org - Club Name: Focus Martial Arts)
- 2018-2019 USANK Membership Fee
(Apply online at <http://www.teamusa.org/usa-karate/member-resources>)

This is a 12 month agreement and all participants must agree to the fee for the entire 12 months! After the 2018 USANKF Nationals, everyone will continue to pay the regular Team Focus monthly rate until the end of August 2018.

All Team WKF Members will be required to participate in our monthly automatic credit card payment program and continue to keep their accounts at Focus up to date in order to participate on Team Focus.

The monthly fee does not include tournaments fees, coaches' expenses, travel expenses, equipment, special trainings or clinics, team outings, or any other expenses that may arise.

Everyone must commit to the entire season by August 30th, 2018. New Team WKF season starts on September 1st, 2018 for all students.

By signing below you agree to the terms of this agreement and commit for the entire 2018-2019 Team Focus season.

Athlete(s) Name(s): _____

Parent Signature: _____ ***Date:*** _____