



## **TEAM FOCUS 2017 - 2018**

***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**

**6 - 7 PM Kumite – Blue Belts & higher (Lake in the Hills)**

### **WEDNESDAY**

**5:30 – 7 PM Kata (Lake in the Hills)**

**7 - 8 PM Kata (Deerfield)**

### **THURSDAY**

**6 - 7 PM Kumite – Blue Belts & higher (Lake in the Hills)**

### **FRIDAY**

**5:15 - 6:30 PM Kata/Kumite 14 & younger (Lake in the Hills)**

**7:30 - 8:45 PM Kata/Kumite 15 & older (Lake in the Hills)**

### **SATURDAY**

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

**1:30 – 4 PM Kata & Kumite (Lake in the Hills)**

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

- Karate Classes (Appropriate Age & Rank)*
- FAST (8-12 yrs) or FAST Accelerated (13-18 yrs)*
  - Adult Fitness (15 & older)*
- Youth Krav Maga Force (14 & younger)*
- Adult Krav Maga Force (15 & older)*

*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**

*We want to remind all Team Focus parents and athletes to 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. Equipment requirements: Black FEAR Focus T-Shirt, shorts or warm-up pants & clean gym shoes.*

## **AAU NATIONALS TRAINING**

*3 weeks before the 2018 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 2018 AAU Regionals.*



## **2017 - 2018 TEAM FOCUS COMPETITIONS**

*(Check our website for most up to date information)*

***Focus Junior Shotokan Karate Tournament (October 1<sup>st</sup>, 2017)***

***Chicagoland Karate-Do Challenge (October 29<sup>th</sup>, 2017)***

***AAU Illinois State Karate Championships (February 2018)***

***AAU Indiana State Karate Championships (March 3<sup>rd</sup>, 2018)***

***Focus Junior Karate Tournament (March 10<sup>th</sup>, 2018)***

***AAU Super Regional Karate Championships (April 2018)***

***The Annual Sacramento Karate Championships (June 2018)***

***AAU National Karate Championships (July 2018)***

***AAU Junior Olympic Games (August 2018)***

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

*After the 2018 AAU Nationals, all Team Focus classes will be cancelled for 1 week while the rest of the classes will continue to run as scheduled. This will give all Team Focus members 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*
  - *White Fist Guards (Naugahyde)*
  - *Red Fist Guards (Naugahyde)*
    - *Chest Protector*
    - *Groin Cup (male)*
    - *Shin & Foot Guards*
  - *Proper Tournament Weapons*
  - *Clean Gym Shoes*
  - *Athletic Tape*



## **2017-2018 TEAM FOCUS AGREEMENT**

- \$190 / Athlete / Month for Team Focus members
- \$30/Family Yearly Liability Insurance Fee (Due September 1<sup>st</sup>)
- 2017-2018 AAU Extended Coverage Membership Fee  
(Apply online at [www.aaukarate.org](http://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 2018 AAU Nationals, everyone will continue to pay the regular Team Focus monthly rate until the end of August 2018.*

*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 season by August 31<sup>st</sup>, 2017. New members must commit to the entire season by September 23<sup>rd</sup>, 2017.*

***New Team Focus season starts on September 1<sup>st</sup>, 2017 for all returning students and on October 1<sup>st</sup>, 2017 for all new students.***

*By signing below you agree to the terms of this agreement and commit for the entire 2017-2018 Team Focus season.*

***Athlete(s) Name(s):*** \_\_\_\_\_

***Parent Signature:*** \_\_\_\_\_ ***Date:*** \_\_\_\_\_



## **2017-2018 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 2018, after the AAU Nationals).*

***Focus is a sanctioned AAU club, and all Team Focus 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](http://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 or 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 FOCUS WKF TRAINING SCHEDULE**

### **MONDAY**

**4:30 - 5:30 PM FAST (8-12 yrs) / FAST Accelerated (13-18 yrs)**  
**5:30 - 7 PM Team Focus WKF**

### **TUESDAY**

**6 - 7 PM Kumite**

### **WEDNESDAY**

**4:30 - 5:30 PM FAST (8-12 yrs) / FAST Accelerated (13-18 yrs)**  
**5:30 - 7 PM Team Focus - Kata**

### **THURSDAY**

**6 - 7 PM Kumite**

### **FRIDAY**

**5:15 - 6:30 PM Team Focus – Kata/Kumite (14 yrs and younger)**  
**6:30 - 8:45 PM Team Focus – Kata/Kumite (15 yrs and older)**

### **SATURDAY**

**12:30 – 1:30 PM FAST (8-12 yrs) / FAST Accelerated (13-18 yrs)**  
**1:30 – 2:15 PM Kobudo**  
**1:30 – 4 PM Team Focus - Kata & Kumite**

### **SUNDAY**

**8:30 -10:30 AM Team Focus WKF**





## **2017-2018 TEAM WKF AGREEMENT**

- \$205 / Athlete / Month for Team WKF members
- \$30/Family Yearly Liability Insurance Fee (Due September 1<sup>st</sup>)
- 2017-2018 AAU Extended Coverage Membership Fee  
(Apply online at [www.aaukarate.org](http://www.aaukarate.org) - Club Name: Focus Martial Arts)
- 2017-2018 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 31<sup>st</sup>, 2017. **New Team WKF season starts on September 1<sup>st</sup>, 2017 for all students.***

*By signing below you agree to the terms of this agreement and commit for the entire 2017-2018 Team Focus season.*

**Athlete(s) Name(s):** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_