

TEAM ELITE 2020 TEAM GUIDE

Congratulations to YOU for taking big steps, and trying out for TEAM ELITE. Ichiban's TEAM ELITE is like no other team we have offered before. We will be focusing on performances, competitions, and new team challenges! Sensei Kaela will be coaching this year, focusing on utilizing team strengths to support the success of students in their exciting journey for 2020! Some of our other Ichiban Sensei's will be supporting the team this year as well!

What is the practice schedule like for TEAM ELITE

Practicing as a team is essential to TEAM ELITE. With that being said, we also understand that students often have a demanding schedule with sports, martial arts, family life, and school. We will offer a variety in our schedule, and send you with a detailed schedule every 6-8 weeks for planning. Of course performances pop up, but we will do our best to keep everyone organized. Every Tuesday, students will work drills and skills to help prepare them for team performances from 7:00-7:45pm. This class incorporates our foundation and skills set into practice routines. Throughout the month we will also offer practices on a few weekend days as well.

This year, Team Elite will be practicing a few times at Aim High Academy to learn new gymnastic skills to bring back to the mats! Please stay tuned for that schedule. Sessions at Aim High are around \$10-\$15.

These are not mandatory, but strongly encouraged for members.

First Practices for Team Elite:

Tuesday, February 4th at 7pm

Tuesday, February 11th at 7pm

Tuesday, February 18th at 7pm

Tuesday, February 25th at 7pm

Saturday, February 15th at 12:15pm

Saturday, February 29th at 12:15pm

What is the GOAL for an ELITE team member this year?

- To compete in inner school tournaments
- To compete at the St. Patrick's Day tournament
- To compete in one invitational outside of Ichiban (chosen by coaches) •
- To perform at small local competitions
- To grow as martial arts athletes

What does TEAM ELITE include? Team Elite Uniform, weekly training, 20% off all summer kids camps, Tuesday kicks and tricks practices & bi-weekly practices.

What is the cost of TEAM ELITE?

Package with Uniform - \$175.00 - includes uniform, 2020 team shirt, practices for 2020

Package without uniform - \$125.00 - includes 2020 team shirt, practices for 2020

What are the requirements for ELITE members?

- Elite members need to take at least 2 classes a week in their regular martial arts training.
- Elite members need to attend practice on a consistent basis
- Elite members need to attend practice in their uniform, and bring all of their equipment needed. Members with hair long enough to be in a pony tail, will have it pulled back in a black hair tie for practices and performances. Boys will keep a clean, and professional haircut.
- Elite team members are respectful to one another, and to their coaches If an ELITE team member fails to meet a requirement as a team member, coaches have the discretion to put them on probation from the team.
- **Mandatory practices** will be posted prior to performances. Students need to be in attendance at practice prior to a performance.

We appreciate your effort in keeping our team focused in all areas of performance!