



# ELITE ACADEMIES

Taekwondo and Mathematics

Newsletter, Volume 1  
January 2010



## 2009 Holiday Party



We'd like to thank everyone for making our 2009 Holiday Party such a fun and memorable event.

We hope you enjoyed the food, the bouncies, the arts & crafts, the fine conversations, and the raffle prize drawing. This celebration was the perfect way to relax and ring in the new year with friends, family, and community.

Feel free to visit our website to watch the Holiday Party Video or flip through the Holiday Party Photo Gallery.

### 2009 Holiday Party Raffle!

#### 1st Prize

8 GB IPOD NANO WITH VIDEO



#### 2nd Prize

LEXMARK PRINTER

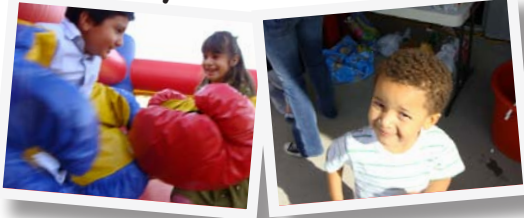


#### 3rd Prize

\$30 BEST BUY GIFTCARD



### Play



### Smile

### Create



### Share



### Community



### Happy Birthday!

Ben Lacey	01/02
Ava Gosnell	01/04
Camille Alvarez	01/07
Maxwell Crosner	01/09
Janaye Espinal	01/11
Robert McIntosh	01/12
Antonio Maxwell	01/14
Mia Robertson	01/14
Broedy Scherer	01/17
Jacob Newman	01/18
Davion Brantley	01/30
Evan Hendershot	01/30

### Mission Statement

We serve our community by improving the lives of our students and their families.

We create confident, successful leaders.

Phone: 623-935-2300

### Yoga classes every Saturday

All Levels class: 8:30 - 9:30 am  
Yoga Basics: 2:00 - 3:00 pm

Each Yoga class is \$8.00

*"We are what we repeatedly do. Excellence then, is not an act, but a habit."*  
Aristotle

**Elite Academies, Creating a Confident Community!**

13341 W. Indian School Rd. #C-301, Litchfield Park, AZ. 85340



# STOCK UP ON HEALTHY FOODS

## Stocking Up on Healthy Foods

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks. Follow these basic guidelines:

- **Work fruits and vegetables into the daily routine**, aiming for the goal of at least five servings a day. Be sure you serve fruit or vegetables at every meal.
- **Make it easy for kids to choose healthy snacks** by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- **Serve lean meats and other good sources of protein**, such as fish, eggs, beans, and nuts.
- **Choose whole-grain breads and cereals** so kids get more fiber.
- **Limit fat intake** by avoiding deep-fried foods and choosing healthier cooking methods, such as broiling, grilling, roasting, and steaming. Choose low-fat or nonfat dairy products.
- **Limit fast food and low-nutrient snacks**, such as chips and candy. But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- **Limit sugary drinks**, such as soda and fruit-flavored drinks. Serve water and low-fat milk instead.

Excerpt from KIDSHEALTH.ORG

### Welcome New Math Students

Isabelle Bloomberg    JayIn McKee  
 Donovan Gray        Tony Moreno  
 Haley Hampton        Skye Rivers

### Taekwondo Student of the Month



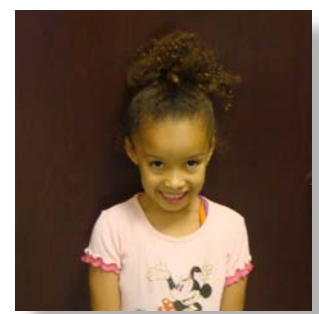
### Mia Robertson

Mia has only been at Elite Academies for a short time, but her presence has already made a huge impact. Her work ethic, dedication, and friendly demeanor are a welcome addition to our martial arts community. Mia embodies the core values of Elite Taekwondo Academy.

### Brooke Davis

Brooke is a bright student who always shows up ready for class with a positive attitude. Her parents are proactive and work with her to improve her math skills. Between her math practice at home and at the academy, Brooke has become a math superstar in no time at all. Keep up the good work Brooke!

### Mathematics Student of the Month



# TESTIMONIALS

## What are people saying about Elite?

My daughter has been indecisive about the types of extracurricular activities she would like to participate in. My husband and I decided to start her in Taekwondo to keep her busy.

At first she was not enthusiastic about the idea of Taekwondo, but from day one of classes she loved it. She considers it challenging but also enjoyable. I can't express how touching it is to see her face light up when she tells me about and demonstrates her Taekwondo forms.

The staff at Elite are so welcoming - from Stephanie, Matt, Mr. Luis, and Master Haydar. All of the parents have been friendly and welcoming. I would recommend Elite hands down for their positive environment, affordability, and martial arts knowledge.

*N. Gordon*

### Welcome New Kickboxing Students

Curtis Cooper  
 Yessica DelRincon  
 Steve Krausher  
 Ashley Peterson  
 Tyler Purselley

### Students of the Month

Each month we reward those students who embody the values of Elite Academies. Those core values are integrity, self-confidence, community, respect, achievement, positive attitude, and mental strength. Each student chosen will receive a Student of the Month Certificate and a \$10 gift card to Barnes and Noble!

Here are our January winners  
*Mia Robertson and Brooke Davis*

### Welcome New TKD Students

Brody Burchardi	Krissandra Molinar
Alex & Dylan Do	Khalik Muhammad
Giancarleau Gardier	Landon Petrie
Ava Gosnell	Ricardo Ramos-Morales
Evan Hendershot	Grayson Remensnyder
Kaitlyn Komorowski	Mia Robertson
Christopher Le	Skye Rivers
Ian Lemus	Leandro Salado
Robert McIntosh	Lamont Secretorin
Isaiah Molinar	Y-Minh Truong
	Ansen Walewander

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WWW.ArizonaTKD.com

623-935-2300

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