



ROCK SOLIDNEWSLETTER

 **September 2013** 

website: www.NicklausMartialArts.com

SUMMER REFERRAL CONTEST THANK YOU!

The absolute best way for us to get a new student into our building is for an existing student (family) to extend an invitation.

During the months of June, July, and August we asked our families to invite your friends to come in and try some martial arts lessons. It went very well and we had many new families visit us and even become new students during this time.

We would like to extend a very heart felt thank you to all of our Karate families for taking the time to ask friends to try some lessons with us. Whether you had someone come in and try classes or not, we still appreciate your effort.

So now it's time to bring our martial arts families together and celebrate all of your efforts.

On...

**Saturday September 14th
at 2 pm
@MAA**

We would like to have a party to celebrate the successful completion of our Summer Referral Contest.



During that time we will have our drawings to award the four top prizes for the contest as well as give out the new design t shirts to everyone who was able to bring a friend to our program.

The party is open to all of our students and families and we

hope you can join us for this tribute to everyone's effort.

See you on the 14th and thanks again!

Fred Nicklaus

**Fred Nicklaus
Owner & Master Instructor**

The Back To School Bash **Sat, September 21st @MAA**

It's hard to believe but the school year is already beginning. We want to take a moment to wish all of our students and families the very best for the new school year.

We also want to help our students get primed for a great year by doing a fun event.

This year we will be hosting our **Back To School Bash** on **Saturday September 21st.**



It's going to be a fun event where we do games, have lots of fun, talk a little about what it takes to do well in school this year, and encourage you to give your best effort.

As always we invite you to bring a friend(s) along to this event.

This is what you have to do:

1. Pick a time on the next page that you want to attend the Back To School Bash.
2. Let us know what time you will be attending in the office.

3. **Make sure your friend fills out the permission slip and then get it to us in the office.**

The times you can choose from are:

Session One- 9-10:15

Session Two- 10:30-11:45

Session Three- 12:00-1:15

We hope that your summer was a good one and that you were able to do some of the fun things that you had looked forward to. Let's get the school year started with a bang.



Join us for the fun of the Back To School Bash.



Leadership Special Event

Tuesday, Sept 17th

6 – 715 pm

@Blessed Sacr. School

Join us on **Tuesday September 17th** for a Leadership Event.

All of our students who are Black Belts and those striving to become Black Belts have a chance to come to a class that is not your usual Karate class.

Challenge yourself with some new things and make the skills you have even better.

Remember that it's great to learn new things but it's also exciting to make the things you already know even better.

We're also excited to have this be our first Leadership Special Event in the new Blessed Sacramento gym. The gym has been remodeled this summer and it will be fun to work out on the new floor.

The event will begin at 6pm and last until 7:15.

Mark it on your calendar.

We'll look forward to seeing you there.

New Core Exercise Training Starts

September 9

www.CoreExercisesLacrosse.com

If you have a goal to strengthen and tone your body this fall then consider trying a **2 month session of Core Exercise Training.**

The new session begins September 9th with evening and early morning options.



This is the 6th year of the Core Exercise program and many men and women have been very excited about the healthy results that they have experienced.

Give it a try. You'll be happy with the results.

Demonstrations and Presentations

We're available. **If you are a member of a Boy or Girl Scout troop, church organization, business group, or any group that needs a speaker or entertainment, we can help.**

Our presentations can be martial arts demonstrations, child safety, or adult safety. Whatever your need we can fill it and bring education and excitement to your next meeting.

Check with us for times and dates in the office.



**Happy
Birthday!**

- 1 Cyndy Lambert
- 3 Isaac List
- 4 Michelle
- 7 Max Mootz
- 11 Natalie Conley,
Jack Trinko
- 12 Luke Miller
- 14 Jeremiah Las
- 15 Tristin Golatt
- 20 Max Hein,
Jacob Elegbede
- 21 Owen Brown
- 22 Colton Hoskins
- 25 Seth Petersen
- 26 Ciarra Lietke,
Nicholas Highman
- 29 Sarah Dalton
- 30 Megan Burrows








**Welcome to the
Leadership
Program**

Brooklyn Elskamp
Ian Welke

Book Club
Ben Loyd

**Special Events for
Members of the
Black Belt Club &
Leadership Team**

The last 15 minutes of regular classes are reserved for Black Belt Club and Leadership Team members to experience advanced training. Ask your instructor how you can become a part of these awesome programs. In September: Escrima Sticks

ROCK SOLID CALENDAR – SEPTEMBER 2013						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	2	3 	4	5	6 Workout w/ Instructors 645 pm @MAA	7 
8 Dragon Theme: Self-Discipline	9 Core Exercises Training New Session Starts	10	11 	12	13 Workout w/ Instructors 645 pm @MAA	14 Referral Contest Drawing & Party 215 pm @MAA
15 Dragon Theme: Memory	16 	17 Leadership Conference 6-715 pm @Blessed Sac. Schoo No 545 class or after	18 	19	20 	21 Back to School Bash #1: 9-10:15 #2: 1030-1145 #3: 12:00-1:15 @MAA
22 Dragon Theme: Self-Control	23	24 	25	26	27 Workout w/ Instructors 645 pm @MAA	28
29 Dragon Theme: Team Work	30	1	2	3	4 Beginner Testing 7 pm No 645 Class Location TBA	5 Diamond Nationals (ask for details)
Leadership Weapon of the Month: ESCRIMA STICKS <i>Next Month: Bo Staff</i>						