



ROCK SOLIDNEWSLETTER

 **August 2015** 

website: www.NicklausMartialArts.com

SUMMER REFERRAL CONTEST

Closes This Month



August 10 will be the last day for you to be entered into the Summer Referral Contest.

Anyone can bring a friend or family member to class and be registered in the drawing to win the **Grand Prize of a \$500**

Wisconsin Dells weekend.

Here's something for you to know. In a recent conversation with one of our moms she mentioned that her daughter would have invited more of her friends to class but she is an advanced belt and her friends would never be able to go to class with her.

Great point and thanks for the insight. Let's fix it.

If you are a higher ranking belt your friend will be able to come to class with you. Check with Mr Cornell to find out when best days and times would be.

I hope this helps our advanced belts as far as talking to and inviting friends to try some FREE lessons.

Once again I would like to thank all of our families for considering the possibility of bringing a friend to our program. You, our families, are by far the best way for us to be introduced to new members. If you're having a great time and learning it's a good bet that you will say good things about the program. When you say good things your friends listen.

Remember. The winners of the Summer Referral Contest will be awarded on the night of our...

Summer Picnic on August 11th

@ Myrick Park in La Crosse

Important- If you name is picked from the drawing as a winner **YOU MUST BE AT THE PICNIC.** If

your name is picked and you are not there another name will be drawn.

There's still time to bring your friends to class and look forward to seeing you at the Summer Picnic.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Something New This Summer...

New Student Camp

This year we decided to try a Boot camp for people who are not currently students. This new student boot camp is a 3 day camp that will meet on Monday, Wednesday, and Friday Times are from 9am-10:15 am.



Dates for camp are August 17, 19, and 21

The first boot camp this summer for new students went very well. If you know someone who might be interested in our boot camp for new students please have them contact us by phone at 788-4410 or text us at 386-9177.

Bring Your Biggest Water Guns and

Prepare To Get Wet, Real Wet

Annual Summer Picnic

5 pm @ Myric Park



It's been buildin'.

Instructors are saying they're the best and students are saying they're the best.

Tuesday August 11th is the Day Of Reckonin'

It's the Waterfight At The Myrick Park Corral.

Be there with guns blazin'.



Party starts at 5pm with dinner at 5:30 (Please remember to bring a dish to pass).

Water fightin' starts after you sidewinders have all been fed and watered.

Women's Safety Seminar
Thursday, August 20th
7 pm @ MAA

August is a very good time for women of all ages to think about personal safety and awareness. Daughters will be going off to school and moms want to have some peace of mind.

There is no better way to assure yourself peace of mind than with one of our Women's Safety Classes.

The class in August will be on **Thursday August 20th at 7 pm at the Karate school.**

No previous experience needed. Class duration is approximately 1 ½ hours.

Cost of the program is \$9 with all proceeds going to the New Horizons Shelter for Women.

Register in the office and be sure to tell your friends.

See you on the 20th!

July/August Birthday Party
Saturday, Aug 22nd
2:15 pm @ MAA



If your birthday is in either July or August then be sure to plan to join us for a celebration of your birthday on **Saturday August 22nd at 2:15pm**

We've done these birthday parties for the last few months and it's been fun getting all of the birthday kids together for one big celebration.

This is a chance for all July and August birthday kids to have one more party to celebrate your special day.

Be sure to stop in the office and let your instructors know that you'll be coming.

Also remember to tell up to 3 of your friends about it.

Cake and punch are on us. All you have to do is show up and plan to have a great time.

Happy Birthday!

2nd Summer Boot Camp
Aug 10-14
9-Noon @ MAA

Our Summer Boot camps have definitely become one of the year's highlights for any of our students who have attended.

This summer the second Boot camp will be from August 10-14.

The classes start at 9am and run until 12noon. On Friday of that week there will also be pizza and a movie to end the boot camp.

Stop in the office to see if there is still room in camp for you.



**Happy
Birthday!**






- 4 Kylie Slaby,
Dylan Bingham
- 5 Max Brennan
- 7 Lydon Torkelson
- 13 Lydia Harmston
- 15 Trenton Berlin,
Aliyah Schieldt
- 19 Joe Osinde
- 22 Kendall Sullivan,
James Irvin
- 23 Julia Sill
- 24 Ryan Northwood
- 27 Dane McCormick,
David Turner
- 28 Matt Habeck,
Elisha Smith
- 29 Dylan Carney
- 31 Julia Her,
Emma McAndrews

**Welcome to
MAA**

- Olivia Baltz
- Emma Mades
- Lily Mades
- Jake Dwyer
- Adam Smanski
- Abby Smanski
- Joe Kabat
- Gavin Jordan

**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 August: Nun-Chuks

ROCK SOLID CALENDAR – AUGUST 2015						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Self-Control	3	4 	5	6	7 Beginner Graduation 7 pm @Blessed Sac. School No 645 Class	8
9 Dragon Theme: Respect	10 Summer Boot-camp II Starts 9-Noon	11 Annual Summer Picnic 5 pm @Myric Park No Morning & Evening Classes	12 	13 No Morning Classes	14 No 645 Class	15 
16 Dragon Theme: Focus	17	18	19	20 Women's Self-Defense/ Self-Protection Seminar 7 pm - MAA	21 Leadership Workout with Instructors 645 pm @MAA	22 Free Birthday Party!!! @215 pm - MAA July/Aug Bday's
23 Dragon Theme: Team Work	24	25 	26	27	28 Leadership Workout with Instructors 645 pm @MAA	29
30 Dragon Theme: Fitness	31	1	2 	3	4	5 Happy Labor Day Weekend! No Regular Classes Sept 5-7
<p>September Upcoming Events:</p> <ul style="list-style-type: none"> • FREE Anti-Bully / Anti-Abduction Seminar – Sept 19 						
<p>Leadership Weapon of the Month: BO STAFF <i>Next Month: Nunchuks</i></p>						