

Alberta Team Training Report: October 2011

Dear ATA Members,

In October, there were two Calgary (South) team-training sessions and two Red Deer (Alberta team) training sessions. At the South training in Calgary, there was an average of 8 students attend the Saturday.

At the first Red Deer training October 16, only four athletes -- both juniors and seniors - attended the training session, representing Edmonton (Tiger), Provost (Champion), Red Deer (Rim's TKD), and Calgary (Red Phoenix TKD). They worked hard, but would certainly benefit from a broader range of sparring partners (for additional hogu techniques). At the second Red Deer training, seven athletes attended the training session, representing Edmonton (Tiger), Provost (Champion), Red Deer (Rim's TKD), and Calgary (Red Phoenix TKD). Again, these athletes trained hard and listened well. They would benefit from sparring experience with competitors from other do-jangs, especially as we near the competition date.

A majority of Alberta athletes have registered and shown up at the National competitions without ever attending a team training, or attending very few sessions. It would be beneficial if the Alberta Masters to strongly encourage their athletes to attend these training sessions. I realize that many Masters feel they have strong sparring training for their athletes but I would still encourage these Masters to send their athletes to the team training to practice their sparring with athletes from other do-jangs, strengthening not only their own do-jang students, but the overall Alberta team.

There are less than 3 months until Junior Nationals and Olympic Team Trials, and only five Alberta team-training sessions left in Red Deer. I strongly encourage all of you to attend the team training, not only to better yourselves but too also build a strong team spirit with all Alberta Athletes.

Also, since there has been no real organized North Alberta Team training, I am offering my school on Saturdays to train as a team. Team Training will be lead by myself and/or Mr. Bill Chahal will lead team training. Both of us have extensive sparring experience and have won numerous National and International championships. We will host the first Alberta North Team training session on November 26th at Spirit Taekwondo from 10 am – Noon. See you all there.

If you have any questions or concerns, please do not hesitate to contact me directly @ info@spirit-tkd.com or (780) 477-6241.

Thank you for your support of Team Alberta

Master Thai N. Le
Alberta Coaching Director