

# POWERFUL & INFORMATIVE ATHLETE & COACHES TRAINING SEMINARS

JUNE 30, 2008

Alliant Energy Center

HOSTED BY

## GREG TUBBS

*AAU TEAM COACH, INTERNATIONAL LEVEL COACH, has trained past and present U.S Team Members, International Team Members- Albania and Cambodia*

***HAS APPEARED ON THE WALL STREET JOURNAL AND GOOD MORNING AMERICA***

*Coach of the most successful school in the entire United States for all ages and levels.*



2007 AAU JUNIOR & SENIOR TEAM

**Don't miss out on powerful and helpful information that will benefit Athletes as well as Coaches to succeed in many ways.**

Sport Psychology , Mental and Physical Preparation, Sparring Strategy , Conditioning, Strength Training,

### SEMINAR SCHEDULE

Junior (7 - 11)      Adults (12 & up)

Jr. Advanced and Black Belts

Monday, June 30<sup>th</sup>      4:00 – 5:30 PM

Adult Advanced/Black

Monday, June 30<sup>th</sup>      5:30 – 7:00 PM

Coaches Educational Seminar

Monday, June 30<sup>th</sup>      7:00 – 8:30 PM

***SEMINAR FEE: \$50.00 Per Person***

***Pre-Registration Required - Limited Space***

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***To register Complete and Attach to: Fee Sheet with \$50.00 fee***  
***(Make certified check or money order payable to National AAU Taekwondo Championship)***

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

**Please check one seminar:**

\_\_\_\_\_ **Coach**

\_\_\_\_\_ **Junior Advanced/Black**

\_\_\_\_\_ **Adult Advanced/Black**