

# Task Karate February 2009 Newsletter

Task Karate School

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## Polar Plunge/Gold Star Event Half Day Schedule

The plunge is shaping up great! Click here to follow the team progress, join or pledge a plunger.

[https://www.specialolympicswisconsin.org/pp09/team.asp?id\\_t=286](https://www.specialolympicswisconsin.org/pp09/team.asp?id_t=286)

The plunge is Saturday, March 7th, starting at noon.

We usually plunge around 1. We will have our half day schedule for classes that day;

**9 AM all adults and advanced kids, red, brown and black.**

**9:45 to 10:30 all sparring kids and adults**

**10:30 to 11:15 kids white through blue**

**11:15 to 12:00 Lil' Dragons**

**(No Weapons)**

## Polar Plunge Slideshow

Here is a photo slideshow of last years Plunge on the La Crosse Tribune website.

Mysteriously half of the photos (by Erik Daily) are of Task Karate team members!?!?

[http://www.lacrossetribune.com/story\\_tools/player/?type=slideshow&id=91](http://www.lacrossetribune.com/story_tools/player/?type=slideshow&id=91)

(Notice how happy everyone looks!!! Fun!!!!) 😊

## Snow Hike/Gold Star Event!

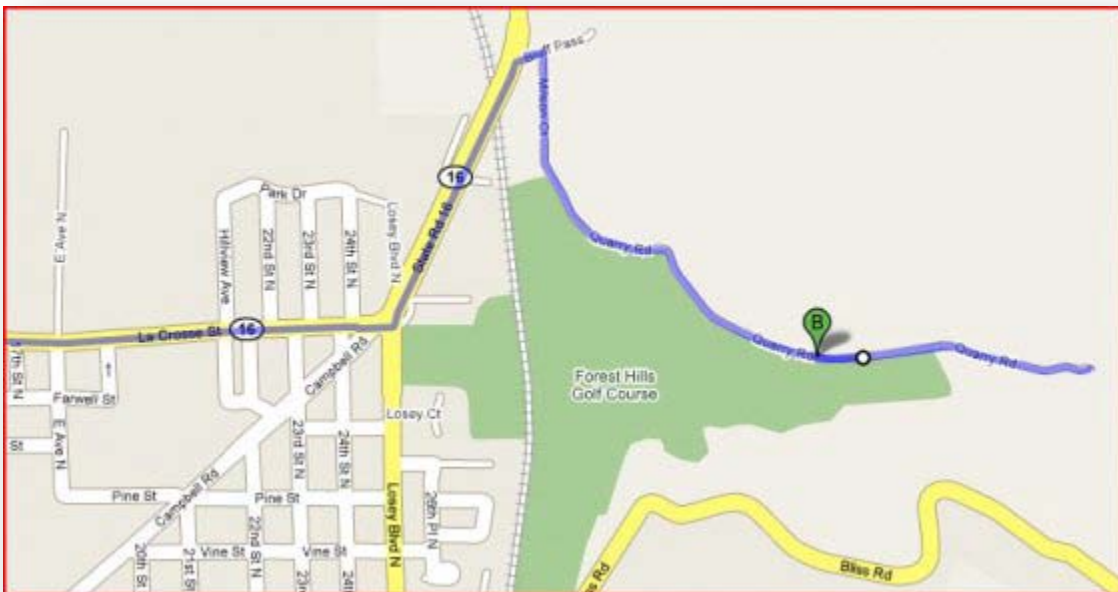


*The whole 2008 group!*



*Last year's group on top!*

We will meet at the Hixon Forest parking lot after classes on Saturday, February 28th, at 3:15 pm. You can do a shorter hike, then go back (about 15-20 minutes, good for littler kids) or you can do "The Loop" which goes all the way up to the top and back, about 2 hours! To get to the trail take Highway 16 to Bluff Pass (North of the Nature Center, IMMEDIATELY after the bridge), then a quick right. (Follow the signs) The parking lot is at the end of the road.



## Tournaments

The Minnesota State Championships will be in Minneapolis on the 15th!

<http://www.nckaratings.com/tmntflyer/STATE%202009%20FLYER.pdf>

Please let me know if you have any questions. A few of us are going.

I will also be attending Sensei Demuras 38th Annual International Goodwill Karate-Do Championships in California on the 21st and 22nd. Thanks to the great Black Belts at our school, we will still be open!

<http://www.genbukai.org/0902Goodwill-paperwork-OUTSIDE-090109.pdf>



## February Birthdays!

- 2nd **Alex Tofstad**
- 3rd **Sherrie Alberts**
- 4th **Dale Erickson**
- 8th **Nathan Burns**
- 9th **Zack Rinartz**  
**Jacob McGuire**
- 10th **Jonah Snyder**  
**Christian Wilder**
- 11th **Austin Thompson**
- 12th **Brier Moe**  
**Shawn Trussoni**
- 13th **Dana Olson**
- 22nd **Logan Roisum**
- 24th **Chris Schleifer**  
**Elijah White**
- 26th **Hailey Kanakares**  
**Lloyd Harter**



## Rank Promotions

Dragon Gold Belt

**Aaron Swan**

Dragon Orange Belt

**Logan Roisum**

Dragon Green Belt

**Jacob Justice**

Green Belt

**Brandon Lun**

Purple Belt

**Chuck Kolkind**

**Thor Kolkind**

**Dylan Adams**

**Elizabeth Justice**

**Keegan Kuehl**

**Jaron Skifton**

Blue Belt

**Rowshell Young**

**Alyssa White**

Red Belt

**Cole Alberts**

**Alex Thompson**

**Colin McAllister**

**Pat Judkins**

## Quote of the Week

*"Let me win. But if I can not win, let me be brave in the attempt."*

~Special Olympics Athlete Oath

It's fantastic~

<http://www.youtube.com/watch?v=CdfPDuhrKQQ>



**Fun!!!!**