

Team Elite 2019 Team Guide

Congratulations to YOU for taking big steps, and trying out for TEAM ELITE. Ichiban's TEAM ELITE is like no other team we have offered before. We will be working with two schools (Ichiban Wakefield, and NK), focusing on performances, and this year focusing on competitions. Sensei Brett, and Sensei Kaela will be acting as coaches, focusing on utilizing our strengths to support the success of our students in their exciting journey for 2019!

What is the practice schedule like for TEAM ELITE

Practicing as a team is essential to TEAM ELITE. With that being said, we also understand that students' often have a demanding schedule with sports, martial arts, family life, and school. We will offer a variety in our schedule, and send you with a detailed schedule every 6-8 weeks for planning. Of course performances pop up, but we will do our best to keep everyone organized. Every Tuesday, students are will work drills and skills to help them towards their performances from 7:00-7:45pm. This class incorporates our foundation, and skills set into practice routines. Practice will also take place bi-weekly on Fridays and Saturdays. These practices will increase when we are closer to performances.

First Practices for Team Elite: (website will be updated by the end of the week for February and March)

- Tuesday, January 22nd
7:00pm - 7:45pm

- Tuesday, January 29th
7:00pm - 7:45pm

- Friday, February 1st
5:00pm - 5:45pm

What is the GOAL for an ELITE team member this year?

- To compete in all inner school tournaments
- To compete at the St. Patrick's Day tournament
- To compete in one invitational outside of Ichiban (chosen by coaches)
- To perform at small local competitions
- To grow as martial arts athletes

What does TEAM ELITE include? * Team Elite Uniform, weekly training, 20% off all summer kids camps, Tuesday kicks and tricks practices & bi-weekly practices

What is the cost of TEAM ELITE?

Package with Uniform - \$175.00 - includes uniform, 2019 team shirt, practices for 2019
Package without uniform - \$125.00 - includes 2019 team shirt, practices for 2019

What are the requirements for ELITE members?

- Elite members need to take **at least** 2 classes a week in their regular martial arts training.
- Elite members need to attend practice on a consistent basis
- Elite members need to attend practice in their uniform, and bring all of their equipment needed. Members with hair long enough to be in a pony tail, will have it pulled back in a black hair tie for practices and performances. Boys will keep a clean, and professional haircut.
- Elite team members are respectful to one another, and to their coaches. If an ELITE team member fails to meet a requirement as a team member, coaches have the discretion to put them on probation from the team.
- **mandatory practices** will be posted prior to performances. Only way students are exempt from mandatory practices is if students or parents have contacted Sensei Brett or Sensei Kaela ahead of time that they will be missing those practice dates. With that said, Sensei Brett and Sensei Kaela have to make a decision if these students are still ready to perform and know the routine. If they don't have it done, Sensei Brett and Sensei Kaela have the right to hold them out of a routine or the whole performance if requirements aren't met.

SCHOOL & KARATE requirements:

To be a well rounded student, we look for student progress on the mats, and off the mats. With that being said, our focus will remain on the well rounded athlete this year.

What does this mean?

To be a member of our ELITE team, students must be high performing in school and at home:

- Progress reports will be sent out in **March, June, September, and December**. Parents and teachers must sign each progress report stating that students are respectful, diligent, and completing their work.

We appreciate your effort in keeping our team focused in all areas of performance!