

IMPACT 360



2014 COMPEITION TEAM

**Lebanon, TN Tournament
March 22, 2014**

HOTEL INFORMATION

*Tournament Hotel is
Holiday Inn & Suites:*

*826 South Cumberland Street
Lebanon, TN 37087:
615-994-3225*

<http://www.ihg.com/holidayinnexpress/hotels/us/en/lebanon/lbacs/hoteldetail>

Cut off for the SEAAUTKD (Southeast AAU Taekwondo) room rate (\$85.00) is March 15th.

Conformation Numbers: All rooms are being held under the name Alana Impact 360. At check in you may pay with your preference (credit, cash, or other accepted methods of payment).

Room Cost for all rooms is a flat \$85.00 + tax = \$98.81

For the following families - Rodgers, Ragsdale, Crenshaw, Grisham (Conformation # = 66963297)

The Hug's Conformation Number = 66963959

The Garcia's Conformation Number = 66963644

All attending this tournament with Rooms booked (as of March 5, 2014):

Janine Garcia - room with extra night (Friday & Saturday) Angela

April Grisham - one room for one night (Friday) Lee, Andrew, Joe

Devon Rodgers - one room for one night (Friday) Riley

Amber Hug - one room for one night (Friday) The Official Group Chaperone

Ragsdale - one room for one night (Friday) Cami, Alana

Crenshaw - one room for one night (Friday) Scot, Nick

This hotel does have a pool so bring your swimsuits if you'd like to swim!



Oklahoma Tournament Costs

(All registration will be taken care of by Instructor Ragsdale):

Competition Class Fee: \$150 (if you have not yet paid this please do so at your earliest convenience. This fee allows us to travel to coach our students).

AAU Card: (Required to compete in any AAU event)	Youth (5 - 17)	\$14.00
	Adult (18 +)	\$24.00

Tournament Entry Fee: \$70.00

Coaching Fee (Allows us to coach in this tournament) \$15.00

Hotel Room (1 night / two beds in a room) single bed \$85.00 + tax = \$98.81

TOTAL \$221.81

Please make checks payable to Impact 360. Total due before tournament in full if possible.

Costs to Consider:

- Gas
- Food / Drinks / Snacks
- Souvenirs (tournament t-shirts, etc.)
- Any other miscellaneous travel expenses.

Please fill out the following, tear off of this sheet, and turn it in to Instructor Ragsdale by Saturday March 13th:

(Tear along dotted line)

Name: _____

Time of Departure: _____

I am riding with: _____

Expected Time of Arrival: _____

Anything I (Instructor Ragsdale and/or the coaches) need to know: _____

I have read all in this packet and understand what is needed and expected for this trip and competition:

(Place Check in Box if Yes)

TOURNAMENT CHECKLIST

Sparring Gear & to keep in your gear bag:

** Clean ALL Gear Prior to Friday **

Olympic Sparring

- Headgear (white foam, cloth, or vinyl)
- Chest Guard
- Forearm Guards (white foam, cloth, or vinyl)
- Shin / Instep Pads (white foam, cloth, or vinyl)
- Cup & Supporter (for males, optional for females)
- Mouth guard & Case



Point Sparring Gear:

- Foam or vinyl Had Pads
- Foam or vinyl Boots
 - o Be sure to choose boots you can wear your instep pads with or you may take additional shin guards without insteps to wear with your boots.
 - o Ringstarr Sparring Boots are not allowed. MMA Gloves, MMA Shin Guards, and Boxing gloves, and Boxing headgear are not allowed.

If you are unable to find appropriate gear for point sparring notify Instructor Ragsdale by Thursday of the tournament.

Keep in Your Sparring Bag

- Bottle of water or Gatorade / PowerAde
- Granola bar or small snack
- Small Towel

GI / DOBAK

** Make sure your gi is CLEAN and IRONED for the tournament **

- PLAIN white or black t-shirt (under amour is acceptable)
- Top
- Pant
- Belt (only take the belt we have assigned you to have to the tournament)
 - o See the Impact 360 Division List for your rank
 - o If you do not have a belt or a belt that fits one will be provided for you (let Instructor Ragsdale know BEFORE Thursday the week of the tournament).

If you need alterations for the uniform to fit properly please do so before you leave for the tournament (example: Hemming pants or uniform sleeves).

ADDITIONAL ITEMS

- Small snacks
- Water / Gatoraid / Poweraid
- Fingernail / Toenail Clippers - Please tend to this BEFORE leaving for the tournament.
- Money for snacks and meals

- Money for tournament t shirts additional items, etc.

2014 Rule Changes

If you have been a competitor in the past and are very familiar with the rules...these are the 2014 rule changes:

1. The age determining date for Taekwondo competitions has been changed from August 31 to December 31. A competitor will compete all year at the age they will be any time during the calendar year.
2. A Special Needs Division category of competition has been added to AAU Taekwondo. Forms and Point Sparring may be offered at the local qualifiers and will be offered at the National Championship competition.

The rules governing this new category of competition are outlined in the 2014 AAU Taekwondo Handbook.

While all tournament directors holding district qualifiers are encouraged to offer Special Needs divisions at their events, qualifying at a local district qualifier is not mandatory for Special Needs competitors to participate at the National event.

3. AAU Taekwondo has procured a vendor for a Protector and Scoring System (PSS). The system is called KP&P. PSS will be used for all 10-32 year old Black Belt divisions at the AAU Taekwondo National Championships and for Team Trials competition. Using PSS at local AAU sanctioned events is optional, but if used, the equipment must be KP&P.
4. When using PSS, sensing socks and gloves are required. When using PSS, the sensing socks must be KP&P. Gloves must be WTF approved white only. Gloves and socks are optional for any division not using PSS also, but if used, must be WTF approved.
5. For all Olympic style sparring divisions, points will be awarded for permitted techniques delivered to legal scoring areas (the blue or red colored area only), regardless of the use of PSS.
 - A. One (1) point will be awarded for a valid attack (hand or foot) on the legal scoring area of the trunk.
 - B. Two (2) points will be awarded for a valid turning kick to the legal scoring area of the trunk done in continuous motion.
 - C. Three (3) points will be awarded for a valid kick that is delivered accurately to the head.
 - D. Four (4) points will be awarded for a valid turning kick to the head done in continuous motion.
6. There are no longer bonus points for a knockdown resulting in an eight-count.
7. For Olympic style sparring only the gap has been increased to a 12 point gap.
8. The rules governing point gap for Olympic style sparring are as follows:

All Olympic style sparring divisions using 2 rounds will be guaranteed the first round regardless of the gap. If there is a 12 point gap at the end of the 1st round, the match is over. If there is not a 12 point gap at the end of the 1st round, the 2nd round will begin. If a gap occurs at any time in the 2nd round, the match is over.

All Olympic style sparring divisions using 3 rounds will be guaranteed the two rounds regardless of the gap. If there is a 12 point gap at the end of the 2nd round, the match is over. If there is not a 12 point gap at the end of the 2nd round, the 3rd round will begin. If a gap occurs at any time in the 3rd round, the match is over.

9. The rules governing point gap for Point style sparring are as follows:

All Point style sparring divisions using 2 rounds will be guaranteed the first round regardless of the gap. If there is a 7 point gap at the end of the 1st round, the match is over. If there is not a 7 point gap at the end of the 1st round, the 2nd round will begin. If a gap occurs at any time in the 2nd round, the match is over.

10. Changes have been made that affect what age groups in which an athlete can compete.

Junior Divisions: Ages 5-17 must compete in their respective age groups. If there is no competition in a competitor's age group, tournament directors reserve the right to move that competitor up in age.

Team Trial Age Groups' Considerations: Black Belt competitors in the 10-11 year old age group will not be allowed to move to the 12-14 year old age group unless authorized by the tournament director to provide competition for an athlete. At the AAU TKD National Championship competition, Black Belt competitors in the 12-14 or 15-17 year old age groups will not be required to move up to the next age group.

11. Changes to Team Eligibility Requirements.

The AAU Taekwondo Program will conduct competition for the purpose of selecting National AAU Taekwondo Teams to represent it at non-AAU and International WTF/Olympic style competitions. The AAU Taekwondo program shall use December 31st as the age determining date for all competitions. Athletes shall compete all year as the age they are any time during that calendar year.

For the four team member age groups, 10-11, 12-14, 15-17, and 18-32, this means athletes shall compete in that age group throughout the year including qualifying events, National Championship and Team Trials. No athlete will be required to move up to the next age group under any circumstances.

Should a Cadet or Junior Team Member 'age' into the next age bracket prior to actual team travel for competition purposes, those athletes will simply move up the appropriate age bracket at that time.

Second place finishers from Team Trials may be invited to travel with the team to fill the vacated spot at their own expense. Should this alternate athlete medal, a portion of their expenses will also be reimbursed by AAU Taekwondo.

12. Headgear Requirements for Olympic Sparring Competitors.

For Olympic sparring competitors, the red competitor must wear red headgear and the blue competitor must wear blue headgear. White headgear is no longer an option.

Familiarize yourself with the Competition Handbook for this year. You can find this in PDF file format at the following link:

<http://image.aausports.org/dnn/tw/2014/Rules/2014AAUTKDHandbook%20Final.pdf>

It is important for both parents and competitors to familiarize yourself with the rules. Competitive Taekwondo tournaments are highly formal and structured. Coaches will help enforce and make all important rules known to our team and students.

Work hard. Train hard. And HAVE FUN!



The following pages are printed from the tournament website. Please familiarize yourself with these papers. Instructor Ragsdale will fill out all paperwork needed regarding competition.



For Further Information
Contact
Debra M. Hooper
debrahooper@me.com
(615) 310-0020 phone or text

Ages 5 & Up Entry Fee:
\$70 for any 2 events
\$80 for any 3 events
\$90 for any 4 events
Team Forms - \$15/Team

Ages Under 5 Division Fee:
\$20 for any 2 events

Registration Deadline:
March 17, 2014

Late Registration Closes:
March 20, 2014
Late Registration Fee \$20

Coaches Pass \$15 (Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a coaches pass)

Instructors who bring 20 or more athletes receive 2 coach's passes free and instructor will be provided a complimentary double occupancy hotel room for one night.

No Athletes, Coaches or Officials will be allowed to participate in this event without a current AAU Membership. The Tournament Director will verify all AAU Memberships before Check-In the day of the tournament.

SOUTHEASTERN AAU DISTRICT CHAMPIONSHIP

March 22, 2014

Wilson Central High School
419 Wildcat Way, Lebanon, TN 37090



NEW THIS YEAR!
Olympic Sparring with
Electronic Scoring by
KP&P for all Black Belt
Divisions
Ages 10-32

To purchase E-Foot Protector, go to <http://www.mykick.com/kp-p-e-foot-protector.html> and at time of checkout enter AAUTKD10OFF to receive AAU discount.

Bracketed Forms, Individual & Team
Point Sparring & Olympic Sparring

New Event—Board Breaking (non-qualifying event)

New Division—Special Needs

Special Under 5 Year Old Division (non-qualifying)

Online registration at www.tourneyreg.net

Athlete Check-in – 8:00 am; Opening Ceremonies 9:30 am;
Staging times will be posted at www.seaautkd.org on 3/21/2014

This is a qualifying event for the 2014 AAU Nationals held in Ft. Lauderdale, FL, June 30—July 5, 2014 and the Junior Olympics in Des Moines, IA, July 24-26, 2014.

This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.



SOUTHEASTERN AAU DISTRICT CHAMPIONSHIP

WILSON CENTRAL HIGH SCHOOL
419 WILDCAT WAY
LEBANON, TN 37090

Directions to Venue



Wilson Central High School is located just east of Nashville, TN. Located off Interstate 840, it is easily accessible from any direction. There will be plenty of visitor parking and seating available all day.

Directions:

From Atlanta/Chattanooga/Southeast: Take I24W to I840E towards Knoxville. Take Exit 72B—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Knoxville/Lebanon/East: Take I40W to I840W towards Chattanooga. Take Exit 72—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Nashville/Mt Juliet/West: Take I40E to Exit 232A—Highway 109S. Go to the first red-light (approximately 3 miles and turn left onto Wildcat Way.



SOUTHEASTERN AAU DISTRICT CHAMPIONSHIP

Hotel Information

The hotel is also just 30 minutes from Downtown Nashville and the Country Music Hall of Fame.

This hotel provides a complimentary breakfast 7 days a week. Complimentary high-speed wireless (WiFi) and wired internet access offers connectivity throughout the hotel. Access fitness center, indoor swimming pool, business center and parking lot are complimentary as well.

The Prime Outlets Mall in Lebanon is just around the corner from the hotel and Wilson Central High School is within 9 miles of the hotel.

From Hotel to WCHS turn left out of hotel onto US 231/South Cumberland Street/Murfreesboro Road and merge left onto I-40W. Take Exit 235 I-840W to Chattanooga for 5.2 miles to Exit 72/Central Pike/TN-265. Turn right off exit and take first right onto Wildcat Way. WCHS will be on the left.



The Official Tournament Hotel is
Holiday Inn & Suites
 826 South Cumberland Street
 Lebanon, TN 37087

Athletes can call Toll Free at 1-615-994-3225 to make reservations under the **SEAAU Tae Kwon Do Tournament**. The room rate is \$87 per night plus taxes. Cutoff date for individual reservations is March 15, 2014. There are a limited number of rooms at this rate.

From Knoxville, I40W, take Exit 238 for US 231. Turn left toward Murfreesboro on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.

From Downtown Nashville/ Nashville International Airport, I-40 East, take Exit 238 US 231, turn right on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.

From Atlanta/Chattanooga, take I-24W to I-840E to I-40 East, take Exit 238 US 231, turn right on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.



SOUTHEASTERN AAU DISTRICT CHAMPIONSHIP

IMPORTANT INFORMATION
FOR
COACHES AND COMPETITORS

Before Registering:

AAU Membership:

Youth Membership: All competitors, coaches and officials under the age of 18 must have a current 2014 AAU Membership. Youth membership is \$14.00 and is available immediately.

Adult Membership: All competitors, coaches and official 18 years old and older must have a current 2014 AAU Membership. Adult membership is \$24.00. Additionally, as part of AAU's commitment to youth safety, all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed.

Go to www.aautaekwondo.org to join.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually in order to coach at any sanctioned AAU Taekwondo event, including this District Tournament. This certification is for the current competition year only so the coach must have completed after September 1, 2013. The cost is \$50.

Certification/Recertification is required each year. No one will be allowed to coach without successfully completing this online course. Anyone who will be 14 any time during 2014 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to <http://www.aautaekwondo.org/RulesInfo/CoachesCertification.aspx> to complete course. The tournament director will only provide coaches passes to those who are reflected on the AAU website as having completed the coaches certification or that can provide their 2014 Certification card at check-in.

All athletes and coaches must register on line at www.tourneyreg.net for the tournament prior to the LATE registration deadline of March 20, 2014. Anyone not registered by this deadline will be unable to compete or coach in the tournament.