

[www.northwind-athletics.com](http://www.northwind-athletics.com)

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## NORTHWIND TAE KWON DO - PAEROA

(8yrs & above) - Tuesdays & Thursdays - Paeroa War Memorial Hall

Well team! The year of 2021 is coming to an end. Its been a tough year with; Covid-19 Delta, lock downs, vaccinations, civil protesting and all the other personal issues we are all having to battle with each day. I don't know about you but I'm ready for a new year and a fresh start in 2022.

In saying that 2021 is not finished yet and some work still needs to be done before we can move on.

Contact training will return this week along with the normal training spacing in the hall. Keep using the hand cleanser provided and scanning your QR codes.

Training in the hall has been very hot and muggy the last two weeks. Most students are not coping well with this environment; ensure everyone is still bringing water bottles.

**Fit-Test & Board Breaking - 16th December (Thursday) (3.45pm - 5.45pm)** some training will be done based around board breaking. This will also be the last formal training for Northwind TKD in 2021. Any questions regarding the belt exam on Saturday 18th December, need to be asked.

**Belt Exam - 18th December (Saturday) Paeroa Memorial Hall**

### **SCHEDULE:**

Hall opened at **4.30pm**

**4.40pm - 5pm:** Set up and students warm up

**5pm - 5.30pm:** Adelle Johnson, Tom Johnson & Sophie Johnson - testing for White belt to Yellow Stripe

**5.30pm - 6pm:** Adelle Johnson & Tyróne-Róhan Hicks - Testing for Yellow Stripe to Yellow Belt.

**6pm - 6.45pm:** Brooklyn Te Moananui-Atkin, Tyróne-Róhan Hicks - Testing for Yellow Belt to Green Stripe Belt.

**6.45pm - 7.30pm:** Te Tahi Herekiuha, Faith Herekiuha; Testing for Yellow Belt to Green Stripe Belt.

New promotions will be presented with belts directly after each test. Reports will be emailed out in the following weeks.

**Summer holidays, Christmas, New Years and Auckland Anniversary weekend**

From 19th December until 31st January 2022 there will be no official public classes.

Tuesday 1st February will be the first planned training back in The Paeroa Memorial Hall. Will be confirming these dates and times in January 2022.

My personal plans for Summer have not yet been decided so if any one wants to do some advanced training weather it be martial Arts based or fitness based; send me a Text to coordinate the sessions at Northwind HQ.



## **NORTHWIND TAE KWON DO- WAIHI IN 2022**

(8yrs to 18yrs) - Tuesdays & Thursdays - Waihi War Memorial Hall

My planning for 2022 also includes the return to Waihi to teach Taekwondo.

Tuesdays and Thursdays are looking like being the days available at this stage; mostly because of the availability of the Waihi Memorial hall. The classes will be mixed age & rank. Class times will ei-ther be both days from 4pm to 5.30 pm or Tuesday at 4pm -5.30pm and Thursday 6pm to 7.30pm. These days and time will be further finalised in January 2022.

There is also planning in process for a Adult Tactical version Taekwondo to be held out at the Waihi Community Martial Arts gym. More talks and planning needs to occur before I can confirm further details on this.



## **NORTHWIND PERFORMANCE ATHLETICS**

(Gym & Non Gym Based Training)

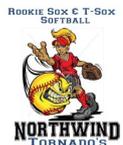
**Personal training** ; if your wanting to increase fitness, strength, functional movement

One session per week : Adults \$49 / U18's \$25

Two Sessions per week: Adults \$79 / U18's \$40

Three sessions per week: Adults \$85 / U19's \$50

**Squad or circuit group training** will be available depending on interest. Gym and Non gym based training available. Training rates are the same as the personal training rates though divided over the number of participants in attendance. Payment required at the end of training session. Training sessions will be 45 minutes to 90 minutes depending on the training and programme.



## **NORTHWIND TORNAADO'S SOFTBALL CLUB**

T-Sox & Rookie Sox Programme Returning in February 2022

Earlier in year I ran a very successful T-Ball training programme along with developing the Rookie softball squad. In 2022 I will be doing pretty much the same just better.

My involvement in Softball for the district will be growing as I become involved in the Paeroa Softball club and further developing the concept of a 'Hauraki Valley Softball Association'.

Draft & Registration day will be on the 12th of February 2022 both at Ngatea & Paeroa, each grade will have a time slot to turn up and fill out forms. As well as a bit of Softball play

The week of the 14th & 16th will be the first week of training nights.

I am still looking for passionate people to help manage the develop the club and teams.

For the Tee Sox T-Ball teams, parental involvement is really beneficial at the practice's for the little ones learning experience. I would really appreciate parents getting involved rather than sitting and watching. Sitting and watching is still okay..... I guess (smile)

Long term mission is still in play; which is to create the 'Hauraki Valley Diamond League'. Incorporating Thames Coromandel district and Hauraki District areas.

For more information go to [www.northwind-athletics.com](http://www.northwind-athletics.com). And click on the SOFTBALL Tab

Sincerely yours

**Mr Paul A. Hicks**

**Owner operator of Northwind Athletics**