



2010 ROCKY MOUNTAIN OPEN

1. DATE: September 4-5, 2010

2. VENUE: [U.S Olympic Training Center](#)
1 Olympic Plaza
Colorado Springs, CO 80909

3. PREREQUISITES:

MEMBERSHIP All participants, athletes and coaches, must be current 2010 USA Taekwondo members. Membership can be easily renewed through your Hang-a-star profile. If you need to become a new member of USA Taekwondo please see the membership portion of our website at <http://usa-taekwondo.us/pages/6448>.

COACHING EDUCATION The minimum level of coaching education to register for the Rocky Mountain Open is the Associate level. For more information on obtaining this level of certification please visit <http://usa-taekwondo.us/pages/5597>. Level 1 Coaches will receive a 50% discount on their coaching credentials.

4. COMPETITION RULES:

USA Taekwondo's Competition Rules

http://assets.teamusa.org/assets/documents/attached_file/filename/20233/USAT_Rules_REVISE_Jan_6_10.pdf

6-13 year old divisions will use the junior safety rules for sparring

http://assets.teamusa.org/assets/documents/attached_file/filename/20237/12_9_Junior_Competition_Rules.pdf

5. EQUIPMENT:

USA Taekwondo will be using LaJust EBPs at this event and will be supplying the electronic hogus. Athletes 8 and older are required to have LaJust socks. These can be purchased by visiting <http://www.lajustsports.com/en/> or by visiting the LaJust representatives at the event.

All athletes will be responsible for supplying their own headgear, gloves, foot pads, arm and shin guards, mouth guards and all necessary athletic taping.

6. OTC PAPERWORK:

Please note that regardless of online or paper registration all participants MUST fill out the required Olympic Training Center paperwork in order to compete on complex. This is a paper-only process and must be mailed or faxed in with your confirmation form. Failure to include this with your registration materials will result in a pending status and therefore you will have to fill it out at registration. The required Olympic Training Center paperwork is included at the end of this handbook (biography, waiver & medical history).

7. USAT POINT SYSTEM:

2010 will be the inaugural year for the USA Taekwondo Domestic Point System. The purpose of the system is to facilitate meaningful competition on a national scale that rewards USA Taekwondo athlete members at all skill levels for both participation and achievement at USA Taekwondo and USA Taekwondo-Sanctioned Events during each event year.

For the 2010 calendar year, points will be earned in sparring only; Poomsae and sport Poomsae will eventually be added. Accumulated points will be scaled according to the importance/size of the approved event and the achievement of the athlete. For black belt sparring 12 and older, points will be awarded to the age and weight class in which the athlete competed. For all 1

2010 Rocky Mountain Open
September 4-5, 2010
Colorado Springs Olympic Training Center





other divisions, points will be awarded to the age/belt color in which the athlete competed. All points accumulated in 2010 will expire at the end of the calendar year. The points earned by each athlete will be used in various manners throughout the year. In an effort to avoid randomized seeding at the 2010 Junior Olympics and National Championships, total points accumulated at that point in the year will be used for seeding purposes, with the exception of 14-17 and 18-32 black belts. Additionally, points will be used to award athletes with the highest point totals in their division and clubs with the most overall points.

Below is the point grading chart that explains the points available at approved USAT events:

Event	1st Place	2nd Place	3rd Place	Quarters
Tournament Grade 1.0 - Local USAT Sanctioned Events (149 or less participants)	5 points	3 points	1.8 points	0 points
Tournament Grade 2.0 - Regional USAT Sanctioned Events (150 or more participants) - USAT Rocky Mountain Open	10 points	6 points	3.6 points	0 points
Tournament Grade 2.5 - USAT Sanctioned State Championships (less than 499 participants) - US Military Championships	12.5 points	7.5 points	4.5 points	0 points
Tournament Grade 3.0 - USAT Sanctioned State Championships (500 or more participants) - US Collegiate Championships	15 points	9 points	5.4 points	0 points
Tournament Grade 4.0 - USAT National Qualifiers - USAT Junior Olympics/ National Championships (Elite Open Divisions)	20 points	12 points	7.2 points	4.3 points
Tournament Grade 6.0 - USAT Junior Olympics/ National Championships (World Class Divisions)	30 points	18 points	12 points	6.5 points
Tournament Grade 6.5 - US Open	32.5 points	19.5 points	13 points	7 points

8. WEIGHT DIVISIONS & COMPETITION FORMAT:

*****Age is calculated based on the athlete's age on 12/31/2010*****

*****USAT reserves the right to combine or split weight divisions based on registration numbers*****

SPARRING

6-7 Year Olds: Single elimination bracket, two 1 minute rounds with a 30 second rest period

Boy's Junior Sparring (All Belts)		Girl's Junior Sparring (All Belts)	
Fin	Not to Exceed 19 kg (41.9 lbs)	Fin	Not to Exceed 19 kg (41.9 lbs)
Light	19.1 kg (42 lbs) – 23 kg (50.6 lbs)	Light	19.1 kg (42 lbs) – 23 kg (50.6 lbs)
Middle	23.1 kg (50.7 lbs) – 27 kg (59.4lbs)	Middle	23.1 kg (50.7 lbs) – 27 kg (59.4lbs)
Heavy	27.1 kg (59.5 lbs) and above	Heavy	27.1 kg (59.5 lbs) and above

8-9 Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Boy's Junior Sparring (All Belts)		Girl's Junior Sparring (All Belts)	
Fin	Not to Exceed 21 kg (46.2 lbs)	Fin	Not to Exceed 21 kg (46.2 lbs)
Light	21.1kg (46.3 lbs) – 25 kg (55 lbs)	Light	21.1kg (46.3 lbs) – 25 kg (55 lbs)
Middle	25.1 kg (55.4 lbs) – 30 kg (66 lbs)	Middle	25.1 kg (55.4 lbs) – 30 kg (66 lbs)
Heavy	30.1kg (66.1lbs) and above	Heavy	30.1kg (66.1lbs) and above

10-11 Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Boy's Junior Sparring (All Belts)		Girl's Junior Sparring (All Belts)	
Fin	Not to Exceed 30 kg (66 lbs)	Fin	Not to Exceed 30 kg (66 lbs)
Light	30.1 kg (66.1 lbs) – 35 kg (77 lbs)	Light	30.1 kg (66.1 lbs) – 35 kg (77 lbs)
Middle	35.1 kg (77.1 lbs) – 40 kg (88 lbs)	Middle	35.1 kg (77.1 lbs) – 40 kg (88 lbs)
Heavy	40.1 kg (88.1 lbs) and above	Heavy	40.1 kg (88.1 lbs) and above



12-13 Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Boy's Junior Sparring (All Belts)		Girl's Junior Sparring (All Belts)	
Fin	Not to exceed 34 kg (74.8 lbs)	Fin	Not to exceed 33 kg (72.6 lbs)
Bantam	34.1 kg (74.9 lbs) – 40 kg (88 lbs)	Bantam	33.1 kg (72.7 lbs) – 37 kg (81.4 lbs)
Light	40.1 kg (88.1 lbs) – 45 kg (99 lbs)	Light	37.1 kg (81.5 lbs) – 43 kg (94.6 lbs)
Middle	45.1kg (99.1lbs) – 50kg (110lbs)	Middle	43.1 kg (94.7 lbs) – 48 kg (105.6 lbs)
Heavy	50.1 kg (110.1 lbs) and above	Heavy	48.1 kg (105.7 lbs) and above

14-15 & 16-17 Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Boy's Junior Sparring (Yellow, Green, Blue & Red Belts)		Girl's Junior Sparring (Yellow, Green, Blue & Red Belts)	
Fin/Fly	Not to Exceed 48 kg (105.8 lbs)	Fin/Fly	Not to Exceed 44 kg (97 lbs)
Bantam/Feather	48.1 kg (105.9 lbs) – 55 kg (121.2lbs)	Bantam/Feather	44.1 kg (97.1 lbs) – 49 kg (108 lbs)
Light/Welter	55.1 kg (121.3 lbs) – 63 kg (138.9 lbs)	Light/Welter	49.1 kg (108.1 lbs) – 55 kg (121.2 lbs)
Light Middle/Middle	63.1 kg (139 lbs) – 73 kg (160.9 lbs)	Light	55.1 kg (121.3 lbs) – 63 kg (138.9 lbs)
Light Heavy/Heavy	73.1 kg (161lbs) and above	Light Heavy/Heavy	63.1 kg (139 lbs) and above

14-17 Year Olds: Double elimination bracket, three 2 minute rounds with 30 second rest periods

Boy's Junior Sparring (Black Belts)		Girl's Junior Sparring (Black Belts)	
Fin	Not exceeding 45 kg (99.0 lbs)	Fin	Not exceeding 42 kg (92.5 lbs)
Fly	45.1 kg (99.1 lbs) – 48 kg (105.8 lbs)	Fly	42.1 kg (92.6 lbs) – 44 kg (97.0 lbs)
Bantam	48.1 kg (105.9 lbs) – 51 kg (112.4 lbs)	Bantam	44.1 kg (97.1 lbs) – 46 kg (101.4 lbs)
Feather	51.1 kg (112.5 lbs) – 55 kg (121.2 lbs)	Feather	46.1 kg (101.5 lbs) – 49 kg (108.0 lbs)
Light	55.1 kg (121.3 lbs) – 59 kg (130.0 lbs)	Light	49.1kg (108.1 lbs) – 52 kg (114.6 lbs)
Welter	59.1 kg (131.1 lbs) – 63 kg (138.9 lbs)	Welter	52.1 kg (114.7 lbs) – 55 kg (121.2 lbs)
Light Middle	63.1 kg (139.0 lbs) – 68 kg (149.9 lbs)	Light Middle	55.1 kg (121.3 lbs) – 59 kg (130.0 lbs)
Middle	68.1 kg (150.0 lbs) – 73 kg (160.9 lbs)	Middle	59.1 kg (130.1 lbs) – 63 kg(138.9 lbs)
Light Heavy	73.1 kg (161.0 lbs) – 78 kg (172.0 lbs)	Light Heavy	63.1 kg (139.0 lbs) – 68kg (149.9 lbs)
Heavy	78.1 kg (172.1 lbs) & above	Heavy	68.1kg (150.0 lbs) & above

18-32 Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Men's Senior Sparring (Yellow, Green, Blue & Red Belts)		Women's Senior Sparring (Yellow, Green, Blue & Red Belts)	
Fin/Fly	Not exceeding 58 kg (127.6 lbs)	Fin/Fly	Not exceeding 49 kg (107.8 lbs)
Bantam/Feather	58.1 kg (127.7 lbs) – 68 kg (149.6 lbs)	Bantam/Feather	49.1 kg (107.9 lbs) – 57 kg (125.4 lbs)
Light/Welter	68.1 kg (149.7 lbs) – 80 kg (176.0 lbs)	Light/Welter	57.1 kg (125.5 lbs) – 67 kg (147.4 lbs)
Middle/Heavy	80.1 kg (176.1 lbs) & above	Middle/Heavy	67.1 kg (147.5 lbs) & above

Double elimination bracket, three 2 minute rounds with 30 second rest periods

Men's Senior Sparring (Black Belts)		Women's Senior Sparring (Black Belts)	
Fin	Not exceeding 54 kg (118.8 lbs)	Fin	Not exceeding 46 kg (101.3 lbs)
Fly	54.1 kg (118.9 lbs) – 58 kg (127.6 lbs)	Fly	46.1 kg (101.4 lbs) – 49 kg (107.8 lbs)
Bantam	58.1 kg (127.7 lbs) – 63 kg (138.6 lbs)	Bantam	49.1 kg (107.9 lbs) – 53 kg (116.6 lbs)
Feather	63.1 kg (138.7 lbs) – 68 kg (149.6 lbs)	Feather	53.1 kg (116.7 lbs) – 57 kg (125.4 lbs)
Light	68.1kg (149.7 lbs) – 74 kg (162.8 lbs)	Light	57.1 kg (125.5 lbs) – 62 kg (136.4 lbs)
Welter	74.1 kg (162.9 lbs) – 80 kg (176.0 lbs)	Welter	62.1 (136.4 lbs) – 67 kg (147.4 lbs)
Middle	80.1 kg (176.1 lbs) – 87 kg (191.4 lbs)	Middle	67.1 kg (147.5 lbs) – 73 kg (160.6 lbs)
Heavy	87.1 kg (191.5 lbs) & above	Heavy	73.1 kg (160.7 lbs) & above





33-40, 41-50 & 51+ Year Olds: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Men's Ultra Sparring (All Belts)		Women's Ultra Sparring (All Belts)	
Fin/Fly	Not exceeding 58 kg (127.6 lbs)	Fin/Fly	Not exceeding 49 kg (107.8 lbs)
Bantam/Feather	58.1 kg (127.7 lbs) – 68 kg (149.6 lbs)	Bantam/Feather	49.1 kg (107.9 lbs) – 57 kg (125.4 lbs)
Light/Welter	68.1 kg (149.7 lbs) – 80 kg (176.0 lbs)	Light/Welter	57.1 kg (125.5 lbs) – 67 kg (147.4 lbs)
Middle/Heavy	80.1 kg (176.1 lbs) & above	Middle/Heavy	67.1 kg (147.5 lbs) & above

FORMS

All age divisions: Double elimination bracket

Male Forms (All Belts)		Female Forms (All Belts)	
6-7	All weights by belt color	6-7	All weights by belt color
8-9	All weights by belt color	8-9	All weights by belt color
10-11	All weights by belt color	10-11	All weights by belt color
12-13	All weights by belt color	12-13	All weights by belt color
14-17	All weights by belt color	14-15	All weights by belt color
18-32	All weights by belt color	18-32	All weights by belt color
33+	All weights by belt color	33+	All weights by belt color

BOARD BREAKING

All age divisions: Best judge's score

Male Board Breaking (All Belts)		Female Board Breaking (All Belts)	
6-9	All weights by belt color	6-9	All weights by belt color
10-13	All weights by belt color	10-13	All weights by belt color
14-17	All weights by belt color	14-17	All weights by belt color
18+	All weights by belt color	18+	All weights by belt color

Guidelines for all breaking competitions:

1. Competitors can choose the kind of techniques and number of boards to break.
2. The maximum set-up time is 1 minute.
3. The maximum time to complete the performance is 1 minute.
4. The maximum number of tries is 2 times.
5. The performance must be done within the WTF regulation ring size (10 m x 10 m).
6. All boards for breaking must be the following sizes: for 6-11 year olds-12-inch by 8-inch, 1/2-inch thick pine, for 12-17 year olds-12-inch by 10-inch 1/2-inch thick pine, for 18 years old and above 12-inch by 10-inch, 3/4-inch thick pine.
7. Competitors must provide their own holders.
8. Boards must be purchased through USAT. When registering ask a USAT staff member where to purchase your boards.

Difficulty of Technique will be based on the following order of superiority (in ascending order):

- Hand Technique (least difficult)
- Standing kick technique
- Jump kick technique
- Kicking technique with spinning motion
- Jump kick with spinning motion
- Multiple breaking jump kick
- Multiple spinning jump kick (most difficult)

Difficulty of Breaking will also be based on the number of Boards:

- Number of boards held at one time
- Total number of boards in performance

Technique will be based on Accuracy, Speed, and Power:

1. Accuracy:
 - a. Breaking at the first attempt is superior to breaking at the second attempt.

2010 Rocky Mountain Open
September 4-5, 2010
Colorado Springs Olympic Training Center





- b. Breaking at the center of the board is superior to breaking off-center.
- 2. Speed:
 - a. Suspended holding is superior to the fixed holding, and a competitor who executes more techniques in less time is superior to a competitor who executes fewer techniques in longer time.
- 3. Power:
 - a. Higher number of boards broken is superior to the lower number of boards broken.
- 4. Presentation is based on Balance, Rhythm, and Manner:
 - a. Competitor balance, rhythm, and good manner from entrance to the completion of the performance are superior to the competitor without balance, rhythm, and good manner.

9. REGISTRATION DATES:

Online registration can be made at <https://www.usat.hangastar.com/login.aspx>

Early registration expires August 20, 2010 at 11:59pm MST.

Late registration expires August 27, 2010 at 11:59pm MST.

10. REGISTRATION PRICES:

Please note that all registration fees are non-refundable. Also, if the payment is not made in full by the early registration deadline the \$50 late fee will be applied

NON-COLORADO RESIDENTS

DIVISION	EARLY REGISTRATION August 20, 2010		LATE REGISTRATION August 27, 2010	
	Online	Paper	Online	Paper
1 EVENT	\$85	\$110	\$135	\$160
2 EVENTS	\$110	\$135	\$160	\$185
3 EVENTS	\$135	\$160	\$185	\$210
4 EVENTS	\$160	\$185	\$210	\$235
5 EVENTS	\$185	\$210	\$235	\$260
6 EVENTS	\$210	\$235	\$260	\$285

COLORADO RESIDENTS

DIVISION	EARLY REGISTRATION August 20, 2010		LATE REGISTRATION August 27, 2010	
	Online	Paper	Online	Paper
1 EVENT	\$60	\$85	\$110	\$135
2 EVENTS	\$85	\$110	\$135	\$160
3 EVENTS	\$110	\$135	\$160	\$185
4 EVENTS	\$135	\$160	\$185	\$210
5 EVENTS	\$160	\$185	\$210	\$235
6 EVENTS	\$185	\$210	\$235	\$260

NOTE: Colorado athletes, in order to receive the discount please click the “pay later” option and then contact the USAT Events Department at eventsfeedback@usa-taekwondo.us and the fee will adjusted.

COACHES

DIVISION	EARLY REGISTRATION August 20, 2010		LATE REGISTRATION August 27, 2010	
	Online	Paper	Online	Paper
COACH	\$50	\$75	\$100	\$125
LEVEL 1 COACH	\$25	\$50	\$75	\$100





11. SPECTATOR TICKET PRICES:

	SINGLE DAY PASS
All Tickets	\$5.00
Kids (8 & Under)	FREE
USOC OR NGB ID	FREE

12. WEIGH-IN:

Weigh-in of the contestants shall be completed one day before their scheduled competition day. During the weigh-in, male contestants shall wear underpants and female contestants shall wear underpants and brassieres.

13. CONDITIONS OF PARTICIPATION:

Round trip airfare, room and board accommodation, transportation and entry fees charges shall be borne by the participant.

14. AWARDS

- USAT will present medals to all participants finishing 1st through 3rd place in Forms, Board Breaking and Sparring (there will be two 3rd place medalists in sparring).
- The RMO will also award a male and female Forms Grand Champion, which is a championship that combines the winner of each age and belt color. The winner of the Forms Grand Championship will receive a SPECTACULAR trophy.
- The winners from the 14-17 & 18-32 Black Belt Sparring Divisions will have a chance to compete for the Rocky Mountain Cup. Winners of the Rocky Mountain Cup (one 14-17 BB male, one 18-32 BB Male, one 14-17 BB female and one 18-32 BB female) will earn free registration and one (1) hotel night at the 2011 U.S. Open Championships.
- The club with the best overall participation will receive a RMO plaque.
- 1st and 2nd place Best Club Performance will be awarded and calculated by using the results from the 14-17 and 18-32 Black Belt Divisions using the following point system:
 - 1st place = 5 points
 - 2nd place = 3 points
 - 3rd place = 1 point

15. LODGING

USA Taekwondo has arranged housing at the Cheyenne Mountain Resort and the Olympic Training Center (OTC). Both housing options have available transportation and meals.

Cheyenne Mountain Resort

USA Taekwondo has arranged for a group rate of \$85/night at the Cheyenne Mountain Resort. For an additional \$28/night guests can upgrade to European Package, which includes breakfast. As one of the top Colorado Springs hotels, Cheyenne Mountain Resort offers championship golf, children's programs, four swimming pools, indoor and outdoor tennis, a complete fitness center, and a 35-acre lake for sailing and fishing. Reflecting the rugged charm of the Colorado Rockies, all guest rooms and suites features expansive views of Cheyenne Mountain framed by the spectacular Rockies beyond.

The resort also offers complementary airport transportation. When making your reservation, inform the guest service representative of your flight information. Also, for an additional \$5/person, guests can take shuttles to the Olympic Training Center. The \$5 charge is round trip and is good for multiple days. Shuttles have set times, so please be sure to arrange your OTC transportation for each day you need to come to the OTC.

Here is USAT's exclusive link to the resort to make you reservation:

[USA Taekwondo Room at Cheyenne Mountain Resort](#)



Cheyenne Mountain Resort
 3225 Broadmoor Valley Road
 Colorado Springs, CO 80906
 Main Resort: (719) 538-4000 | (800) 428-8886

Olympic Training Center

Housing at the OTC is at double or triple occupancy and includes all meals at the Dining Hall for \$50/night, \$75/night if booked after August 19. **OTC housing is only available for athletes & coaches and all guests must be at least 12 years of age.** Housing will be available starting August 31st through September 6th. If you arrive earlier than August 31st, you will need to make other housing arrangements until August 31st. You must let USAT staff (eventsfeedback@usa-taekwondo.us) know by 5:00pm (Mountain Standard Time) on **August 23** if you are interested in using the housing at the Olympic Training Center, **NO EXCEPTIONS.**

Transportation will be provided from the Colorado Springs Airport to the Olympic Training Center for athletes and coaches staying at the training center. All flight itineraries are needed in the USAT office by **August 23** in order to schedule this transportation. Transportation will **NOT** be provided for athletes & coaches staying off the OTC campus.

Please note that all room keys and meal cards must be returned to the Athlete Center upon departure of the OTC. Athletes and/or coaches who do not return their keys or meal card will be billed accordingly and not allowed to participate in other USAT events until they have paid this bill.

16. CAR RENTAL

We are pleased to announce National Car Rental and Enterprise Rent-A-Car as the preferred rental car suppliers for USA Taekwondo effective April 5, 2010. Enterprise Rent-A-Car and National Car Rental are low cost leaders while providing excellent customer service as reflected by the 2009 J.D. Powers & Associates Award. This partnership allows USAT to simplify program management, reduce both USAT’s and your annual car rental expenditures and introduce program residuals back into USAT’s athlete initiatives.

The partnership with National and Enterprise provides all USAT members with special recognition, service and speed whether renting at an airport or in the local market where you live and work. National provides speed and consistency for the most frequent airport travelers through the Emerald Club. Enterprise provides the custom attention and service needed for local market rentals while also serving the needs of airport travelers.

Before your first rental with National or Enterprise, please take the time to enroll in the Frequent Renter programs noted below. This will ensure you receive the appropriate rates, services and benefits every time you rent.



We are pleased to offer you a complimentary membership in the Emerald Club.

Please click on this enrollment link <https://www.nationalcar.com/offer/XZ12061> to access the online application and complete the enrollment process. This short process will take approximately 5 minutes and your membership will be active immediately upon completion.

As an Emerald Club member, you will receive the following benefits, among others:

- **Bypass the counter** - Bypass the rental counter and go directly to the Emerald Club Aisle® at more than 50 major airports in the U.S. and Canada.
- **Choose your own car** - Don't waste time looking for your assigned car - just choose any car from the Emerald Club Aisle, which is stocked with mid-size or larger vehicles, and pay the reserved mid-size rate.
- **Speed up returns with an E-Receipt** - There's no need to wait around for a piece of paper when you return your car. Sign up to receive this benefit and we will automatically email your receipts to you within 24 hours of each returned rental.
- **Choose your rewards** - Choose to either earn rental credits towards a Free Day with every seven rental credits earned, OR choose to automatically receive frequent flyer miles for each day rented (average of 50 frequent flyer miles per rental day - amount varies by airline).
- **Enterprise is excited to introduce our complimentary members’ benefit program – Enterprise Plus TM!** With Enterprise Plus for Business, you will enjoy extra speed and services – free! These include:

2010 Rocky Mountain Open
 September 4-5, 2010
 Colorado Springs Olympic Training Center





- Faster Reservations – online, on the phone, with your travel agent, and at participating Enterprise locations.
- Faster Rentals
- Special Members' Line at Major Airport Locations
- Special offers when you subscribe to Email Extras

Joining Enterprise Plus is easy; the registration page takes only a minute to complete and already has your account # and PIN # pre-populated. Just follow these easy steps:

- Step 1: Go to https://www.enterprise.com/car_rental/deeplinkmap.do?bid=044&cust=XZ12061
- Step 2: Complete the form and click on "submit".
- Step 3: Print off the Welcome page that displays the temporary Enterprise Plus for Business card and unique member number. We will mail you a permanent member card within 4 – 6 weeks.

17. AIRLINE TRAVEL

USAT has partnered with United Airlines to provide a discounted rate on airfare. When you are arranging airfare for USAT events be, sure to use the code “513PH.”



18. SCHEDULE OF EVENTS (subject to change) **All times are local**

UNITED

2010 PAN AM GAMES TEAM TRIALS

SCHEDULE OF EVENTS

<u>WEDNESDAY SEPTEMBER 1, 2010</u>		
Open Training	8am – 2pm	Gym 6
Open Training	2pm – 8pm	Gyms 7-8

<u>THURSDAY, SEPTEMBER 2, 2010</u>		
Open Training	8am – 2pm	Gym 6
Open Training	2pm – 8pm	Gyms 7-8
Check In & Weigh In	1pm – 6pm	West Wing
Technical Meeting	7pm	Ray B. Essick Room
<i>All of Friday's competitors must be weighed-in by 6 pm on Thursday September 2, 2010.</i>		

<u>FRIDAY, SEPTEMBER 3, 2010</u>		
Open Training	8am – 8pm	Gyms 7-8
Doors open	8:00am	Sports Center I
Competition Begins	9:00am	Sports Center I
Check-In & Weigh-In for Saturday's competitors.	10:00am – 12:00pm 2:00pm – 7:00pm	West Wing
Lunch Break	12:00pm – 1:00pm	
Coaches Edge (tentative)	7pm	Ray B Essick Room
Technical Meeting (if needed)	7pm	Ray B. Essick Room
<i>All of Saturday's competitors must be weighed-in by 7 pm on Friday September 3, 2010.</i>		





SATURDAY, SEPTEMBER 4, 2010

PAN AM GAMES TT – GYMS 7-8, ROCKY MOUNTAIN OPEN SPORTS CENTER 1

Open Training	8am – 8pm	TBD
Doors open	8:00am	Sports Center I & Gyms 7-8
Competition Begins	9:00am	Sports Center I & Gyms 7-8
Lunch Break	12:00pm – 1:00pm	
Competition Resumes	1:00pm	Sports Center I & Gyms 7-8
Check-In & Weigh-In for Sunday’s competitors.	2:00pm – 6:00pm	West Wing
CIDP Level 1 Seminar	7pm – 10pm	Ray B Essick Room
<i>All of Sunday’s competitors must be weighed-in by 6 pm on Saturday September 4, 2010.</i>		

SUNDAY, SEPTEMBER 5, 2010

Doors open	8:00am	Sports Center I
Competition Begins	9:00am	Sports Center I
Lunch Break	12:00pm – 1:00pm	
Competition Resumes	1:00pm	Sports Center I
CIDP Level 1 Seminar	7pm – 10pm	Ray B Essick Room





INDIVIDUAL COMPETITOR ENTRY FORM
FOR ALL INDIVIDUAL EVENTS

(\$25 Processing Fee assessed to all paper applications)

SAVE MONEY AND REGISTER ONLINE AT <https://www.usat.hangastar.com/secure/.aspx>

All entry forms must be filled out completely and all necessary documentation completed in order for your application to be accepted. All entry forms must be **RECEIVED** by the USAT National Events Office by the early registration date of **AUGUST 20, 2010** in order to receive the discounted rate or **RECEIVED** by the late registration date of **AUGUST 27, 2010** for an additional fee. Registration will NOT be accepted at the door. *Applications will NOT be accepted by fax.* All registration fees are non-refundable; this includes training injuries or any other withdrawals once your application is received by the USA Taekwondo National Events office, NO EXCEPTIONS.

PLEASE PROVIDE THE FOLLOWING INFORMATION:

- Complete Entry Form (2-pages)
- Proof of USAT 2010 athlete membership card or confirmation (USA athletes only)
- Proof of age (Copy of birth certificate or passport)
- Copy of Kukkiwon black belt certification (USA athletes may submit any Black Belt certification.)
- Signed USAT Consent for Medical Treatment
- Signed USAT Code of Conduct
- Include all fees by Cashier's Check, Money Order, Visa, MasterCard, Discover or American Express. Please make Cashier's Checks and Money Orders payable to USA Taekwondo. Personal and Business checks will NOT be accepted.
- OTC Paperwork (Biography, Waiver & Medical History)

For USAT Office Use ONLY	
Competitor Entry Form (2pgs)	_____
Membership	_____
Residency/Citizenship	_____
Black Belt /Kukkiwon	_____
Waiver	_____
Code of Conduct	_____
Paid	_____

PRINT ALL INFORMATION: USAT MEMBERSHIP ID # _____

BLACK BELT RANK: _____ BLACK BELT CERTIFICATION #: _____

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ DOB (mm/dd/yy) _____

CITY: _____ STATE: _____ ZIP CODE: _____ COUNTRY: _____

PHONE NUMBER: (COUNTRY CODE): _____ (CITY CODE OR AREA CODE) _____ NUMBER: _____

FAX NUMBER: _____ E-MAIL ADDRESS: _____

SCHOOL/CLUB NAME: _____ INSTRUCTOR: _____

SCHOOL ADDRESS: _____





INDIVIDUAL COMPETITOR ENTRY FORM (continued)

Please Check: MALE FEMALE

Sparting Division: 6-7 8-9 10-11 12-13 14-15 16-17 14-17 18-32 33-40 41-50 51+

White Yellow Green Blue Red Black

Fin Fly Bantam Feather Light Welter Light Middle Middle Light Heavy Heavy

Forms Division: 6-7 8-9 10-11 12-13 14-17 18-32 33+

White Yellow Green Blue Red Black

Board Breaking Division: 6-9 10-13 14-17 18+

White Yellow Green Blue Red Black

SAVE MONEY AND REGISTER ONLINE AT <https://www.usat.hangastar.com/secure/.aspx>

Colorado Participants

Out of State Participants

DIVISION	EARLY REGISTRATION October 23, 2009		LATE REGISTRATION October 30, 2009	
	Online	Paper	Online	Paper
1 EVENT	\$60	\$85	\$110	\$135
2 EVENTS	\$85	\$110	\$135	\$160
3 EVENTS	\$110	\$135	\$160	\$185
4 EVENTS	\$135	\$160	\$185	\$210
5 EVENTS	\$160	\$185	\$210	\$235
6 EVENTS	\$185	\$210	\$235	\$260
ALL PAPER REGISTRATION WILL BE CHARGED AN EXTRA \$25 ADMINISTRATION FEE				

DIVISION	EARLY REGISTRATION October 23, 2009		LATE REGISTRATION October 30, 2009	
	Online	Paper	Online	Paper
1 EVENT	\$85	\$110	\$135	\$160
2 EVENTS	\$110	\$135	\$160	\$185
3 EVENTS	\$135	\$160	\$185	\$210
4 EVENTS	\$160	\$185	\$210	\$235
5 EVENTS	\$185	\$210	\$235	\$260
6 EVENTS	\$210	\$235	\$260	\$285
ALL PAPER REGISTRATION WILL BE CHARGED AN EXTRA \$25 ADMINISTRATION FEE				

COACHES

DIVISION	EARLY REGISTRATION August 20, 2010		LATE REGISTRATION August 27, 2010	
	Online	Paper	Online	Paper
COACH	\$50	\$75	\$100	\$125
LEVEL 1 COACH	\$25	\$50	\$75	\$100

Total Amount Due: \$ _____

Please Check Payment Type: Cashier's Check Money Order Visa MasterCard Am Ex/Discover

Credit Card #: _____ Expiration Date: _____ Security Code (Located on back of card) _____

Address of Cardholder _____

Print Name of Cardholder: _____

Signature: _____

For USA Taekwondo Office Use Only:

____ Money Order ____ Cashier's Check #: _____ Amt Rcvd.: _____ Rcvd Date: _____ Rcvd By: _____





CODE OF CONDUCT/DISCIPLINARY ACTIONS

Any person registered for the event that is causing unfavorable situations either prior to, during, or after the 2010 USAT National Qualifier is subject to disciplinary action as decided by the Competition Supervisory Board. In particular, the use of alcohol or drugs by athletes, coaches, officials, or staff during the course of the event will disqualify the guilty individual from further competition. There are no warnings for alcohol or drug consumption by underage participants.

The following outline is the Code of Conduct for USA Taekwondo (USAT). The Code is for all athletes, coaches, event specialists, and international referees and staff members to fully abide by when participating in any and all USAT sanctioned event. Failure to comply with the following guidelines can result in the removal from an event, dismissal from future USAT sanctioned events, and/or the complete suspension from participation as a competitor, coach or staff member in future USAT sanctioned events.

1. One will act in a manner consistent with the spirit of fair play and responsible conduct.
2. One will acknowledge, respect and adhere to the authority of USAT appointed event staff and tournament staff if necessary.
3. One will fully comply with USAT and the World Taekwondo Federation (WTF) uniform requirement.
4. One will maintain an appropriate level of fitness to promote optimal athletic performance.
5. One will refrain from the excessive use of performance-limiting drugs, including, but not limited to, tobacco and alcohol.
6. One will refrain from using any substance on the Olympic Movement Anti-Doping Code, as enforced by USADA.
7. One will abide by the policies and rules established by USAT, the USOC and the WTF.
8. One will abide by the rules of this particular competition as stated in this packet.
9. One will respect others, including coaches, competitors, officials, and spectators.
10. One will not engage in, nor tolerate, any form of verbal, physical or sexual abuse.
11. One will respect the property of others.
12. One will refrain from illegal or inappropriate behavior that would deter from a positive image of oneself and USAT.
13. One will maintain a positive attitude and act in a way that will bring honor to oneself, the staff, and the sport of Taekwondo, USAT and the United States of America.
14. One will remember that I am an ambassador of USAT, my country and the Olympic movement.

USAT recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date





USA TAEKWONDO INDIVIDUAL CONSENT FOR MEDICAL TREATMENT

I, _____, consent to medical treatment for athletic related injuries/illnesses by USA TAEKWONDO Medical Personnel and /or Hospital Medical Staff at any USA Taekwondo Sanctioned Event. I authorize treatment by such personnel in the event of injury or illness. This care includes but is not limited to: preventative taping and padding; first aid treatment of injuries and illnesses; medication for illness or injury treatment, including over-the-counter medications such as ibuprofen or acetaminophen; emergency care of injuries, which may include use of a backboard and cervical collar; suturing, splinting or casting of wounds/injuries on site or in medical treatment facility; chiropractic adjustments and care; acupuncture treatments; use of AED, injected medications, oxygen or IV to stabilize an athlete's condition on site or in route to a medical treatment facility; and any other medical and/or life-sustaining treatment deemed necessary for athlete to continue competition or deemed by medical personnel to be in the best interest of the health and well-being of the athlete.

(Athlete's Signature) (Date)

As a parent or legal guardian of _____, who is under the age of 18, I hereby authorize medical treatment in the event of an injury or illness as outlined above for _____ while he/she is participating in a USA TAEKWONDO event by a member of USA TAEKWONDO Medical Personnel and/or Hospital Medical Staff.

____ I Agree ____ I Agree, with the following exceptions to treatment: _____

----- I DO NOT AGREE _____
(Parent/Guardian Signature) (Date)

All medical evaluations completed by USA TAEKWONDO Medical Personnel for athletic injuries are considered confidential and will be filed under the direction of the USA TAEKWONDO Medical Coordinator. Copies of medical injury forms can be requested verbally from the USA TAEKWONDO Medical Coordinator by the injured athlete, or parent of a minor athlete at the time of injury or requested in writing following a competition. The original injury report form will remain on file. No information about an individual athlete will be released without that athlete's permission per Federal Guidelines except where it is necessary to file insurance claims directly associated with the injury or illness. Information pertaining to injury data without using an athlete's name will be released to the Medical Director, the Medical Coordinator or their assistants for purposes of injury research or recommendations for safety rule changes only. An athlete's name and injury will only be released in cases pertaining to head injuries requiring the athlete to not compete for 30 days per USA Taekwondo and World Taekwondo Federation rules. This information will be released to the Medical Director, Medical Coordinator, Referee Chairperson, Tournament Committee Chairman, National Events Director, Executive Director and documented within the secured USA Taekwondo online registration program for purposes of enforcing the 30-day-out rule in compliance with USA TAEKWONDO and WTF rules.

I have read and understand the above information as it pertains to my medical records of injury or illness which may occur and be treated at USA Taekwondo Sanctioned events. I also understand that if these guidelines are not followed as stated above that USA Taekwondo could be found in violation of Federal Guidelines set forth by HIPAA.

(Athlete's Signature) (Parent/Guardian Signature) (Date)

I, _____, consent to having my image photographed while injured or ill by USA Taekwondo Staff Photographer or USA TAEKWONDO Medical staff for purposes of documentation of the injury and/or publicity for USA Taekwondo, USA Taekwondo Sports Medicine. This publicity may include but is not limited to advertisement in print or on the websites of said organizations. I know I have the right to decline the photographing of my image at the time of injury if verbally requested by myself, my parent or my coach per Federal Guidelines set forth by HIPAA. Furthermore I know I can request that such images be removed from publication or public view if I decide to decline their use at a later date for any reason simply by making that request in writing directly to the USA Taekwondo National Office. I understand that such pictures may be taken without any expectations of compensation for said photographic images.

____ I Agree ____ I Decline _____
(Athlete's signature) (date)





As a parent or legal guardian of _____, who is under the age of 18, I hereby authorize photographic images of _____ to be allowed if injured or ill unless otherwise verbally requested at time of injury/illness that no such photographs be taken at that time. Furthermore I know I can request that such images be removed from publication or public view if I decide to decline their use at a later date simply by making that request in writing directly to the USA Taekwondo National Office.

_____ I Agree _____ I Decline _____
 (Parent/Guardian signature) (date)

INSURANCE INFORMATION:

Primary Insurance Company: _____ Policyholder's Name: _____

Insurance Address: _____

Insurance Phone: _____ Policy #: _____ Claimant's Name (Print): _____

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

- In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against USA Taekwondo and for its states and district associations, this athletic meet, its organizing committee, the United States Olympic Committee, the 2010 National Qualifiers, the World Taekwondo Federation, The United States Olympic Committee and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are nonrefundable.
- I understand the nature of USA Taekwondo activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that USA Taekwondo activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.
- If the minor child or I are selected, I agree to be drug tested pursuant to the United States Olympic Committee National Anti-Doping Program, as amended. I understand that such drug testing may take place at any time during the competition. If the minor child or I fail to show up at the athletic meet, for any reason, I knowingly forfeit this competition and all applicable registration fees. I further understand that any pictures taken of the minor child or me in connection with this athletic meet may be used by USA Taekwondo for publicity or promotion without compensation.
- I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

 Participant's Printed Name Participant's Signature Date

 Parent/Guardian's Printed Name Parent/Guardian's Signature Date





UNITED STATES OLYMPIC TRAINING CENTER PARTICIPANT BIOGRAPHY

Date: _____ Program Name: _____

PARTICIPANT'S BIOGRAPHICAL INFORMATION

Name: _____
LAST *FIRST* *MIDDLE*

Street Address: _____ City: _____ State: _____ Zip: _____

Country: _____ Email Address: _____

Cell Phone: (____) _____ Home Phone: (____) _____

Social Security Number (last four digits only): XXX-XX-_____ Birth Date: _____
(Four digits SSN and Birthdates required. Used for OTC filing purposes only)

Gender: Male Female US Citizen: Yes No If No, what nationality? _____

PARTICIPANT'S EMERGENCY CONTACT INFORMATION *(Required)*

Name: _____ Relation: _____

Street Address: _____ Cell Phone: (____) _____

City: _____ State: _____ Zip: _____ Home Phone: (____) _____

PARTICIPANT'S GUEST TYPE AND SKILL LEVEL

Please check your guest type for this program.

Athlete Coach Official NGB Administrator
 Staff Trainer Intern Other: _____

Athletes: Please check your skill level for this program

Olympic Caliber: Athletes who have competed or will compete in the upcoming Olympic or Pan Am Games, or NGB's World Championship

National: NGB National Senior Team member or competition in a major international event within the last 12 months.

Junior National: NGB National Junior Team member or competition in a major international event within the last 12 months.

Development: Highly skilled athletes showing strong potential for growth and improvement with the objective of obtaining a higher skill level.

FOR OFFICE USE ONLY

Program # _____ Arrival date _____ Check-in Initials _____

Complete Paperwork _____ Missing Information: Bio _____ Medical _____ Waiver _____ HIPAA _____





**PARTICIPANT CONSENT
TRANSPORTATION AND MEDICAL RELEASE**

I hereby give consent for the USOC and the USOEC at Northern Michigan University to provide me with medical, psychological or psychiatric care and treatment, emergency medical services, transportation, housing, and meals associated with participation in programs conducted at this United States Olympic Training Center (USOTC) and the USOEC at Northern Michigan University under the auspices of **USA Taekwondo, Inc.** I authorize the USOC medical staff, under the supervision and protocol of the USOC physicians, to act as my agent to receive, procure, store, and issue any medications, which are prescribed for me. I understand that the medicines will be provided in non-child-safety resistant blister packs and will keep them out of the reach of children. In the event that emergency medical services are required, I hereby authorize the USOC to act to resolve such emergency without first obtaining my prior consent or the consent of my next of kin, parent, guardian, or any other individual.

If the program in which I am participating includes psychiatric, psychological, physiological and/or biomechanical evaluations, I consent to those evaluations, which pose no unusual risks or hazards when customary safeguards are observed.

I further authorize the exchange of medical information, including information regarding physiological and/or biomechanical evaluations, and psychological or psychiatric records, between the USOC medical staff members for the management of my care and treatment and the release of any such medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating in the program conducted at this United States Olympic Training Center (USOTC) and the USOEC at Northern Michigan University under the auspices of **USA Taekwondo, Inc.**

I swear that I am in good physical condition and am able to fully participate in this program. I am not aware of any disease or injury that would result in my being injured during my participation in the sponsoring organizations programs at this USOTC and the USOEC at Northern Michigan University.

This Release shall remain valid for the entire calendar year in which it is executed (expiring on December 31 of that year) or until it is expressly revoked by written notice from me to the USOC, whichever occurs first; provided however, that any such revocation shall not in any manner affect the release given hereunder for any acts or occurrences prior to receipt of said written notice by the USOC or prior to the termination of my participation.

DRUG USE AND BLOOD DOPING

By registering at this USOTC and the USOEC at Northern Michigan University and in exchange for the privilege of participating in programs, I am consenting to be subject to drug testing (if selected) and the penalties applicable if found positive for a banned substance or employment of a banned method. I am aware that failure to comply with such testing will be cause for the same penalties as for those who test positive for a prohibited substance or method.

I know that if I have any questions about medications and banned substances or practices I may contact the U.S. Anti-doping Agency ("USADA") Drug Reference Line (1-800-233-0393) before, during or after my USOTC and the USOEC ant Northern Michigan University stay. I understand, however, that the USADA Drug Reference Line is only advisory and that I have the absolute obligation and sole responsibility to avoid the use of any product which may contain a banned substance. The USADA Drug Reference Line cannot be reached from abroad.

X _____
Participant Signature

Date Signed: _____

FOR ATHLETES OF MINORITY AGE
(UNDER THE AGE OF 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as the parent/guardian of this participant, have explained to my son/daughter the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in the programs conducted under the auspices of the **USA Taekwondo, Inc.** at this USOTC and the USOEC at Northern Michigan University, and consent to the provision of medical, psychological or psychiatric care and treatment, emergency medical services, transportation, housing and meals associated with participation in programs conducted at this United States Olympic Training Center and the USOEC at Northern Michigan University. In the event that emergency medical services are required, I hereby authorize the USOC and the USOEC at Northern Michigan University to act to resolve such emergency without first obtaining my prior consent or the consent of the participant's next of kin or any other individual. I have instructed my son/daughter to abide by the Participant Conduct.

X _____
Parent/Guardian Signature
Parent/Guardian Name (Please Print)

Date Signed: _____

Relationship: _____





OLYMPIC TRAINING CENTER PARTICIPANT MEDICAL HISTORY QUESTIONNAIRE

NAME: LAST _____ FIRST _____ SPORT: _____

DATE OF BIRTH: MONTH _____ DAY _____ YEAR _____ SEX: MALE _____ FEMALE _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMERGENCY CONTACT: NAME: _____ PHONE: CELL _____ HOME _____

	<u>Yes</u>	<u>No</u>	<u>Has the participant ever had?</u>		<u>Yes</u>	<u>No</u>	<u>Has the participant ever had?</u>
1.	___	___	Chronic or recurrent illness or injury?	18.	___	___	Asthma?
2.	___	___	Any illness lasting more than (1) week?	19.	___	___	Epilepsy or other seizures?
3.	___	___	Mononucleosis or Rheumatic fever?	20.	___	___	Diabetes?
4.	___	___	Hospitalizations (Overnight or longer)?	21.	___	___	Herpes infection?
5.	___	___	Surgery, other than tonsillectomy?	22.	___	___	Marfan Syndrome?
6.	___	___	Missing organ (eye, kidney, testicle)?	23.	___	___	Eyeglasses or contact lenses?
7.	___	___	Allergies to pollen, stinging insect, food, etc.?				
8.	___	___	High blood pressure or high cholesterol?		<u>Yes</u>	<u>No</u>	<u>Is there a history of?</u>
9.	___	___	Heart problems (Racing, murmur, skipped beats, infections, etc.?)	24.	___	___	Injuries requiring medical treatment?
10.	___	___	Chest pressure or pain with exercise?	25.	___	___	Neck injury?
11.	___	___	Dizziness or fainting with exercise?	26.	___	___	Knee injury or surgery?
12.	___	___	Excessive shortness of breath with exercise?	27.	___	___	Other serious joint injuries?
13.	___	___	Seizures or frequent headaches?	28.	___	___	Use of protective equipment or braces?
14.	___	___	Head injury, concussion, unconsciousness?	29.	___	___	Do you know your sickle cell status?
15.	___	___	Numbness, tingling or weakness in arms or legs with contact?	30.	___	___	Has a doctor ever denied or restricted your participation in sports for any reason?
16.	___	___	Headache, memory loss, or confusion with contact?	31.	___	___	Do you have any concerns that you would like to discuss with the doctor?
17.	___	___	Severe muscle cramps or become ill when exercising in the heat?				
	<u>Yes</u>	<u>No</u>	<u>Family History:</u>				
32.	___	___	Does anyone in your family have Marfan syndrome?				
33.	___	___	Has anyone in your family died suddenly for no apparent reason?				
34.	___	___	Has anyone in your family had a heart attack at less than 55 years of age?				

Use this space to explain any "YES" answers from above (questions #1-34) or to provide any additional information:

34. Are you allergic to any prescription or over-the-counter medications? If yes, list: _____

-Do you have a temporary use exemption? _____

35. List all medications you are presently taking (including asthma inhalers & EpiPens) and the condition the medication is for:
A. _____ B. _____ C. _____

36. Year of last known: Tetanus (lockjaw) vaccination: _____ Meningitis vaccination: _____

37. What is the most and least you have weighed in the past year? *Most* _____ *Least* _____

38. Are you happy with your current weight? *Yes* _____ *No* _____

FOR FEMALES ONLY:

1. How old were you when you had your first menstrual period? _____

2. In the past 12 months, what is the longest time you have gone between menstrual periods? _____

I hereby state that the questions on this form have been answered completely and truthfully to the best of my knowledge.

Signature of Participant

Date





The USA Taekwondo Events Department strives to provide an enjoyable event experience for all of our dedicated athletes, coaches and fans. If you have any questions concerning this National Qualifier, the 2010 Junior Olympics, 2010 National Championships or any other USA Taekwondo event please feel free to contact us. Thank you again for you continued support and best of luck in the 2010 USA Taekwondo event season.

USA Taekwondo
1 Olympic Plaza, 104C
Colorado Springs, CO 80909
719-866-4632 (general number)
719-866-4642 (fax)
www.usa-taekwondo.us

Mark Kaufmann
Director of Events
719-866-3635
eventsfeedback@usa-taekwondo.us