



STUDENT OF THE MONTH ACKNOWLEDGEMENT

Every month we have been acknowledging a student who has given their best efforts and shown good etiquette, commitment, dedication and behavior. Monthly winners have their name displayed on the Student of the month placard and are given a small prize as a reward .

Remember - EVERY DAY, IN EVERY WAY, I WILL DO MY BEST.....

Congratulations to 2008 monthly winners so far -

- January - Christian Grofski
- February - George Stanton
- March - Jorja Foster
- April - Jamie Ayling
- May - Nikki McDonald
- June - Natalie Viscardi
- July - Andee Sheedy
- August - Raymond Jarman
- September - Nathan Cardona
- October - Alex Parsons
- November - Ryan Toby

Best Performance Trophy

Congratulations to the following student for winning the Best Performance Trophy at grading.

Michael Magee

Congratulations

Congratulations to Shannen Toby who recently competed at a selection competition held at the Australian Institute of Sport Canberra. Shannen has been successful in gaining a place on the Australian Junior Team to contest the Taekwondo Commonwealth Games to be held in Winnipeg Canada from 21st-23rd Nov 08.

Results - Although Shannen did not win a medal, she had a wonderful experience, trained hard, met great people and was elected to carry the Australian Flag during the Opening Ceremony. Shannen says to pass on a great big thank you to all for your support !

Hills Apparel

SALE ! SALE ! SALE ! BIG SAVINGS TO BE HAD

The entire range of Hills District embroidered clothing (T-Shirts, jackets, track suits, polo shirts etc.) will be on sale for the month of December.

Items will be discounted by 10%

What a great Christmas gift idea !!!!!!!!



Christmas Holidays

Closing from - Friday 19th December

Re-opening - Monday 12th January 2009

Movie & Sausage Sizzle Night

What a great success !

Thanks to Steve McCranor for donation

Thanks to our BBQ cooks Bryce Florence & Michael Rossi.



And a big thank you to all those parents who stayed and assisted on the night.

Thank You

Thank you to all our members and friends for supporting our fundraising programmes.



Grading

Congratulations to the following students for achieving the rank of Black Belt :-

- | | |
|----------------|-------------------------|
| Jayde Florence | Joshua King |
| Michael Magee | Jacob Neighbour |
| Alex Parsons | Joshua Randall |
| Emma Van Veen | Jordan Whitfield-Horesh |

Next Grading : There will be a grading assessment held week commencing 19th January 2009





Competition Results

State Championships - August 08

Ben Millauro - gold	Nikki McDonald - silver
Michael Magee - gold	Joshua King - silver
Natalie Viscardi - gold	Shannen Toby - silver
Jake Neighbour - bronze	Alex McCranor - 4th
Joshua King - 4th	

National Championships - Sept 08

Michael Magee - gold	Ben Millauro - gold
Natalie Viscardi - gold	Alex McCranor - silver
Christian Grofski - silver	Nikki McDonald - silver
Jacob Neighbour - bronze	Shannen Toby - 4th
Joshua King - 5th	

This was the first Nationals competition for these team members, and a great effort was put in by all. Some competitors only had a couple in their division, while others had a large contingent. A great effort by all !



State Championships - November 08

Natalie Viscardi - gold	Ben Millauro - gold / silver
Ben Yenigan - silver	George Stanton - silver
Patrick Cullen - silver	Nikki McDonald - silver
Joel Loiacono - silver	Christian Grofski - bronze
Alex McCranor - bronze	Josh King - bronze
Michael Magee - 4th	



Well done State team !



Ready for National's action

Dates to Remember

Tuesday 16th December - Mufti Day

Wear casual clothes to training

Wednesday 17th December - Parents Night

Bring a parent to training - show them what you can do !



Christmas Picnic/Party



Sunday 21st December - Fagan Park Galston

Our Christmas get-together will be held again at Fagan Park. Last year was a huge success - even though it was a bit hot. Please enter the park via Carrs Rd entrance, and we have booked Shed No.3 Look for the Hills District banner! \$4.00 for parking
Start time - 11.00am onwards till whenever

Master Sam has organised a Spit Roast for lunch
Cost - \$12.00 Adults \$8.00 Children under 12
bookings essential.....

BYO everything else - nibbles to share, drinks, salads, extra chairs, bikes, soccer/ foot balls, frizbies etc. etc (if you don't want the roast, byo lunch)

Looking forward to seeing you all there.



Dural Public School Demo



Wishing everyone a very merry and safe Xmas

Demo Team News

The demo team performed at Glenorie Public School. Everyone did a wonderful job!
We also had a demonstration on November 1st at Dural Public School and performed at McHappy Day on 15th November. Again, we were the star attraction.



Glenorie Public School Demo



Congratulations to all the members of the Hills District Demonstration Team for all your hard work and commitment throughout 2008

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