

2005 *PRESIDENT'S CUP*

SANCTIONED BY: N. Y. S. T. C.
"FOR THE ATHLETE"

Dear Masters, Instructors, Practitioners,

It is our honor to invite everyone to the New York Sport Taekwondo Commission's first President's Cup Taekwondo Championship. This prestigious event will be held on Sunday, May 22nd at Francis Lewis High School in Flushing, Queens NY.

The N.Y.S.T.C. is a non-profit organization developed for the sole purpose of developing future Olympians in the Northeast region. Due to the outstanding support from fellow Masters/Instructors, the N.Y.S.T.C.'s New York State Championship was a huge success. Our premiere Championship had 500 competitors from the Northeast region competing not only to become New York State Champion, but also a German Open Team Member. Our mission is to train and sponsor future Olympians to major International Open Events and International Exchange Programs. This past February, the N.Y.S.T.C.'s sponsored team at German Open brought back 2 Silver Medals: Simone DeVito- Team High Performance and Ronnie Monroe- Team Leach. This July, the N.Y.S.T.C. is sponsoring a team to compete at the British Open. The British Open N.Y.S.T.C. team members will be determined by a team tryout for all medalists from the 15-17 and 18-32 Black Belt Divisions.

To ensure the highest quality of events, the N.Y.S.T.C. is inviting all the top schools from the Northeast region. This Commission will also reimburse school owners that bring 10 or more competitors \$20 per student for showing your support to the N.Y.S.T.C. If you choose to support the advancement of Sport Taekwondo, then we invite you to join us in our cause to help develop, produce and support future Olympians from our Northeast region.

We look forward to seeing everyone at the N.Y.S.T.C. President's Cup Taekwondo Championship on Sunday, May 22nd. We request that all Master Instructors dress accordingly for this event. Please send in the team roster entry form only for schools with 10 or more competitors. We are also asking for your cooperation in sending your team entry forms in a timely manner to avoid any delays.

For further information, please contact us by phone or email.

Yours Truly,

Master Jin Suh
718-728-9699 OR 631-462-0948
jwstkd@aol.com

Master Kevin Padilla
201-656-0990 fax: 866-339-8713
SportTaekwondo@aol.com

Master Peter Bardatsos
718-429-6357 OR 201-491-3432

SCHEDULE OF EVENTS

- 7:00AM: All Volunteers report for set up
- 8:00AM: Check in for all 5-12 year olds only
- 9:00AM: Referee Meeting
- 9:30AM: Forms/Breaking/Sparring for all 5-12 year olds
- 11:30AM Check in for all 13&up competitors
- 11:30-12:30PM: Weigh Ins for 15-17 Black Belts and 18-32 Black Belts
- 12:30-1:00PM: Opening Ceremonies
- 1:00PM: Competition resumes

GENERAL INFORMATION

Hosted & Sponsored by: New York Sport Taekwondo Commission

Tournament Directors: Master Jin Suh
Master Kevin Padilla
Master Peter Bardatsos

Date: May 22, 2005 (Sunday)

Location: Francis Lewis High School
58-20 Utopia Pkwy, Flushing, NY 11365

General Admission: \$10 Adults
\$5 Children under 10

Rules: WTF/ USAT Rules

British Open Qualification Rules: All Medalists of the 15-17 Black Belt Division and 18-32 Black Belt Division Winners will be invited to participate in Team Tryouts to qualify for the N.Y.S.T.C. team to London.

REGISTRATION INFORMATION

1. For schools sending 10 or more competitors, please send in a Team Roster Form instead of individual entry forms.
 2. For schools sending 10 or more competitors, please deduct \$20 per competitor from your school as your incentive for your support. Absolutely No Rebates will be given.
 3. \$100 Cash for Door Registration. Sparring Only. ABSOLUTELY NO EXCEPTIONS
 4. Schools will get 1 Free Coach pass for every 10 competitors.
 5. Absolutely NO REFUNDS.
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AWARDS

Forms & Breaking

1 – 1st Place
1 – 2nd Place
1 – 3rd Place

Sparring

1 – 1st Place
1 – 2nd Place
2 – 3rd Place

SPECIAL AWARD PRESENTATIONS

- Top 3 schools with the most competitors
- Best Sr. Male and Female Athletes
- Best Jr. Male and Female Athletes
- Best Coach
- Best Referee

BREAKING REGULATIONS

1. You must supply your own boards. Boards may be purchased at competition site.
2. 1 minute time limit. 3 station max.
3. 2 Attempts only.

SPARRING REGULATIONS

WTF-Recognized Dobok and Mandatory Equipment

All Contestants must wear WTF-approved Taekwondo V-neck uniform (Dobok)

Mandatory Safety Equipment required for all Sparring Contestants:

- ◆ WTF-approved Forearm Guard & WTF-approved Shin Guard
- ◆ Headgear
- ◆ Trunk Protector (1 w/Red Markings; 1 w/Blue Markings)
- ◆ Groin Protector
- ◆ Mouthpiece

Competition Rules

Current WTF/USTU Competition Rules

Sparring Color Belts: Age 5-17

2 Rounds, 1 Min. w/ 30 sec. Rest. No Head Contact

Sparring Black Belts Age 14 & under

2 Rounds, 1.5 Min./ 30 sec. Rest. Controlled Head Contact. No Kicks to Facial Area or Back of Head

Sparring Color Belts Age 18 & up

2 Rounds, 1.5 Min./ 30 sec. Rest. Controlled Head Contact. No Kicks to Facial Area or Back of Head.

Sparring All Belts Age 33 & up

2 Rounds, 1 Min./ 30 sec. Rest. Controlled Head Contact. No Kicks to Facial Area or Back of Head.

Sparring Black Belts Age 15-17 & 18-32

2 Rounds, 2 Min./30 sec. Rest. Full Contact.

*All Tie Matches will be decided by Sudden Death

Event/Division Selection

Sparring Divisions – All Belts (Age 5-6)(7-8)(9-10)(11-12)(13-14)(15-17)(18-32)(33-40)(41&UP)

Divisions – Light, Heavy

White/Yellow/Orange, Green/Blue/Purple, Brown/Red, Black

Junior Sparring Divisions – Black Belts (Age 15-17)

DIVISION	MALE	FEMALE
Light	112lbs. & under	103lbs. & under
Welter	113-129lbs.	104-119lbs.
Middle	130-149lbs.	120-138lbs.
Heavy	150lbs. & up	139lbs. & up

Senior Sparring Divisions – All Belts (Ages 18-32)

DIVISION	MALE	FEMALE
Fly	127lbs. & under	112lbs. & under
Feather	128-149lbs.	113-129lbs.
Welter	150-176lbs.	130-149lbs.
Heavy	177lbs. & up	150lbs. & up

PRESIDENT'S CUP

Competitors Application MAY 22, 2005 @ FRANCIS LEWIS H.S.

PLEASE WRITE SCHOOL CHECKS/ MONEY ORDER/ CERTIFIED CHECKS ONLY TO:
"N.Y.S.T.C. "

Mailing address: Sport Taekwondo- 603 Adams St. (1st Fl.)- Hoboken, NJ 07030
(NO PERSONAL CHECKS ACCEPTED)

Type or Print all information (Illegible applications will not be processed)

NO REFUNDS. Correct amount MUST be paid or you will be charged at door for any amount due.
DOOR REGISTRATION FOR SPARRING ONLY- \$100 CASH, NO EXCEPTIONS!!!

COMPETITORS MUST SIGN WAIVER & RELEASE FORM ON BACK OF THIS FORM

******MUST BE POSTMARKED BY MAY 14TH ******

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: Area Code (_____) _____

Fax: _____ E-mail Address: _____

School/Club: _____ Instructor: _____

School Address: _____

School Phone Number: _____

Application will not be processed without the information below.

Circle one: Male Female Birth Date: _____ Age (as of MAY , 2005) _____

Competition Weight: _____(lb.) Height: _____(ft, in) Belt Color _____ Kub/Degree: _____

Circle the events you will be competing in: Forms Breaking Sparring

Entry Fee: 1 event- \$70 2 events: \$75

3 events: \$80

Part "A" WAIVER - RELEASE FROM LIABILITY.

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE 1st N.Y.S.T.C Presidents Cup TKD Championships, The NEW YORK SPORT TAEKWONDO COMMISSION, SPORT TAEKWONDO Inc., Francis Lewis High School, UNITED STATES OF AMERICA TAEKWONDO INC., the promoters, other participants, operators, officials, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, competing, officiating in, observing, or working for, or for any purpose participating in the event.
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILIT FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence or releases or observing, or working for of for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as any portion there of is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THEUNDERSIGNED HAS READ AND VOLUNTARILTY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specially embraces each and every event authorized or promoted by said releases during the entire season to each and every event, or activity herein above mentioned, parties herein intended to be released and indemnified shall be fully effectively released and indemnified as to each and every event herein above described.

Part "B"

PARENT/GUARDIAN WAIVER - RELEASE FROM LIABILITY.

MUST BE COMPLETED BY PARENTS OR GUARDIANS WHOSE APPLICANT IS UNDER 18 YEARS OLD.PARENT/GUARDIAN WAIVER: RELEASE FROM LIABILITY (If applicant is under 18 years of age, the parent(s) must execute in addition to the above, this following waiver:

The undersigned _____ referred to as the parent(s) and natural
Print parent(s) or guardian(s) name

guardian(s) or legal guardian(s)of _____ , does hereby represent that
Print applicant's (child's) name

he/she (they) is (are), in fact, acting in such capacity and agrees to hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim, or damage whatsoever my be imposed upon said releases because of any defect in or lack such capacity to so act and release said releases on behalf of both of the undersigned.

Parent/Guardian Signature if under 18yrs.

Relationship to minor:

Parent/Guardian Signature if under 18yrs.

Relationship to minor:

COACHES APPLICATION FORM

Applications are to be postmarked by May 17, 2005

- ◆ All Coach Application fee: \$20.00
- ◆ 1 Free Coach Pass for every 10 students
- ◆ Make Coach's fees by Cashier's Check/Money Order/School Check out to" N.Y.S.T.C:
- ◆

Mail to: Attn.: N.Y.S.T.C.
1st Annual President's Cup
Sport Taekwondo
603 Adams St. (1st Fl.)
Hoboken, NJ 07030

Please CIRCLE your position for the athletic meet:

COACH

REFEREE

Please type or print all information:

Last Name: _____ First Name: _____

Birth date (Month/Day/Year): _____ Age: _____ Circle one: Male Female

Belt Color: _____ Kub/Degree: _____ If Black Belt WTF Dan #: _____

USTU Certified Referee Level: _____ Date of Certification: _____

Home Address: _____ City: _____

State: _____ Zip Code: _____ Country: _____

Phone #: _____ Fax #: _____ E-mail: _____

Dojang/School: _____ Master Instructor: _____

School Address: _____ City _____

State: _____ Zip code: _____ Country: _____

Phone#: _____ Fax #: _____ E-mail: _____

LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport, which involves the risk of injury. I agree that I will be responsible for all case of accident such as any damage, loss and any injury etc. which may occur when coaching my students during physical exercise and competition of Gyroogi (Sparring) Breaking and Poomse (Form) and by my carelessness until the finish of the tournament. I agree that the N.Y.S.T.C., Francis Lewis High School and all organizing Committees for the 2005 President's Cup Taekwondo Championship including organizers, officials, staff and volunteers, as well as referees, competitors, staff of sports arena and others, except coach herself/himself, will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I, also agree that the medical treatment provided by the Organizing Committee, if necessary will be a first aid type only.

Printed Name: _____ Signature: _____ Date: _____

PLEASE DRESS ACCORDINGLY FOR THIS EVENT. THANK YOU!

*2005 President's Cup- Santioned by N.Y.S.T.C.
"For the Athlete" May 22, 2005 Francis Lewis H.S.*

MASTERS ATTENDANCE FORM

(YOU MUST SEND IN THE APPLICATION TO RECEIVE YOUR CREDENTIALS)
POSTMARKED BY: MAY 14, 2005. THANK YOU.

Name: _____

School Name: _____

Mailing address: _____

Telephone: _____

E-mail: _____

Dan Level: _____

T-shirt size: _____

LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport, which involves the risk of injury. I agree that I will be responsible for all case of accident such as any damage, loss and any injury etc. which may occur when coaching my students during physical exercise and competition of Gyroogi (Sparring) Breaking and Poomse (Form) and by my carelessness until the finish of the tournament. I agree that the N.Y.S.T.C., Francis Lewis High School and all organizing Committees for the 2005 President's Cup Taekwondo Championship including organizers, officials, staff and volunteers, as well as referees, competitors, staff of sports arena and others, except coach herself/himself, will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I, also agree that the medical treatment provided by the Organizing Committee, if necessary will be a first aid type only.

Printed Name: _____ Signature: _____ Date: _____

PLEASE DRESS ACCORDINGLY FOR THIS EVENT. THANK YOU!

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"For the Athlete" May 22, 2005 Francis Lewis H.S.*

DIRECTIONS TO FRANCIS LEWIS HIGH SCHOOL

*****58-20 UTOPIA PKWY. FLUSHING, NY 11365*****

From Manhattan and Points West –Take the Long Island Expwy. eastbound to exit 25 (Utopia Pkwy.) Make a left at the light and the school will be on your left side.

From Long Island and Points East – Take the Long Island Expwy. westbound to exit 25 (Utopia Pkwy). Make a right at the light and the school will be on your left side.

From Southern New Jersey, Staten Island & Brooklyn – Take the Verrazano Bridge into Brooklyn. Continue on I-278 to Exit 35E (I-495/L.I.E.) Stay left, follow signs to Eastern Long Island. Take the Long Island Expwy. eastbound to exit 25 (Utopia Pkwy.) Make a left at the light and the school will be on your left side.

From Northern New Jersey – Take the George Washington Bridge and stay straight on I-95N. Merge onto I-678 South via Exit 10 towards Whitestone Bridge (Portion toll). Take the College Pt. Blvd. exit – Exit 12A- toward I-495 East/ L.I.E./ Eastern L.I. Turn right onto College Point Blvd. Turn left onto Horace Harding Expwy. South. Merge onto Long Island Expwy./ I-495 East via the ramp on the left toward Eastern L.I. Take the L.I.E. eastbound to exit 25 (Utopia Pkwy.) Make a left at the light and the school will be on your left side.

From Bronx – Merge onto I-678 via Exit 10 toward Whitestone Bridge toll. Take the College Pt. Blvd. exit- Exit 12 A toward I-495 East/ L.I.E./ Eastern L.I. Take the L.I.E. eastbound to exit 25 (Utopia Pkwy.) Make a left at the light and the school will be on your left side.

HOTELS ACCOMADATIONS

Adria Ramada Motor Inn (www.Adriahotelny.com)
220-33 Northern Blvd.
Bayside, NY 11361
718-631-5900

Anchor Motor Inn (www.anchormotorinn.com)
215-34 Northern Blvd.
Bayside, NY 11361
Toll Free 1-800-442-6246, 1-718-428-8000

A TEAM REGISTRATION FORM: For schools with 10 or more students

YOU MUST SIGN WAIVER: 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 many accrue to me against the New York State Taekwondo Commission, this athletic meet, it's organizing committee, Francis Lewis High School, and 2005 President's Cup Taekwondo Championship and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners, and lessor on 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 out of traveling to, participating in, and returning from this athletic meet.

I understand the nature of the President's Cup Taekwondo Championship 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 the President's Cup Taekwondo Championship 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.

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.

NAME	M or F	AGE	BELT	LBS.	EVENTS: F-Forms B-Breaking S-Sparring	LIABILITY WAIVER SIGNATURE Under 18 Yrs- Parent/ Legal guardian must sign
1.						
2.						
3.						
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19.						
20.						

Team/School Name: _____

Master Instructor/ Coach: _____

Telephone & E-mail: _____

