

All non-active Dad's get to train for FREE in the month of June, Happy Fathers Day.

**WORD OF THE MONTH  
HUMOR**

# JUNE 2010

"Life is like a taxi. The meter just keeps a-ticking whether you are getting somewhere or just standing still."...Lou Erick said "Life is a grindstone. Whether it grinds us down or polishes us up, depends on us."...Thomas L Holdcroft "It the game of life, it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season."...Bill Baughan

June 4th parents appreciation 6 -9pm  
June 11,12 Gun level 1  
June 16th BBC training in the park  
June 26 at 10 am test

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WORD OF THE WEEK FUN	CHILD AWARENESS	1	2	3 	4 PARENTS Appreciation Night 6-9pm	5 STORM
WORD OF THE WEEK JOYFUL-	6	7	8	9	10	11 GUNS LEVEL 1 
WORD OF THE WEEK PLAYFULNESS	13	14	15	16 TRAINING AT THE PARK	17	18
WORD OF THE WEEK LAUGHTER	20	21	22	23	24	25
WORD OF THE WEEK SMILING	27	28	29	30		26 TESTING @10AM
	CONDITIONING WEEK					

**T-SHIRT SEASON IS HERE!**  
JUNE, JULY AND AUGUST.

