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December 2021- Important upcoming dates and info

A Merry Christmas and Wishes for a Happy New Year

The Holiday Season is here! We hope everyone spends important quality time with family and friends. As another year approaches we are once again reminded how fortunate we are to have dedicated students and their families, some new and some that have been with us year after year. 2021 saw many great classes, students moving to higher ranks, wins at competitions, our younger students maturing and some going to college, and more. Thank you and please know that it is YOU who makes our studio a special place. We look forward to a great 2022!



Holiday fun at the Studio

On December 22 we will have some Holiday fun at the studio. Some training, some games, some take home treats! Little Tigers and Kids 1 (4:40 pm) will run from 4:30-5:30 pm. Kids 2 (5:40) and Kids 3 (6:40) will run from 6-7 pm. Please see Master or Mrs. Serrano with any questions.

BAND

We have been having occasional technical difficulties broadcasting on BAND recently. December should be better as we believe we have addressed the issue.

Arriving for class and pick up

As the weather is getting colder we welcome students into the studio before their class starts. Please be mindful of any class that is in progress. Students are asked to sit quietly on the benches or in the back near the trophies. We also welcome parents picking up their child to come in while waiting for class to end. Because it is now dark earlier we do not release younger students without making sure their ride is there. Please see Master or Mrs. Serrano with any questions.

Vitamin D studies and Covid

As some of you are aware I have been personally following the situation of the "pandemic" from the start. Because of my exposure to many people at the studio and the Fire Department I wanted to be as informed as possible early on. I have been on a multi-vitamin regimen which includes Vitamin D since very early on. Recently an article came out that cited a German study showing a very distinct correlation between negative outcomes and D deficiency. This brings the number of studies to 145. Just wanted to pass the info along. I have posted links in the News/Events section of our website- www.ects.biz. Feel free to speak to me directly or email me with any questions. Stay healthy! ~Master Serrano

VITAMIN D FOR COVID-19

145 STUDIES BY 1,289 SCIENTISTS

92 SUFFICIENCY STUDIES WITH 42,190 PATIENTS

53 TREATMENT TRIALS WITH 67,124 PATIENTS

43% IMPROVEMENT IN 53 TREATMENT TRIALS RR 0.57 [0.49-0.65]

57% IMPROVEMENT IN 92 SUFFICIENCY STUDIES RR 0.43 [0.37-0.50]

47% IMPROVEMENT IN 31 TREATMENT MORTALITY RESULTS RR 0.53 [0.41-0.68]

SUFFICIENCY STUDIES ANALYZE OUTCOMES BASED ON SERUM LEVELS. 12/06/21. VDMETA.COM

Parking Reminder- Please keep this in mind

A reminder that parking for our studio includes available spaces on our side of the building, approximately 12 spaces directly in front of our front windows, and overflow parking on the other side of the building. **All cars should be parked in a parking spot**, please do not park in the open area on the side of the studio or double park in front of other vehicles. There is a map attached to the front door if you have any questions and we also have copies near the door. Thank you in advance.

Our focus is more than kicking and punching

Here are our planned themes for November:

Week 1- Respect- Treating others with courtesy and honor.

Week 2- Honesty- Being truthful in what you say and do.

Week 3- Listening- Actively listening and responding.

Week 4- **New Year's Resolutions**– Setting new goals and implementing changes to reach those goals.

Sparring gear- 2nd and 4th full week of the month

All students should bring their sparring gear the 2nd and 4th full week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Leadership Team Training- Friday- December 17, 6-8 pm

We will have a Leadership Team meeting/training on Friday, 12/17, 6-8 pm. All instructors and assistant instructors are required to attend. We will also be having some food during the meeting. Please let Master Serrano know if you will be able to attend.

Upcoming breaking competitions!

- **USBA/WBA Massachusetts Breaking Championships**- This event will be in March in Chicopee, MA. More info will come shortly.