



## Nguyen School of Tae Kwon Do Travel Recommendations

To: Parent(s) or Guardian(s) of Competition Team Members

Some of the snack/food items being sold at the tournaments aren't very healthy (pizza, hot dogs, candy) and are counterproductive for competitors. It can be a long day and hours between forms and sparring competitions. It is better for our competitors to eat a lighter, healthier protein snack between competitions than pizza, etc. Please pack the following for your competitor for each tournament they attend. Put these items in a small lunch box/cooler that they can put in their duffle bag.

Things to bring to a tournament:

- 3-4 Water bottles
- Sandwich such as:
  - Peanut butter sandwich (jelly optional – could stain uniform)
- Snacks such as:
  - Granola bar
  - Energy bar
  - Fruit (apples, bananas, grapes, etc.)
- Money: For Supper/Dinner after the tournament and transportation.
  - If your competitor is under 12 years of age please see Mr. Nam regarding funds for supper/dinner after the tournament and a possible breakfast on the way to the tournament. Generally, \$20 will cover all food cost and gas money.

Please try to avoid greasy foods, potato chips, pop, and high sugar snacks such as candy bars.

If you have any questions please feel free to contact me at 612-202-8557 or e-mail at: [nam.nguyen@namtkd.com](mailto:nam.nguyen@namtkd.com)

Thank you.

Sincerely,

Master Nguyen