

CYCLE 3 2023

COMMITMENT

**"Sticking to the mission,
and never giving up Sir/Ma'am!"**



Read through all 20 Missions. You earn 10 points per completed mission.

You earn your black stripe (martial arts) for turning this form in and having completed at least 5 missions.

MISSIONS 1-5: COMMITMENT TO TRAINING

These missions are focused on the commitment to your training & hard work.

You earn 10 points for each completed mission:

POINTS:

MISSIONS:

1. Complete your form (Martial Arts) or ten backbends (Tumbling) in the morning and before bed.

2. Stretch for 10 minutes every day for 1 week.

3. Come to one extra training class during the week.

4. Set a goal to complete within 3 months. What is your goal? _____

5. Complete a new skill in martial arts or tumbling. What was it? _____

**HARD WORK
PAYS OFF**

MISSIONS 6-10: COMMITMENT TO LEARNING

These missions are focused your dedication to always be a continuous learner.

You earn 10 points for each completed mission:

POINTS:

MISSIONS:

6. Read a new book. What was it? _____

7. Watch a new video or podcast to learn a new skill. What skill did you learn? _____

8. Complete your homework consistently before coming to your training class.

9. Research two facts about your favorite animal: _____

10. Learn a new word in a different language. English: _____ Other Language: _____

Commitment isn't just a word..it is an action!

Student Name

Parent Signature (for kids)

Student Signature

MY TOTAL POINTS



**EACH MISSION
IS WORTH 10
POINTS**

**200 POINTS
ULTIMATE LEADER**

**150-190 POINTS
SUPER LEADER**

**100-150 POINTS
LEADER**

MISSIONS 11-15: COMMITMENT TO YOUR FAMILY AND YOURSELF

These missions are focused on your commitment to those around you and yourself.

You earn 10 points for each completed mission:

POINTS:

MISSIONS:

11. Complete three 20 minute workouts in one week.
12. Say please, thank you, and sir/ma'am to your parents every time without being reminded.
13. Try a new vegetable at dinner without complaint.
14. Have a 30 minute talk time with your family without any electronics (Parents too!).
15. Plan an activity for you and your family to spend quality time together.

What did you do? _____

MISSIONS 16-20: COMMITMENT TO YOUR COMMUNITY

These missions are focused on your commitment as a leader in our community.

You earn 10 points for each completed mission:

POINTS:

MISSIONS:

16. Go through your local neighborhood and safely pick up trash. Post a picture on our social media channels or send it to your coach via email.
17. Complete your entire chore list before playing any electronics.
18. Ask your neighbor if they need any help. What did you help them do? _____
19. Help your teacher and school by cleaning up the playground consistently everyday for 1 week.
20. Donate gently used toys from your room to kids that are not as fortunate.



MEET YOUR INSTRUCTORS!



“Hi! My name is Trista Ogle. I am the director of cheer and tumbling! I recently graduated from The University of Tennessee with a degree in social work. Combining my love for helping others with my passion for tumbling has been a dream come true. Being able to share this love with my students and watch them grow and achieve their goals is beyond rewarding. I believe that every individual deserves support, encouragement, and a safe space to grow. Through my social work background, I'm able to create an inclusive and empowering environment for my students, fostering not only their physical skills but also their emotional well-being. It's a beautiful journey of growth and self-discovery for all of us!”

Hey everybody! My name is Peter Goodacre or “Mr. Peter” as you may have heard at the academy... and I am one of our Martial Arts Directors here at P3 and a 4th Degree Black Belt. A little about me if you didn't know, I have been with P3 since they opened their doors in 2015, and I was hired on to their amazing team in 2018! To say that I have made my best friends, memories, and family here would be an understatement. I absolutely love working with all our families who step through our doors every day. I am currently a student at The University of Tennessee Knoxville pursuing a Bachelors Degree in Sport Management. I am also a MP in the TN Army National Guard, and I am hoping to rise to the next level with P3 to provide even better care for all our families that we look after. Can't wait to see you all on the mats!