

# JEFFERSON COUNTY PUBLIC SCHOOLS

DUTCH CREEK ELEMENTARY SCHOOL  
7304 W. Roxbury Place  
Littleton, Colorado 80128

To anyone thinking about having Mile High Karate come to their school,

This may sound too good to be true but it is the honest truth. I admit I was uncertain at first, but this is how it was for Dutch Creek Elementary. Mr. Robert Lewis from Mile High Karate came to the school and taught 18 classes over 3 days in the basics of karate. It is a lifetime sport that fits the District's standards, so I had no reservations about having it taught during my physical education class time. In addition, a 6 class after school intramural program was offered at a cost of \$20 per student. I had over 75 enthusiastic students pay for the privilege. Parents were pleased with the low cost and the idea of their child trying out karate. All of the proceeds were donated to the Physical Education department. My budget for the year had tripled due to over \$1500 raised by the program, which the kids really did enjoy. As well as these benefits, we were in hopes of increasing enrollment for the Mile High Karate program. Having Mile High Karate come to Dutch Creek Elementary was definitely worthwhile for everyone involved: students, school, P.E. department, and Mile High Karate.

Sincerely,

Doug Bierzychudek  
Physical Education Teacher  
Dutch Creek Elementary School  
(303) 982-4565



**ADAMS TWELVE Five Star Schools**

Serving Broomfield, Federal Heights, Northglenn, Thornton,  
Westminster, and parts of Unincorporated Adams County.

Kari S. Coccozzella, *Principal*  
**SKYVIEW ELEMENTARY SCHOOL**

5021 E. 123rd Avenue  
Thornton, CO 80241-3203

Our mission is:  
*"to maximize learning opportunities for each student."*

720-872-5620  
FAX: 720-872-5639

To Whom It May Concern:

This letter is to express my sentiments about the Mile High Karate program that came to Skyview Elementary School. I believe their program was great for our students. This was also a very easy fundraiser.

I wanted to offer a self-defense class of some kind but I did not have the background to teach martial arts. Soon there after I heard about Mile High Karate and thought I would give them a try. I heard good things from two other P.E. teachers in our district that had Mile High Karate come to their schools. To generate interest we had the instructors come in and do two 25 minute assemblies during the day. Later in the week the students received an invitation to join an after school program which offered six classes for 40 minutes each. We had 60 students sign up.

During the classes the instructors had students involved with engaging activities that stressed RESPECT. I enjoyed seeing the children develop a sense of confidence when they practiced their punches and kicks. I was impressed with the instructors' ability to manage 60 kids who all seemed to be actively engaged in a sequential experience of appropriate skill development. The students were given white belts on the first day. They really felt special when they put these on. Homework assignments were given to students' everyday, which were brought back in order to earn an attitude stripe on their white belt during the start of each class.

At the end of the 6 day program there was a graduation ceremony at Mile High Karate where students received one last class and a certificate of completion as well as an opportunity to continue with classes at a reduced rate.

In conclusion, I feel confident that you would have a successful and positive experience for your students using Mile High Karate, as well as earning money towards your physical education program.

Sincerely,

Travis Crouch  
(Physical Education Specialist at Skyview Elementary School)



## ADAMS TWELVE Five Star Schools

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Westminster, and parts of Unincorporated Adams County.

*Together - educating the whole child*

Judi Dauman, *Principal*  
**WYCO ELEMENTARY**  
11551 Wyco Drive  
Northglenn, CO 80233-2244

Office: 720-972-5720

To Whom it May Concern,

As a PE Teacher for the last 11 years, I have seen fundraising programs come and go. Usually, there is too much work and too little payoff. Luckily, I was introduced to Mr. Sager and Mr. Young. As co-owners of Thornton Mile High Karate, they have come up with a wonderful marketing idea that is truly a win-win situation, After School Karate. During their after school karate program, they teach much more than martial arts techniques. They teach respect, responsibility, self control and cooperation. The kids carry these skills over to the classroom and to their homes! I highly suggest that if you are in need of PE monies (and who isn't), you should contact Matt and Sean. I have never done an easier, more fun (and more beneficial for the kids) program than this one. These guys run a first class operation, do all the work and they are great with the kids! I am so glad that I did the after school karate program with Thornton Mile High Karate. The kids loved it, I loved it, their parents loved it and now I can improve their PE inventory!

David E. Dotson, MA  
PE Teacher  
Wyco Drive Elementary  
Northglenn, CO



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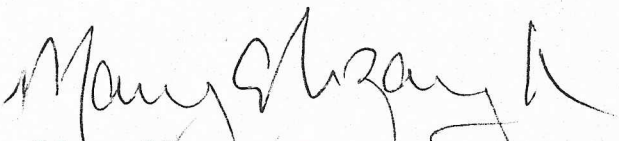
Together - Educating the Whole Child

Carolyn Sullivan, *Principal*  
**STUKEY ELEMENTARY**  
11080 Grant Drive  
Northglenn, CO 80233-3312

Telephone: 720-972-5420  
Fax: 720-972-5439

**DEAR THORNTON MILE HIGH KARATE,**

**THANK YOU FOR COMING TO STUKEY ELEMENTARY. WE LOVED THE  
AFTER SCHOOL PROGRAM THAT YOU DID. IT WAS AMAZING! THE  
KIDS THAT YOU TAUGHT WERE AWESOME. THEY IMPROVED SO  
MUCH OVER THE THREE WEEK COURSE. AND ALL OF THE OTHER  
TEACHERS FOUND AN IMPROVEMENT AS WELL. ON BEHALF OF  
STUKEY ELEMENTARY THANK YOU.**

  
**MRS. NAZARYK  
PHYSICAL EDUCATION TEACHER  
STUKEY ELEMENTARY**

**Lori Shifflet**  
**PO Box 395**  
**Lafayette, CO 80026**

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March 20, 2003

Mr. Tim Cooper  
Mile High Karate of Lafayette  
1300 Centaur Village Dr.  
Lafayette, CO 80026

Dear Mr. Cooper:

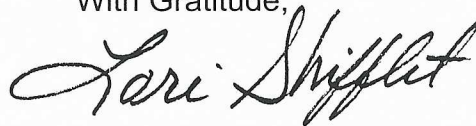
As a single mother (especially in today's world), it is very important to me that my child has respect for others, positive attitude, doesn't know the word "can't", and is honest, trustworthy and kind.

We joined Lafayette Mile High Karate, not only because the instructors are so awesome and encouraging, but because my son was having problems in school, home and attitude.

After receiving my son's report card today, I want to thank you so very much for the improvements you have made in my child's life. His report card went from negative comments to positive ones and he got better grades! He now listens attentively and shows respect to others. He helps me more around the house and is less disobedient. Our relationship has grown stronger and continues to grow each day. Most of all, my son has made a commitment to earn his 2nd degree black belt!

Again, thank you from the bottom of my heart and keep up the excellent work!

With Gratitude,



Lori Shifflet