



September 25, 2010

Dear Athletes, Coaches, Referees, Masters and Instructors:

Gentle East is proud to invite you to Captain's Cup Challenge XVIII. The tournament will be held on **November 20, 2010** at **Takoma Park Middle School, Main Gymnasium, 7611 Piney Branch Road, Silver Spring, MD 20912**. The event features matted rings, electronic scoring and National and International-level referees. In addition to offering our customary competition in traditional and creative forms, board-breaking and sparring this year's tournament will feature a new event, **Family Team Forms**.

Since the first Captain's Cup Challenge in 1989 this event has provided athletes with an excellent opportunity to showcase their skills and challenge their abilities in the ring, while enjoying a day of competition and camaraderie with fellow taekwondo practitioners. In addition, this year's new Family Team Forms competition gives families that train together the unique opportunity to perform side-by-side.

The referee meeting will be at 9:30 am and the referee uniform will be black pants, white shirt and red tie. Please report to Master Bernard Robinson, Referee Chair for this event. Referees coming from out of town please contact me for accommodations. I would like to thank you in advance for your support and hard-work, without which this event could not occur.

The Marriott Hotel and the Hilton Hotel are 10 minutes from the venue in downtown Silver Spring.

For more information on the tournament or to download a registration form, please visit www.gentleeast.com. I look forward to sharing this special day with you. See you on the 20th!

It's Showtime!

John L. Holloway
Tournament Director
US Team Leader, 2000 Sydney Olympic Games
US Team Captain, 1977- 1979