



Arnold Mitchell Heads Maryland AAU Karate



For five decades Arnold Mitchell has been teaching discipline, self-defense, and physical fitness while building character in the youth of Baltimore City and the State of Maryland.

Arnold is a seventh degree black belt in Traditional Okinawa Shorinryu. He is a world class champion in forms, weapons and fighting.

Arnold has joined AAU as its Sports Director for Karate. While an avid teacher, Arnold is constantly learning. He has earned a bachelor's degree in history from Coppin State University. To enroll in youth as well as adult training classes, call **Arnold Mitchell Karate at 410-967-2426**.

Baltimore City Bureau of Recreation and Parks and AAU Sign Agreement

Earnest Burkeen, Jr., Director of the Baltimore City Bureau of Recreation and Parks and Benjamin DuBose, Governor for AAU's Maryland District, have agreed to share their agencies expertise regarding the development and delivery of winter, fall, spring and summer youth sports.



Their goal is to provide after school and evening athletic programs to youth who visit the City's recreation centers. They agree that the partnership will make it easier for youth to participate in traditional and non-traditional vigorous and organized after school sports programs and will provide additional options of sports activities to participate in.

Their first venture is jump rope. **Jim McCleary**, the AAU National Sports Director for Jump Rope and Cindy Bork, Administrator of Kangaroo Kids, the nationally recognized youth jump rope team, conducted a workshop on November 9th to teach single rope basic skills, single rope speed, single rope double unders, single rope freestyle skills, single rope freestyle routines and double dutch to Bureau of Recreation youth and staff.

A follow up workshop was conducted on Saturday, January 18 from 10 a.m. to 2 p.m. at the Gardenville Recreation Center, 4517 Hazlewood Avenue. The workshop provided additional training to Bureau of Recreation staff to help prepare kids to participate in the Maryland Invitational, a regional jump rope tournament, which was held on Saturday, February 1st.

Important Announcement:

Maryland District Basketball Championship Tournament

- April 4th, 5th & 6th – 7th & 8th grade teams
- April 12th & 13th – 9th, 10th & 11th grade teams
- April 26th & 27th – 2nd, 3rd, 4th & 5th grade teams

Registration Deadline is March 15th!

For more information contact: Ben DuBose at 410-340-0635 or visit www.marylandaau.org.