

Judo Saskatchewan Minimum Training Guidelines:

Age Group	Judo Per Week	Fitness Training	Other Sports	Weeks Per Year	National Results	Inter. Results
U15 1st YR.	2	0	2	35	Top 5	
U15 2nd YR.	3	1	2	40	Top 3	
U17 1st YR.	3	2	2	42	Top 3	
U17 2nd YR.	3-4	2-3	2	42	1st	Top 5NA
U20 1st YR.	3-4	2-3	1	45	Top 3-5	Top 5NA
U 20 2nd YR.	3-4-5	3	1	45	Top 3	Top 3NA
U 20 3rd YR.	4-5	4	0-1	46	1st Jr. –top 5 Sr.	Top 7 Jr. WC
Senior 1st YR	4-5	4	0	48	Top 3 Sr.	Top 3NA
Senior 2nd YR	5-6	4	0	48	1st Sr.	1st NA
Senior 3rd YR	5-6	4-5	0	49	1st Sr.	Top 3 PJU
Senior 4th YR	6-7	4-5	0	49	1st Sr.	1st PJU 8-12 WC
Senior 5thYR+	6-7	4-5	0	49	1st Sr.	1st PJU Top 5 WC

Frazer Will Example

1996 Starts Judo – Kleiboers & Melfort area Judo Clubs

1998 Nationals Juvenile 55kg Bronze

1999 Nationals Junior 55kg Bronze

2000 Nationals Junior 60kg Bronze

Senior 60kg Gold

Moves to NTC - Montreal

2001 Jr Pan-Am Champion

2003 Sport Canada Developmental Card

2003-04 Number 2 athlete 60kg

2004 5th Paris – Judo Canada A-Team

2005 Number 1 athlete 60kg

2006-07 Pan-Am Champion

2008 7th Olympic Games

2011 University Graduation

