

Dear Coaches, Parents and Athletes,

Judo Saskatchewan in cooperation with Sask Sport is going to launch a new program to teach and upgrade athletes/coaches on off the mat strength and conditioning programs.

THE IDEA: Judo Saskatchewan will have Sport Saskatchewan Strength and Conditioning Coaches/experts attend targeted Judo Saskatchewan Team Trainings and Training Camps. The Sport Saskatchewan experts will teach athletes/coaches technique, provide programs, information and technical DVD's. One of the keys to this program is to have the athletes/coaches learn how to do all the weightlifting techniques safely and correctly from certified professional coaches.

Judo Saskatchewan understands that it is a busy competition season and this is why we have decided to have these important sessions in conjunction with events that are already included in the competition season. **IMPORTANT** we are not adding any extra weekends but we are just adding an additional training session on to identified Team Training's and/or Camps.

IMPORTANT:

Judo Saskatchewan strongly recommends that any athlete that is interested in attending the 2009 U15/U17/U20/Senior National Championships and the 2011 Canada Winter Games attend these important sessions. All coaches and parents are welcome to these sessions. Judo Saskatchewan would like to have all coaches who are providing their athletes with strength and conditioning programs to attend these trainings.

Sask Sport & Judo Saskatchewan Strength Training Dates:

November 30, 2008	Melfort Competition and Team Training	12h30PM to 14h00PM
January 03, 2009	Winter Camp	13h00PM-15h00PM
March 29, 2009	Saskatoon Competition and Team Training	12h30PM to 14h00PM
May 16, 2009	Saskatoon Team Training	TBD
August 2009	Summer Camp	TBD

*one week after ishi-yama and one week before Sr. nationals

Note: On the Sunday's that we have team trainings a weight lifting technique we will have a light and shorter training session.

Note: Sport Saskatchewan will have 3-5 Strength and conditioning coaches attending each session to help with the teaching and make the event manageable.

Judo Saskatchewan Team Training Schedule on these dates:

9h00AM Little leaders

10h00AM-11h30AM - Team Training

*12h30PM-14h00PM - weight lifting session run by Sask Sport.

(U23+CWG – strongly encouraged for athletes for Nationals and CWG)

IMPORTANT: Judo Saskatchewan needs to have coaches, athletes and parents send the following information into me so we can have most organized sessions as possible:

Please send the following information to me: beaton_judocan@yahoo.ca

Participants Name:

Judo Club:

Coach/Parent/Athlete:

Number of Years/Months Experience Weight Training:

IMPORTANT FOR COACHES: Judo Saskatchewan Club Coaches who attend the team training and weight training sessions can apply to Judo Saskatchewan for a transportation per diem. It is important that clubs to have the person in charge of producing strength and conditioning programs at these sessions.

