

Judo Saskatchewan Weekly Updates

Date: June 15, 2009

The Judo Saskatchewan updates are intended for all members of Judo Saskatchewan. Please forward these updates to club members and athletes that you feel can benefit from having a copy of the weekly update.

A) Judo Video Clips:

Ippon: <http://www.judovision.org/?p=4717>
Ippon: <http://www.judovision.org/?p=4715>
Ippon: <http://www.judovision.org/?p=4713>
Ippon: <http://www.judovision.org/?p=4706>
Ippon: <http://www.judovision.org/?p=4870>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2009 Judo Saskatchewan Summer Camp:

<http://www.judosask.ca/events/SummerCampNotice.pdf>

Judo Saskatchewan is expecting athletes from B.C., Alberta, Manitoba and Ontario for the 2009 Summer Camp of Champions. It will be an excellent camp.

Sign up now because there are limited spots!

Sport For All Program:

CAMP SPONSORSHIP

Each club may submit one request for a \$100. sponsorship to the Summer camp. Sponsored athlete must be under the age of 17 as of December 31, 2009.

Contact: Lynn Schaan: lynn.schaan@sacl.org

NCCP Course: Dojo Assistant

Location: Outlook, Saskatchewan (Summer Camp)

Dates: August 13-14, 2009

Cost: daily camp drop-in fee, or weekly fee if attending camp for the week

Contact: Kate Wittman: judomom.kate@sasktel.net

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Richard Trautmann, Germany 2 x Olympic Bronze Medallist

Hooking Kata-Guruma:

<http://www.judovision.org/?p=4919>

Please review this information three to four times a week. It is easy to learn new things and try them in practice and randori.

D) Judo Canada/ World Update:

Tre-Torri International, Italy

2nd 57kg Stefanie Tremblay, QC

5th 81kg Justin Imagawa, BC

5th 63kg Laurance Cote, QC

Website: <http://www.judotretorri.com/en/index.php>

E) Sport Science Update:

Fuelling Young Athletes:

http://coach.ca/admin/pdf_admin/pdf/fueling.pdf

F) Judo Practice:

Triple Drill: 1 min intensity drill

a) 20 sec speed uchi-komi

b) 20 sec moving uchi-komi

c) 20 sec throwing

G) Judo Fun/Interest:

Judo Coach; Not Being Perfect.

<http://judocoach.com/blog/index.php?entry=entry090429-082151>

H) Featured Match of the week:

[-48kg] Anna-Maria Gradante (GER) - Sylvie Meloux (FRA)

<http://www.judovision.org/?p=4861>

I) Judo Saskatchewan Coming Events:

June 19/20, 2009 Team Training, Prince Albert

August 09/15, 2009 Summer Camp, Outlook

August 28/30, 2009 CWG Training Camp, Moose Jaw

September 12/13, 2009 Coaches Retreat, Saskatoon

September 18/19, 2009 Team Training / Fitness Test, Saskatoon