

Judo Saskatchewan Weekly Updates

Date: July 06, 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.

The Judo Saskatchewan update will return in August as a bi-weekly update. Have a great summer and see you at SUMMER CAMP!

A) Judo Video Clips:

Ippon: <http://www.judovision.org/?p=4758>
Ippon: <http://www.judovision.org/?p=4756>
Ippon: <http://www.judovision.org/?p=4754>
Ippon : <http://www.judovision.org/?p=4755>
Ippon : <http://www.judovision.org/?p=4753>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2009 YOUTH NATIONALS RESULTS, CALGARY, ALBERTA

Judo Saskatchewan Media Release:

2009 Youth National Judo Championships Results

Judo Saskatchewan had a successful youth national championships winning nine medals over the three day championships held in Calgary, Alberta. Jordan Poliakiwiski qualified for the 2009 World Junior Championships winning all of her matches by ippon which is an equivalent to a knockout in boxing. Emin Sheykhislyamov won his second major national championship in the last two months as he added the junior national title to his senior national title which he won in May. All of the Saskatchewan team competed with pride and passion making it a very satisfying weekend for all of the athletes.

The Lloydminster Judo Club finished in 10th place out 129 judo clubs in the over all Canadian judo club rankings. This is a great honor for coach Dean McGarry as his judo club is the only judo club outside of Quebec and Ontario to finish in the top ten.

Under 17 years Old

2nd Emily Schaan	-63kg, Watrous Judo Club
2nd Alex Delorme	-81kg, Lloydminster Judo Club
3rd Alexandra Poliakiwiski	-48kg, Lloydminster Judo Club
3rd Nicole Dyck	-57kg, Watrous Judo Club

Under 15 years Old

2nd Joey Schatz	+66kg Saskatoon YMCA Judo Club
5th Haley Walz	-63kg Moose Jaw Judo Club

Under 20 years Old

1st Emin Sheykhislyamov-90kg Prince Albert Judo Club
1st Jordan Poliakiwiski -48kg Lloydminster Judo Club
3rd Ashley McBride -78kg Prince Albert Judo Club
3rd Bishop Sommerfled -78kg Regina YMCA Judo Club
5th Andrew Yuen -66kg Regina YMCA Judo Club

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 **\$100.00** sponsorship to the Summer camp. Sponsored athlete must be under the age of 17 as of December 31, 2009.

Contact: Lynn Schaan: lynnschaan@hotmail.com

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:

De-Ashi-Hari: Jean-Pierre Gilbert FRA

<http://www.judovision.org/?p=4908>

D) Judo Canada/ World Update:

Brazil World Cup Performances:

5th 66kg Michal Popiel

5th 73kg Nicholas Tritton

5th 78kg Amy Cotton

5th 78kg Catherine Roberge

Reports:

<http://www.judocanada.org/english/news.asp?CodeN=147>

<http://www.judocanada.org/english/news.asp?CodeN=146>

E) Sport Science Update:

Active Rest:

Active rest appears to allow an athlete to physically and psychologically recover from the stresses of training and competing while still maintaining fitness levels. It is becoming a common part of most training plans and appears to offer more benefit than harm. Consider adding a bit of easy, low-intensity exercise to your post-competition recovery plan and see if you feel better faster.

F) Judo Practice:

Summer Time Training:

Judo training in the summer is a time to work on different techniques, add techniques and work on some areas of fitness that you are not able to focus on during the regular season.

Coaches need to use this down time from judo to plan the next seasons training schedule, technical schedule, fitness schedule, competition schedule and training camp schedules.

G) Judo Fun/Interest:

Lloydminster Judo Club in the News:

<http://www.meridianbooster.com/ArticleDisplay.aspx?e=1634478>

Judo Scotland prepares for the 2014 Games

<http://news.stv.tv/scotland/105511-scottish-youngsters-to-experience-judo/>

H) Featured Match of the week:

[Open] Hirotoshi Watanabe (JPN) – Toshihiko Koga (JPN)

<http://www.judovision.org/?p=4981>

I) Judo Saskatchewan Coming Events:

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