

Fall Novice Camp Moose Jaw October 4-6, 2024

These novice sessions are for **novice athletes orange belt and below** in the:

U16, U14, U12 & U10 age groups (Born 2017-2010) *There is no cost for this camp*

All ages fitting the belt criteria are encouraged to participate, as this is a great way to meet and train with judoka from across Saskatchewan.

The Sessions will be focused on grass roots judo; creating a judo plan, developing solid techniques, building a team sense with all Judo Sask athletes and having FUN!

New/Young coaching learning opportunity: Coaches (U18 Blue belt and up) This is a great opportunity for our club coaches to assist in coaching, Earn PD points and gain valuable experience not just coaching but interacting with youth athletes!

Session Plan:

Friday, October. 4:

Athlete Arrival: 6:00 pm - 6:15 pm

Judo Session 6:30 pm - 8:00 pm

Team Snack & Movie 8:30 pm - 10:00 pm

Lights out 10:00 pm

Saturday, October. 5:

Team Breakfast: 9:00 am - at the Moose Jaw Judo Club (801 Hochelaga St. E)

Judo Session #2 10:00 am - 11:30 am Tachi-Waza Technical & Randori

Lunch 11:45 am - at the Moose Jaw Judo Club

Fun Team Building Activity - 12:45 pm - 2:15 pm

Judo Session #3 2:30 pm - 4:00 pm Ne-Waza Technical & Randori

Team Dinner 4:30 pm -5:30 pm

Swimming 6:30 pm - 8:30 pm

Team Snack 9:00 pm

Lights out 10:00 pm

Sunday, October 6:

Team Breakfast 9:00 am - at the Moose Jaw Judo Club (801 Hochelaga St. E)

Session #4 10:00 am - 11:30 am Technical Review & Randori

Athlete Pick-up 11:45 pm - at the Moose Jaw Judo Club

What to bring:

Judogi (Multiple if Possible), Judo Belt, Water bottle, Running Shoes
Training Snacks, Gym Clothes, Toiletries, Spending Money, Sleeping Bag, Pillow, Swimming Attire, Towel

****Please Note: This camp is a sleepover camp but that is optional****

Camp Director:
GREG COOPER
CHAIR PARTICIPATION &
DEVELOPMENT.

