

Judo Saskatchewan Update



Date: August 2014

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 monthly update.

For more information on Judo Saskatchewan and our programs please visit our website: www.judosask.ca

If you would like to unsubscribe yourself from the Judo Saskatchewan Update please email: e.beaton.judo@gmail.com

A) IPPON

Top 5 Ippons: European Championships

<http://www.youtube.com/watch?v=BcdrhNIwJX0>

Top 5 Ippons: Havana World Cup

http://www.youtube.com/watch?v=kOt_wFc0MMk

B) Judo Saskatchewan Updates

Marketing your Judo Club:

This is a great article on marketing your judo program with a handy checklist at the end of the article to keep you on track during your preparation.

If you want to add members to your judo club you will need to keep working at your marketing plan. You need to try new ideas out and keep using the marketing ideas that have brought into your judo club.

We always talked about the idea of developing athletes by taking them out of their comfort zone. To develop your judo club you need to get out of your comfort zone.

<http://www.vicsport.asn.au/Assets/Files/Sport%20Engalnd%20Club%20Marketing%20Toolkit.pdf>

NEW JUDO CLUBS NEEDED:

Judo Saskatchewan is looking for judoka who are interested in opening their own judo program. There are a number of different ways to develop a judo program. It can be a simple one day a week after school program at a school or community club or you can start your own 2 to 3 day a week judo club. Judo Saskatchewan needs to increase its membership – with increased membership judo in Saskatchewan can improve at all levels of development.

Opening a Dojo:

<http://www.judobc.ca/files/2011/08/opening-a-dojo.pdf>



<https://www.facebook.com/groups/158916920950217/>

Judo Saskatchewan would like to have Judo Saskatchewan members post photos from their judo clubs, competition, training camps and events on the Judo Saskatchewan facebook page. Find updates on Judo Saskatchewan on the Judo Saskatchewan Facebook page today!

B) Athletes / Coaches Corner

Kodokan: Children's judo lessons in Japan

<http://www.youtube.com/watch?v=2tifOWqANCs>

This is a good clip that shows basic judo drills and technique taught at the Kodokan to kids and teenagers who are just starting judo.

Seio-nage action- reaction

<http://www.youtube.com/watch?v=1VqLKbHXkA0>

The basic concept of using your body and arms to create action-reaction to open up a seio-nage attack. The concept of action-reaction should be developed from an early age with all judoka. It is important that the techniques work together and share the same grip to maximize the efficiency.

Travis Stevens: US Olympian Interview

<https://www.youtube.com/watch?v=yldKOLD2DG8>

IMPORTANT: COACHES

RESPECT IN SPORT

Sport Saskatchewan had mandated that all coaches who coach in Saskatchewan take this online course. This is an excellent course that bullet proofs your program in the area of sportsmanship, respect towards athletes and referees. Please complete this course today - it can be done in sections making it easy for all coaches to complete. Judo Saskatchewan is tracking the coaches who have completed this course. All coaches need to complete this course.

<https://sasksrc.respectgroupinc.com/secure/>

IMPORTANT:

Doping Control Website: <http://www.globaldro.com/ca-en/>

To find the status of any medication or other substance, consult the Global DRO.

D) Judo Interest:

Recipe for Success, Renee Hock, 4 time National Champion

If you used a quick show of hands to take a survey among athletes and asked "who wants to be a champion?" likely everyone would raise their hands. Of course, all athletes want to succeed in their sport. However, how many athletes are truly willing to make the commitment and follow the necessary steps required to achieve their goals?

What is truly required to achieve an element of success at the highest levels of competitive judo? This article details some of the major components that if considered in your training program will help to improve your chances at successfully attaining your competitive goals:

Commitment

Hard Work

Attitude

Mental Skills

Planning

Integration of skills

Outside Support

Nutrition & Hydration

Remaining Article:

Commitment

This is the first step to achieving success. Make a commitment to your goals in judo. This may be something as small as committing to go to practice three times a week instead of two, or something like developing a comprehensive training plan that incorporates all elements of your program. Either way, making this type of commitment will increase your confidence in competitive situations because you will know that you have invested more in your preparation than the majority of athletes that you will face in competition.

Hard Work

It is not enough just to show up for training. In my many years as a coach, I have seen a number of athletes who show up to practice regularly, but simply go through the motions of drills and even avoid challenging partners and situations that would greatly enhance the development of their skills. Later, these same individuals often become frustrated in tournament situations when they are unable to push their bodies to the limits demanded by competitive judo. They feel that because they have made the commitment to attend practice regularly, that this alone should provide them with the competitive results that they are hoping for.

However, the reality is this - the body cannot perform at a high level of intensity in competition if it has never previously been exposed to this level of intensity in a practice situation first. At practice we are training our bodies to prepare for competition. It is therefore important to understand that if we do not work hard at practice, we will not be able to achieve our desired performance outcome in a competitive situation. Maximizing opportunities to work hard at practice will maximize your chances of success in competition.

Attitude

It is critical for all athletes to seek to maintain a positive, open and flexible attitude within their training environment. Successful athletes know how to manipulate challenging situations and limited resources to their advantage. They are also constantly looking to outside sources for anything that will give them any type of a competitive edge.

For example, let's examine the situation where an athlete shows up for judo and only three other people are there. Some individuals in this situation would feel extremely frustrated. They may even choose not to stay for practice because they do not feel that training with three other people is worth their time. However, the successful athlete will make this situation work for them. Maybe they will work with one of the others and do a series of uchikomi and throwing drills. Or maybe they will do rotating rounds of randori with the people who are there. Either way, by remaining focused on what they do have, successful athletes are free to place their focus where it should be - on maximizing their performance.

Mental Skills

Mental skills are a key component of all competitive sports that are often overlooked. These include processes and skills such as goal setting, relaxation, visualization, emotional control, reflection, and assessment and adjustment of goals throughout the competitive season. The integration of these processes and development of these skills into your training program are critical to achieving top levels of performance in any sport.

Planning

To become a successful athlete in Canada most individuals are required to balance a variety of different activities including education, social, work, family, and training commitments. Time management skills become essential. Careful planning training activities around one's other commitments is the only way to achieve guaranteed success with so many other things to consider. The planning aspect trickles down to all areas of competitive judo. Elite athletes follow a quadrennial plan detailing their competitive activities and training cycles over a four year period. Provincial team athletes follow a yearly plan. These plans are then refined into some type of weekly training plan, and can be further broken down into plan for a particular judo practice, or even into a plan to deal with a specific situation - for example, a high left grip. Any way you look at it planning is a critical tool for success at any level in competitive judo.

Integration of Skills

Many athletes do a variety of cross training activities outside of their sport such as conditioning, strength training, mental training, flexibility, etc. However, it is important to coordinate these activities correctly so that they are all working together to achieve the common goal of training yourself to become the best possible competitive judo athlete that you can be.

For example, Athlete A does strength training 4x/week. They perform a series of 10-12 general strengthening exercises using machines that work the entire body. Athlete B does strength training 2x/week. Athlete B's program only includes 5 exercises using free weights - Squats, Bench Press, Rowing, Chin-ups & Clean & Jerk. Whose strength training program is more effective?

This is dependent on the goal, which in this case is to maximize our performance as a competitive judo athlete. The answer then is Athlete B, because this athlete has chosen exercises that directly simulate the movements in judo. For example, Squats simulate the explosive movement used when finishing a throw. Rowing and Bench Press simulate the pushing and pulling movements used to create kuzushi and/or to push our partner off of us when we are being held down. To execute chin-ups requires core strength, grip and forearm strength - so does judo. So remember, quality is better than quantity anytime. Think about this the next time you decide to do some cross training.

Outside Support

No matter how strong, well trained or emotionally together an athlete is, everyone experiences times of self-doubt, fear, stress, or just an overall inability to "cope" with the things going on around them. During these times it is important to have an outside support system, others who are there to support you at times when you are unable to provide this type of comfort for yourself. Often the people whom we may want to support us (i.e. parents, partners, etc.) are unable to provide us with the support that we need. It is important in these situations for us to recognize this. In these cases, it is necessary to actively seek out and identify others who are able to be the positive influences that you need to support you through these difficult times.

Nutrition & Hydration

I have often asked the athletes that I coach - "Are you willing to start a match and give the other competitor a wazari head start before you begin?" All of them of course reply "no". Strangely enough though, this is the type of advantage that you are creating for your opponent when you do not fuel your body with the necessary nutrients and fluid intake that it requires to maximize performance in competitive situations. Whether it's showing up for the tournament dehydrated from excess weight loss, failing to replenish the level of glycogen that your body needs to perform, or simply consistently making poor food choices you are giving your opponent a HUGE advantage before the match has even begun. Being aware and making smart choices are the key to being successful in this area.

Conclusion

This article presents a number of different concepts that if considered in your training program will help to improve your chances at successfully attaining your competitive goals. There are no guarantees that in following these steps you will achieve all of your judo goals. However, if you do follow these steps you will maximize the chance of creating a competitive edge for yourself even before the competition has begun. Think about it. If someone offered you the chance to begin a match against your opponent with a wazari advantage would you take it? I just did....

http://www.burnabyjudoclub.ca/recipe_for_success.html

E) Featured Match of the month:

VALOIS-FORTIER Antoine (CAN) vs REKHVIASHVILI Zebeda (GEO)

http://www.judobase.org/#!/competition/contest/gs_aze2014_m_0081_0025

F) Judo Saskatchewan NCCP

.NCCP Homework

Coaches who have outstanding home work from any of the NCCP courses please provide me with this information anytime so we can review and finish your certification.

Please contact Ewan Beaton
e.beaton.judo@gmail.com

G) Judo Saskatchewan Coming Events: August 2014

- 10-16, Judo Saskatchewan Summer Camp, Outlook
- 24, Judo Saskatchewan black belt grading, Regina Y

Complete Schedule of Judo Saskatchewan Events:

<http://www.judosask.ca/events.html>

H) *Fuel for Fun - Healthy Snacks for Active Kids!*

Good nutrition is important for everyone, especially young athletes. Offering snacks as a part of sport participation can help:

- Top-up the fuel needed by muscles — before sports and after;
- Reduce hunger;
- Celebrate a game;
- Model food choices that complement healthy exercise and good sportsmanship.

Fuel for Energy

Young athletes should be arriving at the practice or game with enough stored energy to serve them through its duration. Most of this energy comes from nutritious meals and snacks eaten **well ahead of time**.

Time of game or practice	The energy comes from
Early morning	Dinner the previous evening and pre-bedtime snack; small breakfast
Late morning	Early breakfast;mid-morning snack

Afternoon	Lunch
Evening	Lunch; afternoon snack

Snacks at Breaks

Most children in community sports will not require a snack at half-time. Most will need fluids at this point. Water, juices or sport drinks are all useful for rehydration.

Celebration and Recovery

The end of a game is another important time for fluids: water, juices, chocolate milk or sport drinks. Cookies and donuts, while sometimes brought to celebrate a game, are poor choices for sport recovery. They also reduce the young athlete's appetite for a healthy meal that should follow sport play. Half-time and celebration or recovery snack policies should be discussed by coaches and parents at the beginning of the season.

Smart Choices

The best foods for sport snacks will help the young athlete replenish energy, fluids and other nutrients that exercise has depleted. These snacks will also offer essential nutrients that children need to stay healthy, play hard and grow well.

How Do Individual Snacks Rate?

★★★ EXCELLENT ★★ MODEST ★ POOR

Snack	Sport Support	Overall Nutrition	Dental Health	Healthy Environment
Oranges, watermelon, etc.	★★★	★★★	★★	★★★
Raisins, dried fruit	★★★	★★★	★	★★★
Chocolate milk	★★★	★★★	★★	★★
Fruit juice (tetra packs or cans)	★★★	★★	★★	★

Commercial sport drink	★★★	★	★	★
Trail mix	★★★	★★★	★★	★★
Peanuts, sunflower seeds etc., in shell	★★	★★★	★★★	★★★
Cheese strings	★★	★★★	★★★	★★
Popsicles	★★	★	★★	★★★
Slushies	★★	★	★	★
Fig/Fruit Newtons	★★★	★★	★	★★
Sport bars	★★★	★★	★	★★
Sport gels	★★	★	★	★
Granola bars	★★	★★	★	★★
Home-made whole grain/nut muffins	★★	★★★	★★	★★★
Store-bought muffins/scones	★	★	★★	★★
Cream-filled cookies	★	★	★	★★
Donuts	★	★	★	★★