

# Judo Saskatchewan Update



## **Date: December 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](http://www.judosask.ca)

*If you would like to unsubscribe yourself from the Judo Saskatchewan Update please email: [e.beaton.judo@gmail.com](mailto:e.beaton.judo@gmail.com)*

## **A) 2014 World Championships**

**Top 10 Throws Day 3:**

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

## **B) Judo Saskatchewan Updates**

**Quebec Open 2014 – November 01-02, 2014, Montreal, QC**

3<sup>rd</sup> 52kg U21 Josie Lehner, Saskatoon YMCA  
5<sup>th</sup> 50kg U16 Nicolas Skaf, Regina YMCA  
5<sup>th</sup> 63kg U16 Maria Martin, Pense  
7<sup>th</sup> 63kg U18 Taryn Montgomery, Regina YMCA  
7<sup>th</sup> 66kg U18 Matthew Pullar, Avonhurst  
7<sup>th</sup> 50kg U16 Tyler Kostron,

**Ontario Open 2014 – November 08-09, 2014, Whitby, ON**

2<sup>nd</sup> U16 63kg Maria Martin, Pense  
2<sup>nd</sup> 52kg U21 Josie Lehner, Saskatoon YMCA  
3<sup>rd</sup> U16 63kg Miranda Bellisle, Prince Albert  
3<sup>rd</sup> U16 50kg Tyler Kostron, Avonhurst  
3<sup>rd</sup> U16 50kg Nicholas Skaf, Regina YMCA  
3<sup>rd</sup> Senior 73kg Warren Seib, Watrous

5<sup>th</sup> 66kg U21 Aidan Skaf, Regina YMCA  
5<sup>th</sup> 66kg U18 Maxx Karaim, Regina YMCA  
7<sup>th</sup> 73kg U21 Tristin Hoffarth, Vibank  
7<sup>th</sup> 81kg U21 Bryce Martindale, Regina YMCA

### **2015 Judo Saskatchewan Canada Winter Games Team**

52kg Josie Lehner, Saskatoon YMCA  
57kg Sydney Poliakiwski, Lloydminster  
63kg Megan Neuman, Prince Albert

60kg Jack Karaim, Regina YMCA  
66kg Matthew Pullar, Avonhurst  
73kg Tristin Hoffarth, Vibank  
81kg Bryce Martindale, Regina YMCA  
100kg Tyrell Stringer, Vibank  
+100kg Jesse Stringer, Vibank

## **Judo Saskatchewan Facebook Page:**

<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**

### **Sleeve Control:**

#### **Why is sleeve control important?**

Sleeve control in a same sided gripping situation is important because it will give the judoka more control of their opponent. The judoka will control their opponent's power hand so they cannot grab an overhand grip or a strong lapel grip.

<https://www.youtube.com/watch?v=abj6ploKRC0>

<https://www.youtube.com/watch?v=KhG64OgyQVQ>

<http://www.youtube.com/watch?v=PZqq9C4hyc0>

## **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:**

**Prince Albert Kids Competition:**

<http://www.paherald.sk.ca/Sports/2014-11-02/article-3926145/Prince-Albert-Judo-Club-hosts-first-provincial-tournament-of-season/1>

**Busy Month for Taryn Montgomery:**

[http://www.discovermoosejaw.com/index.php?option=com\\_content&task=view&id=38792&Itemid=903](http://www.discovermoosejaw.com/index.php?option=com_content&task=view&id=38792&Itemid=903)

## **E) Featured Match of the month:**

**DUPRAT (FRA) - KHASHBAATAR (MGL)**

<http://www.alljudo.net/video-de-judo-4494.html>

**Junior World Judo Championships Bronze Medal Match:**

Ana-Laura Portuondo-Isasi – Canada

<http://www.judo-snijders.nl/video-judo-wedstrijd-wereldkamp/2014-Lauderdale-World-Championships->

[Junior/Ana%20laura%20Portuondo%20Isasi%20\(CAN\)%20-%20Evelin%20Salanki%20\(HUN\)%20\[-78kg\]%20bronze.html](http://www.judo-snijders.nl/video-judo-wedstrijd-wereldkamp/2014-Lauderdale-World-Championships-Junior/Ana%20laura%20Portuondo%20Isasi%20(CAN)%20-%20Evelin%20Salanki%20(HUN)%20[-78kg]%20bronze.html)

## **F) Judo Saskatchewan NCCP**

**.NCCP – COACHES WHO HAVE TAKEN THE COURSE IN THE PAST THREE YEARS AND HAVE OUTSTANDING HOME WORK SHOULD SEND IT IN TO COMPLETE THEIR CERTIFICATION.**

*Please contact Ewan Beaton*

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## **G) Judo Saskatchewan Coming Events: December 2014**

- 5-7, Provincial CWG Team Training Camp, Moose Jaw
- 6, Judo Saskatchewan Black Belt grading, Regina Y
- 19-21, Judo Saskatchewan Winter Camp, Watrous

### **Complete Schedule of Judo Saskatchewan Events:**

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

## **H) Nutrition Corner**

### ***35 Snack Solutions for Athletes***

We often hear athletes declare that they're hungry. For some it could be hourly, while for others it's only close to meal times. Because athletes typically have more muscle mass than inactive individuals, they tend to have a high metabolism, which causes them to need more calories and to be hungry often. This is where snacks come in.

Snacks serve many purposes. They can:

- Dampen hunger so that less is eaten at meals
- Provide extra calories to contribute to daily energy needs
- Function as pre-exercise or post-training fuel
- Help athletes maintain their energy level throughout the day to prevent fatigue

Snacks can also provide energy during training. For example, an alpine skier might reach for a snack during their chairlift ride up the mountain between training runs; a hockey player may grab a quick snack between their hockey practice and dry-land fitness session when faced with back-to-back workouts; and a swimmer may purposefully snack in the evening to help energize their upcoming early morning training.

Different athletes on different days have different energy needs. One size doesn't fit all when it comes to snack selection. The following snack examples are healthy additions to contribute to an athlete's complete nutrition. For nutrient variety, snacks should contain sources from 2 or 3 food groups. Fluids, such as water are a great addition to every snack. Experts specifically recommend protein-rich snacks be consumed between meals to help maintain healthy, muscular, body composition.

## Snacks for Athletes

*(Note: many of the wheat-based foods can be substituted equally with gluten-free alternatives)*

### **150 Calorie Portions:**

- 1 apple with 1 oz low fat (18% m.f.) cheddar cheese (7 g protein)
- 1 slice of whole grain bread with 2 tsp natural peanut butter (7 g protein)
- $\frac{3}{4}$  cup vanilla 0% Greek yogurt with  $\frac{1}{2}$  cup berries (15 g protein)
- 1 oz Swiss cheese (27% m.f.) with 4 melba toast rye crackers (9 g protein)
- 1 slice of whole grain toast (dry) with 1 hard-boiled egg and a tomato slice (11 g protein)
- $\frac{1}{4}$  cup hummus and 1 cup raw carrots (6 g protein)
- 15 almonds and  $\frac{1}{2}$  cup grapes (5 g protein)
- 1 granola bar and 1 orange (3 g protein)
- 2 rice cakes and 1 tbsp almond butter (4 g protein)
- 3 cups air popped popcorn and 2 tsp butter (3 g protein)
- 1.5 cups raw veggies (snap peas, carrots, celery, peppers, etc.) and 2 tbsp ranch dressing (2 g protein)
- $\frac{1}{2}$  cup unsweetened apple sauce and 2 fig cookies (2 g protein)
- $\frac{1}{2}$  cup 1% cottage cheese and  $\frac{3}{4}$  cup berries (16 g protein)
- 1 shredded wheat biscuit (or  $\frac{1}{2}$  cup most dry cereals) and 1 cup unsweetened almond milk (4 g protein)

### **300 Calorie Portions:**

- $\frac{3}{4}$  cup of vanilla 1% Greek yogurt,  $\frac{1}{2}$  cup blueberries, and  $\frac{1}{2}$  cup cereal (18 g protein)
- $\frac{1}{2}$  cup 1% cottage cheese with  $\frac{1}{2}$  cup diced pineapple, and 15 almonds (18 g protein)
- 1 Clif bar (oatmeal raisin walnut) and 1 cheese string (1 oz) (18 g protein)
- 2 poached eggs on a whole wheat English muffin and chopped green onion (18 g protein)
- 2 rice cakes, 2 tbsp peanut or almond butter, 1 large banana (9 g protein)
- 2 ounces of light cheddar cheese (18% m.f.), 4 whole wheat crackers, 1 apple (17 g protein)
- 2 cups chicken vegetable soup (reduced fat & sodium), 1 whole wheat dinner roll with 1 tsp butter (16 g protein)
- 1 medium whole wheat pita bread, 2 oz of cooked chicken breast, 1 tbsp low fat mayonnaise with  $\frac{1}{2}$  cup spinach and  $\frac{1}{4}$  cup sliced bell peppers (25 g protein)
- 1 medium whole wheat tortilla wrap (17.5-20 cm diameter),  $\frac{1}{4}$  cup hummus,  $\frac{1}{8}$  avocado, raw veggies (8 g protein)

- Protein bar containing at least 20 grams of protein, 30-35 grams of carbohydrates, and 7-10 grams of fat (20 g protein)
- 2 cups vegetable salad tossed with 4 oz tuna fish and 2 tbsp Italian salad dressing (30 g protein)

**500 Calorie Portions:**

- 1 cup cooked oatmeal, ½ cup 1% milk, 1 tbsp almonds, ¼ cup raisins, and ½ scoop (0.5 oz) whey protein powder or ½ cup vanilla 1% Greek yogurt (22 g protein)
- 1 cup bran type cereal w. raisins, 1 cup 1% milk, 1 banana (14 g protein)
- 6" submarine type sandwich (chicken breast, roast beef, or ham) plus cheese and clear "sub" sauce, and 1 cup milk (1%) (33 g protein)
- Salad containing: 1 cup of cooked pasta, ½ cup vegetables, 2 tbsp Italian or Greek salad dressing, plus 3 oz chicken breast (no skin) (34 g protein)
- Salad containing: 1 cup cooked quinoa, 3 oz cooked salmon, 1 cup raw veggies, and 1 tbsp Italian dressing (32 g protein)
- Sandwich on 2 pieces of whole grain bread, ½ can of tuna (60 g drained), 1 tbsp low fat mayonnaise, and 1 cup 1% chocolate milk (38 g protein)
- 3 oz baked salmon with 1 cup cooked brown rice and 1 cup Greek salad (26 g protein)
- Smoothie made with 1 scoop protein powder, 1 cup fresh or frozen berries, 1 banana, and 2 cups 1% milk (35 g protein)
- Smoothie made with 1 cup 0% plain Greek yogurt, 1 cup fresh or frozen berries, 1 banana, and 2 cups 1% milk (35 g protein)
- 1 medium whole wheat bagel, 2 tbsp peanut or almond butter, ½ cup fruit (16 g protein)