

Judo Saskatchewan Update



Date: February 2015

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) 2014 World Championships

Top 10 Throws Day 6:

https://www.youtube.com/watch?v=Ojom_dBdqg

B) Judo Saskatchewan Updates

2015 Super Quebec Cup, February 01, 2015

3rd Warren Sieb 73kg Senior

2015 Saskatchewan Open Results

<http://www.judosask.ca/results/SKOpenresults2015.pdf>

Thank you for all of the volunteers, coaches, judo clubs, judo parents and athletes that made the 2015 Sask Open a successful event. The Sask Open has become a premiere event in Judo Canada and all of Judo Saskatchewan should be proud of this achievement. It has taken many years to reach this level with many people making huge contributions over the years and everyone should take great pride in this. It is important in making this competition better and better!

2015 Pan-Am Championships April 24 to 26, 2015, Edmonton, Alberta

Come experience world class judo in Edmonton, Alberta as the best athletes from South and North America as they bid for sports for the 2016 Games in Rio! Come and support team Canada in their quest to be the best in the Pan-AM. Judo Canada needs to have the stands at full capacity cheering on our country men & women.

This is the highest level of competition that has ever been in Western Canada. There will be Olympic and World Championship medalist on the mats. There will be big throws, close matches and lots of drama!

TRAINING CAMP OPPORTUNITY: There is also going to be a training camp for athletes between the preliminaries and the finals. This will be a great opportunity for athletes to train with the best athletes in Western Canada.

Details on this great weekend of judo will be sent out in the next few weeks. If you are a fan of world judo this is a can-not miss event!

Judo Saskatchewan Summer Camp Series

June 26/27, 2015 – Judo Saskatchewan Team Training, Saskatoon, SK

July 20 to July 24, 2015 – Lethbridge Interprovincial Camp, Lethbridge, AB

July 26 to August 01, 2015 – Judo Saskatchewan Summer Camp, Outlook, SK

- Information on all the camps will be sent out to the membership soon.

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

Frazer Will, Star City, SK, 2008 Olympian

Frazer Will used this drop kata-guruma technique through-out his second half of his international career. After the rules changes in 2008 Frazer had to adapt his kata-guruma to one where he could still use the same timing and speed but not use his arms/hands to touch the legs.

Drop Technique:

<http://www.youtube.com/watch?v=9cBxN1bl1ZA>

https://www.youtube.com/watch?v=CSsqNFm5U_M

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:

Tallissa Edwards Canada Winter Games

<http://www.mjtimes.sk.ca/Sports/2014-12-22/article-3986506/Edwards-gets-Canada-Games-invite/1>

2 Time Olympic Champion Passes Away

<http://www.judocrazy.com/2015/01/hitoshi-saito-rip-1961-2015.html>

Prince Albert Judoka inducted into PA Hall of Fame

<http://panow.com/article/497828/pa-sports-hall-fame-announces-year-s-inductions>

E) Featured Match of the month:

VALOIS-FORTIER Antoine CAN vs SCHMITT Alain FRA

http://www.judobase.org/#/media/gs_uae2014/gs_uae2014_m_0081_0031

Top 10 Throws of 2014

<http://www.alljudo.net/video-de-judo-4594.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

e.beaton.judo@gmail.com

G) Judo Saskatchewan Coming Events: February 2015

- 7, Inner City Tournament, Winnipeg, MB
- 21, Beginner's Tournament, Location TBA
- 21-28, Canada Winter Games in Prince George, BC

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Corner

Performance Nutrition for Judokas

General Topics:

What are the physical demands of competitive judo?

Judo is mainly anaerobic, with elements of aerobic activity. One particular study shows that the body switches between both aerobic and anaerobic pathways during a match depending on the need.

(<http://www.jssm.org/combat/2/3/v6combat2-3.pdf>)

Nutritionally speaking, this means eating to support the body's recovery from anaerobic exercise so that symptoms like muscle soreness and lactic acid build-up are minimal.

What difference does quality nutrition make?

- reduces stress (physical and psychological)
- speeding up recovery time
- reduces lactic acid build-up
- increases mental ability
- gives your body quality building blocks it needs to regenerate

Identifying sport specific demands of judo: making weight and proper hydration

Making Weight:

- the key is to identify whether a lower weight category is feasible performance-wise
- allow sufficient time to get down to your weight category
- weight loss through dehydration or starvation will affect performance, strength, endurance, even mental clarity: this will not help win a match!
- Eat nutrient dense foods. Everything you eat needs to have a purpose.
- Whole foods: Seeds, nuts, leafy greens, beans, essential fatty acids, lean meats, fish, fruits, whole grains (quinoa, brown rice...)
- try a whole grain product like Ruth's "Chia Goodness". It is nutritionally dense

and very filling.

- avoid "fillers" such as refined sugar, processed/package foods, white breads, processed meats, trans fats
- EFA's are essential to proper weight levels as well as optimal performance. Include flaxseed oil, hemp oil, cod liver oil, salmon even if you are eating to cut weight.

Proper Hydration:

- hydration is critical for athletic performance: water is needed for energy, digestion and toxin elimination
- dropping weight through sweat kits or other methods of dehydration is not recommended and counterproductive to performance
- dehydration could put your body in survival mode and fat will accumulate while protein gets burned for energy
- coconut water is excellent as a natural sports drink

Foods to include: pre-workout, during, post-workout, competition

- eating certain foods for certain activities can give you that edge to win

Foods to avoid

- as an athlete, everything you eat has an effect. It's up to you whether it will have a positive or negative impact
- read ingredient labels!
- avoid foods that require unnecessary energy to digest.
- foods to avoid: processed/package foods; refined sugars, luncheon meats, trans fats (including canola oil), all margarine, white bread, coffee, tea, chocolate, soft drinks, alcohol, artificial sweeteners

Vitamins and Supplements for athletic performance

- vitamin B complex is extremely important
- always check with Canadian Anti-Doping Program, even for natural supplements

Let's look at what to eat when training:

Pre-Workout:

- fruits (eg dates, bananas, papayas, mangos), coconut oil, energy puddings
- simple carbohydrate
- easily digestible
- if you have food cravings a couple of hours before the start of exercise, it's a sign that the body is fatigued because it's nutritional requirements have not been met in the days prior
- complex carbohydrates require energy to break down (energy that can be used for training)
- too much protein may result in muscle cramping (protein needs fluid in order to be metabolized). Protein is for building muscle not for fueling. If protein is burned for fuel, the result is acidic which ends up with a decline in endurance

During workout:

- keeping well hydrated and consuming easily digestible nutrients is key
- sport drinks and sport gels: they contain electrolytes and simple carbohydrates
- stay away from commercial sport drinks: they contain refined sugar, artificial colors/flavors

Immediately after workout:

- the 45 minutes following the work out is the fuel window; this is the best time to consume high quality food. Muscles will be better able to absorb the carbs in food and speeding recovery
- a simple carbohydrate is best and easily digestible
- if you don't "fuel" up, your body may perceive this as stress and retain fat while burning muscle
- the ideal food will contain very little fat, no fiber (both of them slow the rate at which carbs enter the bloodstream)
- 4:1 carb to protein ratio. Alkaline source protein. A small amount of protein helps speed glycogen synthesis but too much protein will slow recovery
- try a recovery pudding. A pudding is easier to digest than a solid food.

Post-workout (an hour after your post-workout snack):

- time for a complete nutrient rich meal
- high quality protein, omega 3 fatty acids
- if after a really draining workout, a smoothie would be best