

Judo Saskatchewan November 2015

Update

Judo Saskatchewan updates are here to keep you informed of upcoming and past events. They are here to help you to know what is going on in our sport. Please feel free to pass these updates on to anyone you feel can benefit from these updates.

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: judocotton@yahoo.ca

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!

UPCOMING EVENTS

- ☑ Saskatoon Y Competition and Camp Nov 21/22 2015

- ☑ Watrous Competition and Camp Dec. 5/6 2015

☑ Winter Camp Dec 18/19/20 2015

RESULTS

- ☐ **U of A Competition** **U16** -42kg Max Litzenberger silver, Kyle McKay bronze, -55kg Kyle McKay gold, -60kg Tyler Kostron bronze, -66kg exhibition Daniel Bagnell gold, -63kg combined Miranda Bellisle silver **U18** Nick Skaf -55kg gold, Tyler Kostron -60kg silver, Brenna Bagnell -52kg Bronze **U21** Aidan Skaf -66 kg bronze, Bryce Martindale -73kg gold, Tristin Hoffarth -73kg silver, Sean Morrison -90kg gold
- ☐ **Brandon** **U16** Stas Sheshnev -42kg gold, Justin McKay silver, Kyle McKay -55kg gold, Owen Korchinski -60kg gold **U18** Kyle McKay -60kg combined gold, Owen Korchinski -60 combined gold, Vlad Sheshnev -66kg gold, Jack Karaim -66kg silver **U21** Jack Karaim -66kg gold, Max Karaim -73kg combined gold, Vlad Sheshnev -73 kg combined bronze, Taryn Montgomery -70kg combined gold, Maxx Karaim -90kg combined bronze **Masters** Paul McKay -90kg combined silver
- ☐ **Quebec Open** **U16** Justin McKay -42kg silver, Max Litzenberger -42kg 5th Kyle McKay -55kg bronze, Miranda Bellisle -57kg bronze **U18** Jack Karaim -60kg bronze **Senior** Warren Seib -73kg bronze

IMPORTANT

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

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

For athletes competing at competitions we have to keep our energy up and make sure you eat throughout the day. Not just breakfast in the morning but between fights as well. Your body needs energy and this comes from food, I used to eat granola bars, fruit anything to keep my energy. You might also consider drinking juice mixed with water and or Gatorade. These are good things to give your body energy.

FIGHTS TO WATCH

Sarah Menezes final of London 2012. Fights for the grip and never stops with the grip but never gives it up

<https://www.youtube.com/watch?v=JraWp45msFA>

In this fight the 73kg gold medal match I would like you to look at the concentration once Isaev (Rus) is ahead he doesn't back down or change his game plan. Stays calm and does the same attacks as before.

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