



**judo
alberta**
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association
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To: Judo Alberta Clubs
From: Judo Alberta High Performance Coach Committee
RE: **Inter-Provincial Training Camp: BC / Alberta / Saskatchewan**
Date: January 17, 2019

Inter- Provincial Training Camp: BC / Alberta / Saskatchewan: April 12 to April 14, 2019

Division: U14, U16, U18, U21, seniors, Masters

Address for training camp: Lawrence Grassi Middle School - 610 7 Ave, Canmore, AB

Cost for the camp:

Trackie Sign Up: \$70.00 early bird March 29, 2019 / Late Deadline April 05, 2019 \$100.00

Athletes (\$70) TrackieReg.com/JAinterathlete Coach (\$0) TrackieReg.com/2019-JAintercoach

(Camp includes: 2 x breakfast, 1 supper and 1 lunch to go on the Sunday)

Friday April 12, 2019

Group 1 5:00PM to 6:45PM / Group 2 6:45PM to 8:30PM

Coaches Welcome 9:30PM @ Canmore Inn - Ballroom

Saturday April 13, 2019

Breakfast 6:30AM Alberta / 7:00AM BC&SK @ Canmore Inn - Ballroom

Everyone Physical Training 8:00AM

Group 1 9:30AM to 11:00AM / Group 2 11:00AM to 12:30PM

Group 1 3:30PM to 5:30PM / Group 2 5:30PM to 7:30PM

Supper 6:30PM to 8:30 @ Canmore Inn - Restaurant

Movie Night: 8:30PM @ Canmore Inn – Ballroom

Sunday: April 14, 2019

Breakfast 6:30AM Alberta / 7:00AM BC&SK @ Canmore Inn - Ballroom

Group 1 8:00AM to 9:30AM Judo / Group 2 8:00AM to 9:00AM - Physical

Group 2 9:30AM to 11:00AM Judo / Group 1 10:00AM to 11:00AM – P.T.

Hotel Information:

Canmore Inn & Suites: 1402 Bow Valley Trail Canmore, AB, T1W 1N5 [1.888.678.4656](tel:18886784656)

Deluxe Queen Rail Side (2 queen beds, full bathroom) \$125.99 per night plus taxes

Economy Double Road Side (2 double beds, shower) \$116.99 per night plus taxes

Economy Double Rail Side (2 double beds, shower) \$107.99 per night plus taxes

Efficiency King Rail/Road side (1 King bed, sofa bed, full bathroom, small kitchenette) \$134.99 +tax

Ask for Judo Group Block - (90 rooms blocked)

Email: ewan@judoalberta.com Phone: 403-892-6099

