

MEMORANDUM

To: Judo Alberta Clubs
From: Ewan Beaton HP coach
RE: Regional Training Camp Calgary Area Sunday; November 30, 2019
Date: November 13, 2019

Regional Training Camp Calgary Area; November 30, 2019

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

Address for regional training camp location:

Ishi-Yama Judo Club

Club City: Calgary, Alberta Club Address: 240 90 AVE SE

Saturday November 30, 2019

15:30-16:30 Physical Training & Drilling

16:30- 17:00 Break

17:00-19:00 Technique & Randori

Ewan Beaton HP Judo Alberta Coach Phone: (403) 892-6099 E-mail: <u>ewan@judoalberta.com</u>







