

EDMONTON

INTERNATIONAL JUDO CHAMPIONSHIP



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



MARCH 14th, 15th, & 16th, 2014

SPONSORED BY: EDMONTON YUDANSHAKAI JUDO SOCIETY
WWW.EDMONTONJUDO.COM

Edmonton, Alberta, Canada
Sanctioned by Judo Canada



Edmonton International Judo Championship

March 14-16, 2014

Judo Alberta Sanction 2014-01

TOURNAMENT SITE:

West Edmonton Mall Ice Palace
8882 - 170 Street NW, Edmonton, Alberta

TOURNAMENT DIRECTOR: Mark Hicks – mhicks@sherwoodford.ca

CHIEF REFEREE: Allan J. Sattin – asattin@spierharben.com

NATIONAL A/B REFEREE EXAMINATION: Contact your Provincial Association's Referee Committee to register for this exam.

REGISTRATION: NO REFUNDS OF ANY KIND UNLESS EVENT CANCELLED NO SUBSTITUTIONS ALLOWED
THIS IS A PREREGISTRATION TOURNAMENT (no registrations will be accepted at registration/weigh ins).

- U10, U12 - \$45
- U14, U16, U18, U21 - \$50
- Seniors & Veterans - \$55
- \$15/additional division
- \$25 per kata per team. Cannot be combined with shiai.
- \$10/competitor U16 and older who fail to qualify for his/her registered weight.
- NO EXHIBITION MATCHES.
- Please make **cheques** payable to **EDMONTON YUDANSHAKAI JUDO SOCIETY**.
- ALL COMPLETED DOCUMENTATION & PAYMENT MUST BE **RECEIVED BY MARCH 1, 2014**.
- \$20/entry for late registrations.
- NSF charges \$50

Send entries to: **Helen Bienert**
53529 Range Road 224
Ardrossan, AB T8E 2L8
Phone: (780) 998-3157 email: edmonton_international@yahoo.ca



To assist in athlete development, 1st place in each Senior Men's Brown & Black and Senior Women's Divisions, with 8 or more competitors will receive a \$500 scholarship.

ELIGIBILITY:

Open to all members of Judo Provincial Associations, Judo Canada and IJF Associations of other countries. All competitors must be prepared to show documentation of valid judo membership. Minimum rank is **YELLOW**.

NO WEIGH IN FOR U10 & U12. U10 & U12 are required to have their weights verified, signed off and submitted by their coach on the Weight Entry for U10 & U12 form that is part of this tournament package. These athletes will be grouped by their submitted ages and weights. Competitors must confirm attendance prior to 4PM on Saturday, March 15.

U10 Girls (born 2005-2006) yellow belt & up
U12 Girls (born 2003-2004) yellow belt & up
U14 Girls (born 2001-2002) yellow belt & up
-32, -36, -40, -44, -48, -52, -57, -63, +63
U16 Juvenile Girls (born 1999-2000) yellow belt & up
-36, -40, -44, -48, -52, -57, -63, -70, +70
U18 Cadet Women (born 1997-1998) yellow belt & up
-40, -44, -48, -52, -57, -63, -70, +70
U21 Women (born 1994-1997) yellow belt & up
-44, -48, -52, -57, -63, -70, -78, +78
Senior Women (born 1997 & earlier) yellow belt & up
-44, -48, -52, -57, -63, -70, -78, +78
Veteran Women (born 1984 & earlier) yellow belt & up
-57, -70, +70

U10 Boys (born 2005-2006) yellow belt & up
U12 Boys (born 2003-2004) yellow belt & up
U14 Boys (born 2001-2002) yellow belt & up
-34, -38, -42, -46, -50, -55, -60, -66, +66
U16 Juvenile Boys (born 1999-2000) yellow belt & up
-38, -42, -46, -50, -55, -60, -66, -73, +73
U18 Cadet Men (born 1997-1998) yellow belt & up
-46, -50, -55, -60, -66, -73, -81, -90, +90
U21 Men (born 1994-1997) yellow belt & up
-55, -60, -66, -73, -81, -90, -100, +100
Senior Men (born 1997 & earlier) **yellow-blue belt**
-55, -60, -66, -73, -81, -90, -100, +100
Senior Men (born 1997 & earlier) **brown & black belt only**
-55, -60, -66, -73, -81, -90, -100, +100
Veteran Men (born 1984 & earlier) yellow belt & up
born 1980-84 (30-34), 1975-79 (35-39), 1970-74 (40-44),
1965-69 (45-49), 1964 or earlier (50 and over) -73, -90, +90

Kata	Nage-no kata	Ju-no-kata	Kime-no-kata
	Katame-no-kata	Goshin-jitsu	

TOURNAMENT GUIDELINES & RULES:

SHIAI: Judo Canada regulations as of the tournament date to be enforced. The Tournament Director reserves the right to make any changes in the best interest of the tournament and contestants. I.J.F. rules apply with the following exceptions:

- The minimum rest period between matches shall be 5 minutes.
- Blue judogi is mandatory for Senior Men Brown/Black. First name called must wear a white judogi.
- Per Judo Canada Policy--a competitor may only participate once in a Kata either as Tori or Uke.

Divisions of 2: best 2 out of 3

Divisions of 3, 4 and 5: round robin

U10 & U12 – 1.5 or 2 minute non-stop matches; mixed gender may occur.

Divisions of 2: best 2 out of 3

Divisions of 3, 4 and 5: round robin

Divisions of 6 or more: modified double knockout

U14 - 2 minute matches

U16 - 3 minute matches

U18 - 4 minute matches

U21 - 4 minute matches

Senior Men - 5 minute matches

Senior Women – 4 minute matches

Veterans - 3 minute matches **NOTE: VETERANS ARE REQUIRED TO COMPLETE MEDICAL FORM**

Seeding for Senior Divisions—as posted on Judo Canada's website on Friday, February 28, 2014

Although the focus of the Canadian Centre for Ethics in Sport (CCES) is on the athlete competing at the International and National levels, all judo events in Canada are subject to the Canada's Anti-doping Policy and are therefore subject to unannounced doping control. To learn more about this policy, athletes should be advised to take the following steps:

- Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments are banned by the WADA Prohibited List.
- Review medical exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements
- Review the steps of the doping control sample collection procedures:

<http://www.cces.ca/en/samplecollection>

For additional resources and general information about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: www.cces.ca/athletezone

Please support our tournament sponsors



**2540 Broadmoor Blvd. & Petroleum Way
Sherwood Park, AB
www.sherwoodford.ca**



Entry into the competition area ONLY with valid coach accreditation.

CLUB: _____ CONTACT _____ PHONE _____

COACHES (MAX. 4 PER TEAM ALLOWED) ACCREDITATION IS REQUIRED PAST SECURITY POINTS

4

EDMONTON INTERNATIONAL JUDO CHAMPIONSHIP

March 14-16, 2014

Please complete all the following information (print neatly):

Name: _____ Birthdate: M _____ D _____ Y _____ Sex: M F
Address: _____ Phone: _____
Judo Club: _____ Judo Association: _____
Rank: _____ Judo Canada Passport # _____ email: _____

DIVISION (Please indicate all categories):

U10 Girls (2005-2006)

U10 Boys (2005-2006)

U12 Girls (2003-2004)

U12 Boys (2003-2004)

U10 & U12 need to have weight verified and submitted by their coach on Weight Entry form that is part of this tournament package

Competitors must have confirmed attendance by 4 PM on Saturday, March 15.

U14 Girls (2001-2002)	Wt. Div. _____ kg	U14 Boys (2001-2002)	Wt. Div. _____ kg
U16 Juv. Girls (1999-2000)	Wt. Div. _____ kg	U16 Juv. Boys (1999-2000)	Wt. Div. _____ kg
U18 Cadet Women (1997-1998)	Wt. Div. _____ kg	U18 Cadet Men (1997-1998)	Wt. Div. _____ kg
U21 Women (1994-1997)	Wt. Div. _____ kg	U21 Men (1994-1997)	Wt. Div. _____ kg
Senior Women (1997 & earlier)	Wt. Div. _____ kg	Senior Men (1997 & earlier) yellow-blue	Wt. Div. _____ kg
		Senior Men (1997 & earlier) brown & black	Wt. Div. _____ kg
Kata _____	Tori _____	Uke _____	
Kata _____	Tori _____	Uke _____	

MINOR

(Under 18 years old)

NOTICE: This is a legal document, which must be properly completed and signed or your entry will not be accepted. PLEASE READ CAREFULLY. It affects your rights. If you do not understand it, obtain legal advice before signing.

RELEASE, INDEMNITY, WARRANTY, REGISTRATION AND ASSUMPTION OF RISK

In consideration of the acceptance of the entry of _____ (hereinafter referred to as "the said child") to compete in and/or being permitted to participate in the **2014 EDMONTON INTERNATIONAL JUDO CHAMPIONSHIP** (hereinafter referred to as "This event"), I/we for myself/ourselves and for and behalf of the said child hereby release, remise, and forever discharge and agree to indemnify and save harmless the Alberta Kodokan Black Belt Association (also known as Judo Alberta), Edmonton Yudanshakai Judo Society, West Edmonton Mall Property Inc., Sherwood Ford, their respective organizers, officers, executives, directors, officials, agents, servants, sponsors and representatives (hereinafter referred to as "the releasees") from and against all claims, actions, costs, expenses, and demands in respect of death, injury, loss, or damage to the person or property of said child, or myself/ourselves, however caused, arising out of or in connection with the said child competing, or participating in this event and notwithstanding that the same may have been caused by, contributed to or occasioned by the negligence, breach of contract, breach of a common duty of care as an occupier of premises or otherwise, of or by the releasees or any of them.

I/We agree to assume all risks, both known and unknown, and all consequences thereof, for me/us and for and on behalf of the said child, arising out of or in connection with said child competing or participating in this event.

I/we agree for myself/ourselves and for and on behalf of the said child to adhere to all rules, regulations and conditions of this event.

I/We agree to allow the said child to participate in one weight division higher than his/her actual weight if there are insufficient competitors in either division and as guided by Judo Alberta's Sanction Policy. He/She may partake in exhibition matches one weight division higher than his/her actual weight.

I/we hereby register the said child as a competitor or participant in this event and I/we certify that:

The said child is in good physical condition and has no injury, disease or disability that would impair his or her performance or physical condition or increase the likelihood of injury in competing or participating in this event.

No physician, nurse, therapist trainer, coach, manager, or other person has advised me/us not to allow the said child to compete or participate in a body contact sport or in this event.

I/we am/are familiar with the sport of judo and the nature of a judo contest. I/we am/are aware that there is a risk of injury by the very nature of the sport. We are the father and mother of the said child or the guardian(s) of the said child and the only person(s) lawfully entitled to act for and on behalf of the said child. This document shall be binding upon the said child, me/us, the heirs, executors, administrators, assignees and personal representatives of each of us and the said child.

I/we have read this document and I/we agree that the said child and I/we are bound by its terms. I/we further understand that it is compulsory and mandatory that this document be fully completed and signed as a condition precedent to the said child competing or participating in this event.

DATE _____

SIGNATURES

(FATHER/GUARDIAN)

(MOTHER/GUARDIAN)

(PRINT NAME)

(PRINT NAME)

INSTRUCTIONS: This form is to be completed for all persons under the age of 18 years by the following person(s):

- both natural parents of the child if living together, if separated and no court order for custody has been granted, if divorced and a court grants joint custody and if the natural parent and the adopting parent of the child is married and if an adoption order has been granted.
- both adopting parents of the child if an adoption order has been granted.
- either the natural mother or natural father of the child if divorced or separated and being the parent who has sole custody of the child by court order.
- all guardians of the child whether appointed by court order or who are guardians by law.
- the natural mother of the child if the child is illegitimate and no court order has been granted giving custody to anyone else.

WEIGHT ENTRY FOR U10 & U12

No weigh in for U10 & U12

Club sensei is responsible for verification and signing off on judoka weights.

Any discrepancy could result in athlete not participating

Competitors must have confirmed attendance by 4 PM on Saturday, March 15.

Signature of Club Sensei _____

Club _____

NAME	SEX	RANK	U10 or U12	ACTUAL WEIGHT

EDMONTON INTERNATIONAL JUDO CHAMPIONSHIP

March 14-16, 2014

Please complete all the following information (print neatly):

Name: _____ Birthdate: M _____ D _____ Y _____ Sex: M F
Address: _____ Phone: _____
Judo Club: _____ Judo Association: _____
Rank: _____ Judo Canada Passport # _____ email: _____

DIVISION (Please indicate all categories):

U21 Women (1994-1997)	Wt. Div. _____ kg	U21 Men (1994-1997)	Wt. Div. _____ kg
Senior Women (1997 & earlier)	Wt. Div. _____ kg	Senior Men (1997 & earlier) yellow-blue	Wt. Div. _____ kg
Veteran Women (1984 & earlier)	Wt. Div. _____ kg	Senior Men (1997 & earlier) brown & black	Wt. Div. _____ kg
-52, -70 +78			

Veteran Men (1984 & earlier) Wt. Div. _____ kg

Circle applicable age category:

1980-84 (30-34) 1975-79 (35-39) 1970-74 (40-44)

1965-69 (45-49) 1964 & earlier (50 & over)

-73, -90, +90

(Veteran Divisions may be combined/cancelled dependent upon entries)

VETERAN COMPETITORS ARE REQUIRED TO SUBMIT MEDICAL FORM

A competitor may only participate once in a Kata either as Tori or Uke.

Kata _____	Tori _____	Uke _____
Kata _____	Tori _____	Uke _____
Kata _____	Tori _____	Uke _____

ADULT

(18 years and older)

NOTICE: This is a legal document, which must be properly completed and signed or your entry will not be accepted. PLEASE READ CAREFULLY. It affects your rights. If you do not understand it, obtain legal advice before signing.

RELEASE, INDEMNITY, WARRANTY, AND ASSUMPTION OF RISK

IN CONSIDERATION OF the acceptance of my entry to compete and/or my being permitted to participate in the **2014 Edmonton International Judo Championship** (hereinafter referred to as "this event"), I hereby release, remise and forever discharge, and agree to indemnify and save harmless The Alberta Kodokan Black Belt Association, Edmonton Yudanshakai Judo Society, West Edmonton Mall Property Inc., Sherwood Ford, the organizers of this event, their respective officers, executives, directors, officials, agents, servants, sponsors and representatives (hereinafter referred to as "the Releasees") from and against all claims, actions, costs, expenses and demands in respect of death, injury, loss or damage to my person or property, however caused, arising out of or in connection with my competing or participating in this event and not withstanding that the same may have been caused by, contributed to or occasioned by the negligence, breach of contract, breach of common duty of care as an occupier of premises, or otherwise, of or by the Releasees or any of them.

I agree to participate in one weight division higher than my actual weight if Tournament organizers deem that there are insufficient competitors in my actual weight division and as guided by Judo Alberta's Sanction Policy. I may partake in exhibition matches at my actual weight or one weight division higher.

I agree to assume all risks, both known and unknown, and all consequences thereof, arising out of or in connection with my competing or participating in this event. I agree to adhere to all rules, regulations and conditions of this event.

I CERTIFY THAT:

- I am in good physical condition and I have no injury, disease or disability nor have I injected or ingested anything that would impair my performance or physical condition or increase the likelihood of injury in competing or participating in this event.
- No physician, nurse, therapist, trainer, coach, manager or other person has advised me not to compete or participate in a body contact sport or this event.
- I am familiar with the sport of Judo and the nature of a Judo contest. I am aware that there is a high risk of injury by the very nature of the sport.

THIS DOCUMENT SHALL BE BINDING UPON ME, MY HEIRS, EXECUTORS, ADMINISTRATORS, ASSIGNS AND PERSONAL REPRESENTATIVES.

I have read this document and I understand it fully.

SIGNED _____

DATE _____

PRINT NAME _____

VETERAN MEDICAL FORM

* Use of high quality mouth guards are recommended during competition and other forms of sparring.

* L'utilisation d'un protège buccal synthétique de qualité est recommandée lors de la compétition et autres formes d'entraînement.

Revised / Révision
16/01/2009

MEDICAL SUMMARY FORM FORMULAIRE DE SOMMAIRE MÉDICAL

* Information to be used for medical screening and emergency.
* L'information ne sera utilisée que pour dépistage ou en cas d'urgence médicale.

Personal Information Information Personnelle

Family name - Nom de famille

Name - Prénom

Address - Adresse

City - Ville

Province

DJ / MM / YYAA

D.O.B. - Date de naissance

Male ☐ Homme

Gender - Sexe

Postal code - Code postal

() -

Phone # Téléphone

Female ☐ Femme

Age division
Division d'âge

Weight category
Catégorie de poids

Province of registration - Province d'affiliation

Emergency Contact Contacte en cas d'urgence

Emergency contact name - Nom de la personne à contacter

Relationship - Lien de parenté

() -

Home phone # - Téléphone à la maison

() -

Work phone # - Téléphone au travail

Significant injuries or treatments in the last 6 months Blessures ou traitements importants dans les 6 derniers mois

Details

Medical Information Information Médicale

Medicare # Assurance maladie

DJ / MM / YYAA

Expiry date d'expiration

Province

Blood type - Type sanguin

N Y - O

Do you wear glasses/contacts?
Portez-vous des lunettes/verres correcteurs?

☐ ☐

Medication - Médication

☐ ☐

Details

Allergies

☐ ☐

Details

Recent weight loss - Perte de poids récente

☐ ☐

Kg

Recent concussion - Commotion récente

☐ ☐

Date

DJ / MM / YYAA

Medical History Problèmes Médicaux

N Y - O

Head injury - Blessure à la tête

☐ ☐

Seizure/Convulsion - Convulsion

☐ ☐

Heart problems - Troubles cardiaques

☐ ☐

High blood pressure - Haute tension

☐ ☐

Blood problems/Bruising Problèmes
sanguins/Ecchymose

☐ ☐

Asthma - Asthme

☐ ☐

Diabetes

☐ ☐

Menstrual problems - Problèmes menstruels

☐ ☐

Abdominal problems - Problèmes abdominaux

☐ ☐

Heat/Dehydration
Bouffée de chaleur/Déshydratation

☐ ☐

Anaphylaxis - Anaphylaxie

☐ ☐

Skin disorders/lesions
Problèmes cutanés/lésions

☐ ☐

If yes - Si oui ...

Details

Athlete signature - Signature de l'athlète

Witness - Témoin

Parent signature (if under 18) - Signature d'un parent (si moins de 18)

Date

TOURNAMENT SCHEDULE

**NOTE: All Coaches/Athletes are responsible for reporting
Any errors/omissions on posted unofficial draw sheets.**

Changes will only be made up to a ½ hour before tournament start time.

NOTE: Division and weigh in changes from previous years

TIME	FRIDAY, MARCH 14	SATURDAY, MARCH 15	SUNDAY, MARCH 16
7 AM		7:30 REF MEETING	7:15-9 AM KATA CLINIC
8 AM		NO CHANGES TO DRAW SHEETS AFTER 8 AM NO EXHIBITION MATCHES	NO CHANGES TO DRAW SHEETS AFTER 8:30 AM NO EXHIBITION MATCHES
8:30 AM		8:30 COMPETITION STARTS Competition Order – U14, U18, U21 & Veterans	
9 AM	9 AM-4 PM KATA JUDGE SEMINAR - EVALUATION & EXAMINATION		9:15 AM-COMPETITION STARTS Competition Order: U10, U12, U16 & Seniors
10 AM	ALL WEIGH INS ARE AT THE ICE PALACE IN WEST EDMONTON MALL	NO WEIGH IN FOR U10 & U12 See attached weight sheet Check in is required	
2 PM		2-4 PM – U16 & SENIOR WEIGH IN	
4 PM	4-5:30 PM-U14 & U18 WEIGH IN		
5 PM	5 PM-KATA COMPETITION 5:30-7 PM-U21 & VETERAN WEIGH IN		
7 PM	SCALES CLOSE REFEREE SYMPOSIUM		
8 PM	8-9 PM “PATH TO THE PODIUM” INFORMATION SESSION		

AWARDS:

U10-U12 custom medals for all competitors

U14 – custom medals for 1st, 2nd & 3rd

Per Judo Canada policy for U16 and older:

1 competitor – no medal

2 competitors – 2 medals – providing that both won a bout

3 competitors – 3 medals – providing that three won at least one bout

4 competitors – 3 medals

5 competitors – 3 medals

6 and more competitors – 4 medals

Stephanie Kerr Memorial Award—U18 or U21 Alberta Female demonstrating love of the sport of Judo.





Kata Competition & Camp

This is one of the most popular Kata competitions in Western Canada and we want you to participate! The Edmonton International Judo Championship will be hosting a Kata competition on Friday, March 14 in the Ice Palace at West Edmonton Mall starting at 5 PM.

Nage-no Kata, Ju-no-Kata, Katame-no-Kata, Kodokan Goshinjutsu and, added this year, Kime-no-Kata, are all being offered. If you or someone you know is just starting to practice a Kata, come out and compete – the atmosphere and experience can't be beat!

Encourage others to attend this great competition and learning experience. While entry fees are only \$25 per Kata per team, the friendship and camaraderie that is developed among the Kata participants is priceless. Those who want to judge are always welcome!

Another event not to be missed is the Kata Camp offered by Canadian Kata medalists Gord Okamura and Kelly Palmer. This clinic is being held at no cost on Sunday from 7:15-9 AM. Attend this event to fine-tune your skills and learn new techniques.

Any questions, ideas or thoughts, please contact Gord Okamura at gokamura@telus.net or Kelly Palmer at kellypal@telusplanet.net

JUDO CANADA



KATA JUDGE SEMINAR EVALUATION AND EXAMINATION

- DATE :** Friday, March 14, 2014
- PLACE :** EXECUTIVE ROYAL INN
10010-178 Street
Edmonton, AB T5S 1T3
Emerald Room A
- KATAS EVALUATED:** Nage no kata
Kime no kata
- FORMAT:** **Part 1**
- Start Time – 9 AM
 - Opening statement
 - Evaluation procedures
 - Written exam
 - Evaluation of video kata
- Part 2**
- Evaluation at tournament
 - Will have the same sheets as the tournament judges
 - Will be evaluated on scores given.
- EVALUATORS:** Fred Blaney National A
Gerald Poirier National A
- EVALUATION LEVEL:** National A, B & C
- COST:** \$ 50.00/Kata being evaluated
Must complete application and send to Judo Canada with payment.
- MINIMUM RANK:** Nidan
- CLOSING DATE:** March 7, 2014
- SEND TO:** **JUDO CANADA**
Kata Judge Evaluation
212 – 1725 St-Laurent Boulevard
Ottawa, ON K1G 3V4

JUDO CANADA



APPLICATION FOR EVALUATION – KATA JUDGE

NAME:

Family

Given

ADDRESS:

TELEPHONE:

EMAIL:

JUDO RANK:

DOJO NAME:

**DOJO HEAD
SENSEI:**

**JUDO CANADA
PASSPORT NO.:**

**KATA BEING
EVALUATED:**

Nage no kata _____

Kime no kata _____

DATE

SIGNATURE



Referee Symposium



March 14, 2014 at 7 PM

EXECUTIVE ROYAL INN
10010-178 Street
Edmonton, AB T5S 1T3
Emerald Room A

For more information & to register,
Contact Tammy Thornton at mrst@telusplanet.net



Ewan Beaton presents “Path to the Olympic Podium”

An information session open to parents, athletes and coaches

FUN	L2T	T2T	T2C	T2W		
				U21 48 WEEKS/YEAR	SENIOR 48 WEEKS/YEAR	
			U18 48 WEEKS/YEAR	National Centre and Carding		
			U16 44 WEEKS/YEAR	Regional / National Center	Tactical / Physical / Technical Training	Tactical / Physical / Technical Training
			Provincial - Regional Center	Tactical / Physical / Technical Training		
		U14 40 WEEKS/YEAR	Technical Development	Competition Specific Technical Development	Competition Specific Technical Development	Competition Specific Technical Refinement
	U12 36-40 WEEKS/YEAR	Technical Development	Competition 8-10 x year / 40 bouts	Competition 10-12 x year / 40 bouts	Competition 10-16 x year / 50 bouts	
	U10 30-40 WEEKS/YEAR	Technical Development	Competition 6-8 x year / 30 bouts	Coordination Speed Endurance	Speed Endurance, Strength, Power	
UB 36-40 WEEKS/YEAR	Fundamentals	Intro to Competition 5 x year	Coordination and Speed	Intro to Tactical Training	Tactical Training	
Fundamentals	Coordination and Speed	Coordination and Speed	Intro to Mental Training	Mental Training	Mental Training	
Daily Physical Activity	Daily Physical Activity	Daily Physical Activity	Intro to Cross Training	Cross Training 3 x week	Cross Training 2/3 x week Conditioning, 2/3 x week Strength	
Judo or Any Other Sport	Judo 2 x week	Judo 2-3 x week	Judo 3 x week	Judo 4-5 x week	Judo 4-5 x week	
Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	
FUNDamentals	L2T Learn to Train	T2T Train to Train	T2C Train to Compete	T2W Train to Win		

www.judocanada.org

Includes:

- Explanation of the poster and pathway
- Explanation of the U18 Cadet World Champions and how they fit in the pathway
- The new National Training Centre (NTC)

Friday, March 14, 2014
8-9 pm
Executive Hotel

HOST HOTELS

WEST EDMONTON MALL INN



17504-90 Avenue NW
Edmonton, AB T5T 6L6
1-780-444-3000
Toll Free: 1-800-737-3783 and quote West Edmonton Mall Inn

Rate: \$129/night + taxes (quad occupancy)
Group Code - Edmonton International Judo Championship
Deadline: February 14, 2014

EXECUTIVE ROYAL INN



10010-178 Street
Edmonton, AB T5S 1T3
1-780-484-6000
Toll Free: 1-800-661-4879

Rate: \$124 + taxes (quad occupancy)
Reference Group - Edmonton International Judo Championship
Deadline: February 14, 2014

QUALITY INN WEST HARVEST



17803 Stony Plain Road
Edmonton, AB T5S 1B4
1-780-484-8000
Toll Free: 1-800-661-6993

Rate: \$124/night + taxes (quad occupancy)
Group Code - #1437984 Edmonton International Judo
Deadline: February 27, 2014

NOTE: Rates at host hotels are available 2 days before and 2 days after this event. If deadline is past, and rooms are still available, rates will be honoured by quoting Group reference. Any difficulties with reservations, contact Helen Bienert at edmonton_international@yahoo.ca

PLEASE DO NOT OVER RESERVE EXCESS ROOMS AND CANCEL AT THE LAST MINUTE. THAT TAKES AWAY BLOCKED ROOMS FOR OTHER GUESTS IN NEED OF ROOMS.

TOURNAMENT SPECIAL

It's Your Choice! Only \$25 (incl. GST) (Reg. \$36.95)

Great as a year-round gift

DEADLINE: March 30, 2013

Submit one form and cheque/club

NO REFUNDS

A Choice Pass allows the bearer to enjoy ONE of the following (passes expire in 1 year)



Day pass to **World Waterpark**



Day pass to **Galaxyland Amusement Park**

OR any TWO of the following on the same day:



Ice Palace
(Skate rental is not included)



**Marine Life incl. Sea Life
Caverns/Sea Lion Rock**



One Round (18 holes) of
Prof. Wem's Adventure Golf



One Round (18 holes) of
Putt 'N' Glow



Two games of bowling or
one hour of billiards
(shoe rental not included) at
Ed's Rec Room



One admission to
Rope Quest

DEADLINE—March 1, 2014

CHOICE PASSES _____ @ \$25 (incl. GST) = \$ _____

Coach's Name _____ Club/Team _____

