



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

Judo Alberta – The Alberta Kodokan Black Belt Association
11759 Groat Road NW
Edmonton, Alberta, Canada T5M 3K6
Office: (780) 427-8379
Toll-Free: (1-866) 919-5836
Fax: (780) 447-1915
Email: judo@judoalberta.com
www.judoalberta.com

MEMORANDUM

To: Judo Alberta Clubs
From: Fatira Merah, Judo Alberta High Performance Coach
RE: Provincial Training Camp, March 1-2-2014
Date: February 14-2014

Provincial Training Camp, March 1-2-2014

Division: U16, U18, U21, seniors, Masters

HIRO'S JUDO CLUB

#115, 1919 27 Avenue NE
Calgary, AB T2E 7E4
Phone: 403-250-3177

<i>SATURDAY 1</i>	<i>SUNDAY 2</i>
1h-3h pm: All divisions Tachi waza.	8h-8h45 am: Circuit Training All divisions
Break	9h30-11h30 am: Judo review
6h00-8h00 pm: All divisions, Ne waza	11h30- Provincial Team Meeting – all potential team athletes and their coaches.

Fatira Merah , High Performance Coach
Phone: 780-863-8379.
E-mail: hpcoach@judoalberta.com



Government
of Alberta

