



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

Judo Alberta – The Alberta Kodokan Black Belt Association
11759 Groat Road NW
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Office: (780) 427-8379
Toll-Free: (1-866) 919-5836
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Email: judo@judoalberta.com
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MEMORANDUM

To: Judo Alberta Clubs
From: Ewan Beaton HP coach
RE: Regional Training Camp Calgary October 09-10, 2015
Date: September 2015

Regional Training Camp Calgary October 09-10, 2015

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

Address for regional training camp location:

Hiro's Judo Club

#115 1919 – 27th Avenue, Calgary, Alberta

<i>Friday October 09, 2015</i>	<i>Saturday October 10, 2015</i>
17:00-19:00 Individual athlete meetings*	800-900 Physical Training
19:00-21:00 Randori	900-10:00 Break
	10:00-11:30 Technique
	11:45-12:45 Individual athlete meetings*
	13:00-14:30 Randori

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and contacted regarding meeting times.

Please bring running shoes and exercise clothing.

Ewan Beaton HP Judo Alberta Coach
Phone: (306) 370-7412
E-mail: e.beaton.judo@gmail.com



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