



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

Judo Alberta – The Alberta Kodokan Black Belt Association
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MEMORANDUM

To: Zones 5-8 Judo Alberta Clubs
From: Trevor Hazell, Judo Alberta Regional Chair & AWG Sport Chair
RE: AWG Regional Training Camp Edmonton October 3rd and 4th, 2015
Date: September 2015

Regional Training Camp Edmonton October 04 2015

Division: Last Year U14, U16, U18 (years born 1999-2003)

Address for regional training camp location:

Tolide Judo Kwai
Dow Centennial Centre
84 St. & 87 Ave. Fort Saskatchewan
<http://www.tolide.com/>

<i>Saturday October 3rd, 2015</i>	<i>Sunday October 4th, 2015</i>
9:00-11:00 Technical Training	8:00-9:00 Physical Training
11:00-16:00 EYJS monthly Tournament	9:00-10:00 Break
16:00-18:00 Randori session	10:00-11:30 Technique
	11:45-12:45 Individual athlete meetings*
	13:00-14:30 Randori

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Government
of Alberta

