



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

Judo Alberta – The Alberta Kodokan Black Belt Association  
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**MEMORANDUM**

**To:** Judo Alberta Clubs  
**From:** Ewan Beaton HP coach  
**RE:** Regional Training Camp Edmonton October 04, 2015  
**Date:** September 2015

**Regional Training Camp Edmonton October 04 2015**

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

**Address for regional training camp location:**

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

<b><i>Sunday October 04, 2015</i></b>
800-900 Physical Training
900-10:00 Break
10:00-11:30 Technique
11:45-12:45 Individual athlete meetings*
13:00-14:30 Randori

• U18/U21/Senior athletes will be identified and contacted regarding meeting times.

Please bring running shoes and exercise clothing.

*Ewan Beaton HP Judo Alberta Coach*  
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Government  
of Alberta

