



**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: Provincial Training Camp, May 04-05, 2019
Date: April 05, 2019

Provincial Training Camp, May 04-05, 2019

This is a great training camp for Alberta athletes who are attending the 2019 Open Nationals we will focus on the mental preparation and tactical plans. Information regarding the Open Nationals will be given at this camp. This is also an opportunity for TEAM ALBERTA to be together prior to nationals. The provincial coaching staff encourage all athletes attending the Open Nationals to attend this training.

Address for training camp:

Lethbridge Judo Club

2775 28 Ave S, Lethbridge, AB T1K 7L6

http://www.lajudo.com/Lethbridge_Judo/Home.html

- There is regular training at the Lethbridge Judo Club on Friday May 03, 2019 6:00PM to 8:00PM for anyone who would like to come down early

<i>SATURDAY May 04, 2019</i>	<i>SUNDAY May 05, 2019</i>
1200-1300 Physical Training & Throwing	800-900 Physical Training
1300-1400 Break	<i>930-1000 Judo Tactics/Mindset Presentation</i>
1400-1600 Ne-waza Drilling & Randori	1000-1200 Judo Tactical/ Randori
1730-1930 Tachi-waza Drilling & Randori	1200-1215 Team Alberta Meeting

Please bring running shoes and exercise clothing.

The info session held Sunday after the camp is very beneficial for athletes, parents and coaches to understand team policy and expectations for the Open National Championships.

Ewan Beaton HP Judo Alberta Coach

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Government
of Alberta

