

# JUDO ALBERTA

MEISHU  
MONDAY



## Fondest Judo moment?

Wow there are really so many... Vancouver Junior Nationals 2013 I think it was. While running the Airdrie Judo Club, and working as a provincial team coach, I had an athlete that had made it to the bronze medal final at the national championships 3 years in a row and lost hard fought battles every year. Despite this, each year he kept coming back and working harder, and in 2013 his hard work and training paid off and he walked away with that bronze medal. It was a great feeling as a coach to see the hard and dedication work, **HE** put in pay off. The Airdrie Judo Club had a great nationals that year, I think we sent 5 athletes and came home with 4 medals.

## Who is your favorite judoka / judo player and why?

Connor and Graydon Hazell. I understand it is not easy for kids to grow up and do the same sport their parents did, and a sport where the parent(s) are still highly involved. Even at a young age, this puts more pressure on them than a "normal" kid would have. I introduced my boys to judo at a really young age hoping they would like it, and lucky for me they both do. And even at 10 and 12 I can already tell they have more natural ability and talent than I did as a kid lol. Even though I am probably over critical of them on how hard they practice, how much they fool around and get into "trouble" there are few better things than watching your own kids have success at something you introduced them to and share a passion for.

## Trevor Hazell

### How long have you been doing judo?

I started Judo when I was 9 or 10 years old after attending a multi-sport camp at the university of Lethbridge, where believe it or not a young Mike Tamura was the judo "teacher". After the first or second day I asked my parents if I had to keep doing all the other sports, I just wanted to do Judo. That fall I enrolled at the newly formed Joe Meli Judo Club.

### How are you staying physically active during the covid-19 crisis?

Pull Ups lol... before the crisis hit, I bought a door mounted pull up bar. Much to Jamie's disapproval I have hung it in our bedroom doorway and rarely walk by it without doing at least 5 or 10 reps. My daily goal is to do at least 20-30 reps a day. I have combined this with sets of pushups as well as a resistance band training routine. A lot of core exercises and major muscle group work can be done with very minimal equipment.