

JUDO ALBERTA

MEISHU MONDAY

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

I'm still working so lots of walking around the airport, I've been able to workout with my personal weights 5 days a week, I run and participate in 3 zoom classes a week I lead for the Calgary area athletes, and I walk my dog Maya a lot. I also went on my first hike of the season and plan to do a lot more as the days get warmer.



What are your future judo goals?

I really love to learn from other coaches and learn new ways to teach. I also am wanting to mentor new coaches in judo, the more coaches we have in the province the stronger Alberta will become. As an athlete I was so lucky to learn from many different coaches in my career and I really appreciated all the different views, but all for the same goal.

Most important advice your sensei ever gave you? When I was 13 years old I was debating skipping an important training camp for a school dance. My coach sat me down and asked me what my goals were for judo that season, I think at that time I was just trying to make the provincial team to attend my first nationals, he let me come to my own conclusion after that conversation. I appreciated the fact my coach did not force me to do something but talked to me about my goals, and that helped me make the decision to skip the dance and head to the training camp for some much needed randori and training with other provincial team athletes. It is important for athletes to learn how to set goals for themselves, it is a very important life skill.

