

FEBURARY 2022

JUDO ALBERTA ATHLETE NEWSLETTER



NEW RULES FOR THE 2022- 2024 OLYMPIC CYCLE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=M5ZMPVS7S4E](https://www.youtube.com/watch?v=M5ZMPVS7S4E)

With a new Olympic cycle comes new rule changes. Judo is a dynamic sport that is consistently adapting and changing to new training and competition situations. The IJF adapts the refereeing rules continuously to reflect the development needs of our sport. Ensure you are up to date on the new rules prior to the upcoming competitions. This includes new rules regarding reverse seoi-nage, lapel and collar gripping, head diving, and more.

UPCOMING EVENTS:

Feb 5/6: Regional
Training Camp &
Test Matches

Feb 12/13: Technical
& Competitive Black
Belt Grading

Feb 19/20:
Provincial Training
Camp

Mar 26: Provincial
Championships

April 22/23/24:
Edmonton
International

ANNA-MARIA WAGNER & MENTAL HEALTH AFTER THE OLYMPIC GAMES

[HTTPS://WWW.JUDOINSIDE.COM/NEWS/5078/JUDO_WORLD_CHAMPION_ ANNA_MARIA_WAGNER_EXPERIENCED_THE_POST_OLYMPIC_DEPRESSION](https://www.judoinside.com/news/5078/judo_world_champion_anna_maria_wagner_experienced_the_post_olympic_depression)

In an article interview for Judo Inside by Emanuele Di Feliciano, World Champion and Olympic bronze medalist Anna-Marie Wagner opens up about her struggle with depression after the Tokyo Olympics. Even the best athletes in the world can struggle with mental health, and this can be amplified by the addition of the Covid-19 pandemic, isolation periods, and cancelled events (as Wagner details in her interview). You are never alone when dealing with mental health, and support is available for those who need it.

Tex4Hope: text COVID19HOPE to 393939

Free daily text messaging services that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke

Mental Health Helpline- 1-877-303-2647



CONTINUOUS
EFFORT- NOT
STRENGTH OR
INTELLIGENCE- IS
THE KEY TO
UNLOCKING OUR
POTENTIAL.
-LIANE CARDES

