

JUNE 2022

# JUDO ALBERTA ATHLETE NEWSLETTER



## RECAP: OPEN CANADIAN NATIONAL CHAMPIONSHIPS

JUDO ALBERTA IS PROUD TO HAVE HAD:

**71 ATHLETES**

**U16, U18, U21, SENIOR, VETERAN AND KATA**

**REPRESENT TEAM ALBERTA AT THE 2022 OPEN  
CANADIAN NATIONAL CHAMPIONSHIPS**

**38 MEDAL PLACEMENTS  
10 5TH PLACEMENTS**

**CHARLIZE MEDILO: U18 ATHLETE OF THE YEAR  
CONGRATULATIONS!**

## UPCOMING EVENTS:

July 8-10:  
Judo Alberta  
Summer Camp

July 23-24:  
USFA/USJF Grass  
Roots National  
Championships

July 29-31:  
Junior US Open

# PERSEVERANCE



## EVELYN BEATON

**U21**  
**-52kg**

**Q:** What is your motivation?

There is an adequate amount of things that keep me motivated, like wanting to excel in the sport at an international level. But honestly, I really enjoy doing Judo, and that's the main thing that keeps me motivated.

**Q:** What was your favourite moment at the 2022 Open Canadian National Championships?

Winning my second senior national champion title was a pretty great moment for me. But what made it better was that my evil twin and training partner Charlize Medilo won the senior national championship in her respective weight category of -48kg. We both won the national championships in our regular age categories, u18 for her and u21 for me. So winning double gold that weekend with my training partner and best friend was my favourite moment. Especially since we have both had a challenging year where we had to stop practicing for some time. I had to take almost three months off of Judo because of my two eye surgeries, and Charlize had to stop practicing for a month due to a knee injury. So both of us winning two national championship titles after taking a lot of time off is something I'm very proud of.

**Q:** What are your long-term goals?

The long-term goal for my u21 career is to win the Junior World Championships in my last year of u21. My biggest goal is to win the Olympics.



# DETERMINATION

## CHARLIZE ISABELLE MEDILO

**U18**  
**-48kg**

Q: What is your motivation?

I know that there are other athletes in the world that are training for the same tournaments and dreams as I am. I am pretty competitive so I know that I must work even harder than what they are doing in order to get the results I want when I compete.

Q: What was your favourite moment at the 2022 Open Canadian National Championships?

For the last day of the tournament, my other teammate and best friend Evelyn Beaton was my warmup partner for the day and we were competing in the senior category together. She and I were able to progress into the finals of our own categories, hers being -52 and mine being -48. Me and her warming up together for our final matches was my favourite moment of the tournament because we were both against Quebec girls who were friends and warm up partners just like us. Evelyn and I were determined to win gold though, and we were able to both win our finals match together. Me and her were focused during our warm ups and I think that's what set us apart from our competitors and at the end of the day me and her were able to leave the tournament with two gold medals each in our respective categories.

Q: What are your long-term goals?

Becoming senior world champion and representing Canada on international medal podiums.



# RESPECT



## MARIANNA KARAS

**U18**

**070kg**

Q: What is your motivation?

Wanting to compete and travel with my sisters!

Q: What was your favourite moment at the 2022 Open Canadian National Championships?

Walking off the mat after my gold medal match and seeing all of my coach's reactions!

Q: What are your long-term goals?

Attending more competitions and working towards my black belt!

# PASSION



## TAYVEN TREMBLAY

**U18**  
**-55kg**

Q: What is your motivation?

I love competition and testing my ever-developing skills! I always look forward to the next competition around the corner and strive to win every match, while challenging whoever the top guys are in the group

Q: What was your favourite moment at the 2022 Open Canadian National Championships?

Getting the opportunity to fight and win bronze in front of a large passionate crowd of people who understand Judo.

Q: What are your long-term goals?

My mid-term important goal is to represent Alberta at the 2023 Canada Winter Games in Prince Edward Island.

My long-term goal is to develop all aspects of my judo, and to become as good as possible at our sport through hard work and continual practice. By developing these high-level skills, I hope to ultimately be selected for international competitions, where I can further progress as a Judo player and proudly demonstrate my abilities representing Canada.