

# 2022 JUDO ALBERTA COACHES RETREAT

Date: September 17-18, 2022

Location: Tolide Judo Club

Fort Saskatchewan



Contact Ewan Beaton for further  
details:

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Trackie Sign-up:

[https://www.trackie.com/online-  
registration/register/2022-judo-  
alberta-coach-retreat/481106/](https://www.trackie.com/online-registration/register/2022-judo-alberta-coach-retreat/481106/)

## RAISING OUR LEVEL

Judo in Canada was hit hard by the pandemic. Last year we had a good comeback, but we need to continue to gain momentum.

The works has just begun! We as a province are behind our competition within Canada and the world.

Judo Alberta will be hosting a coach retreat to discuss different areas of development and what we need to focus on to enable our province to prosper coming out of the pandemic.

There are still many challenges ahead for every coach, club, each region, and the province.

Judo Alberta would like to have as many coaches as possible on the mats and in the meetings rooms for the weekend. Please sign up today! We need you!

# Information

## Judo Alberta Coach Retreat – September 17-18, 2022 (Edmonton - Fort Saskatchewan)

**Judo Club Location:** Tolide Judo Kwai, Dow Centennial Centre 84 St. & 87 Ave. Fort Saskatchewan

**Presenters:** Judo Alberta provincial coaching staff **Cost:** Free for all coaches in Alberta who are members in good standing

### TENTATIVE SCHEDULE

#### 2022 Coach Retreat:

Time	September 17, 2022	Time	September 18, 2022
		0800-1000	<b>Classroom Session:</b> Judo Marketing / Retention Developing Female Leaders What is Harassment
1230-1300	Arrival / Lunch	1000-1030	Break/Snack
1300-1500	<b>Classroom Session:</b> Where we are & what we are trying to do? Working together/building together Developing a Yearly Competition Plan Fundraising – the cost of judo	1030-1230	<b>On Mat Session:</b> Judo Warm-up, Judo Drilling & Judo Development/Technical sequences (With video)
1500-1530	Break / Snack		
1530-1930	<b>On Mat Session:</b> The Power of Proper uchi-komi, Understanding Kuzushi, Understanding a match: Judo Analytics and Competition; 2022 New Rules, Q & A (With video)		

**Register for the 2022 Judo Alberta Coach Retreat: Deadline Friday, September 9, 2022**

**Hotel:** Judo Alberta Free Hotel: Please indicate if you will need a hotel for the coach retreat

(Double occupancy Saturday Night Only) Please contact [ewan@judoalberta.com](mailto:ewan@judoalberta.com)

2 hotel rooms Lethbridge	2 hotel rooms Hiros
1 hotel room Ishi-yama	1 hotel room Airdrie
1 hotel room Barracuda	1 hotel room Medicine Hat
1 hotel room Raymond	1 hotel room Red Deer
1 hotel room Grand Prairie	1 hotel room Fort McMurray

Note: There is possibility of additional Judo Alberta clubs to be added to the free hotel list if your judo club is not on the list. Judo Alberta will mix and match rooms for coaches/clubs if needed to ensure the maximum participation. If your club will need to have additional rooms for your club please let me know and I can book these rooms for you but the club will be responsible for the cost of the room.