

Judo Alberta Winter Camp

December 16-18, 2022

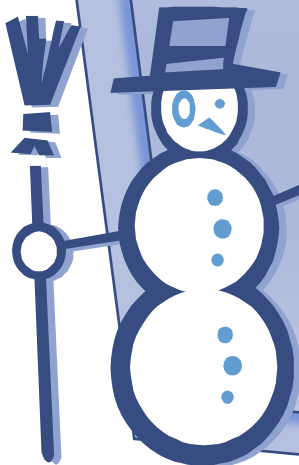


Antoine Bouchard

- 5th 2026 Olympic Games
- 3 x Pan-American Champion
- IJF Grand Slam & Grand Prix Medalist

Athletes Sign-up: <https://www.trackie.com/online-registration/register/2023-judo-alberta-winter-camp-athletes-registration/483974/>

Coach Sign-up: <https://www.trackie.com/online-registration/register/judo-alberta-winter-camp-coaches/483976/>





Judo Alberta Winter Camp Schedule

Friday December 16, 2022

6:00PM to 7:45PM Group 1

7:45PM to 9:30PM Group 2

Saturday December 17, 2022

8:30AM to 10:15AM Group 1

10:15AM to 12:00PM Group 2

Lunch

1:45PM to 2:45PM CWG Meeting

3:00PM to 5:00PM Group 1

5:15PM to 7:15PM Group 2

Pizza 6:30PM to 8:00PM

Sunday December 18, 2021

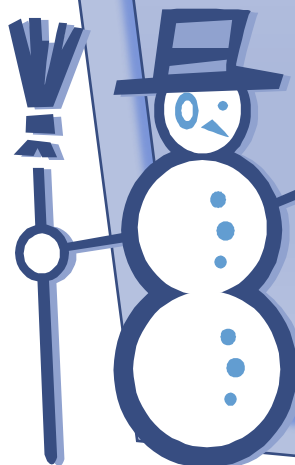
8:00AM to 9:00AM Uchi-komi & throwing

9:15AM to 10:15AM Competition Rules

10:30AM to 12:30PM Technical & Randori
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Camp schedule is subject to change

Price: \$50.00 U14/U16/U21/SR – Orange belt & Higher / No cost for club coaches



Location: Lethbridge Judo Club: www.lajudo.com

REGISTRATION DEADLINE: Wednesday December 09 2022

Eligibility:

- *Judo Alberta / Judo Canada Member*
- *U12 Green Belt with Club Coach*
- *U14 Orange Belt with Club Coach*
- *U16/U18/U21/SR/Veteran – Orange & above Judo Alberta*

