



## **MEMORANDUM**

### **SCHEDULE TRAINING CAMP September 11-12, 2010**

***HIRO'S JUDO CLUB***  
#115, 1919 27 Avenue N.E.  
Calgary, AB T2E-7E4  
403-250-3177

<b>SATURDAY 11</b>	<b>SUNDAY 12</b>
1h-3hpm: All divisions Tachi waza.	8h-8h45 am: Circuit Training All divisions
3h-5hpm Break for CWG 3h-6h30 Break for other judokas	9h-11h am: Judo review
5h-6h15pm: Sport Psychologist (only CWG)	11h- noon, Yearly plan and discussion on expectations.
6h30-8h30 pm: All divisions, Ne waza	

Do not forget to bring your personal supplies like toenail clippers, tape, etc.

**Bring your running shoes**

*Fatira Merah , High Performance Coach*  
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