



To: All Judo Alberta Clubs

From: Fatira Merah/Garry Yamashita – Provincial Coaches

Date: February 29, 2008

RE: Senior Training Camp

There will be a Senior Training Camp on March 29-30, 2008 in Calgary, AB. As outlined in the Selection Policy, any athlete who is unable to attend must forward a letter or e-mail the Provincial Head Coach explaining the reason for their absence. Athletes who might not be able to workout may elect to volunteer at the Judo AB casino being held on this same weekend in Calgary. Please contact Glen Seeman if you are available to help with the casino.

Who:	All Senior and IJF judoka are invited along with any club coaches		
When:	Saturday	2:00 - 4:00 pm	technical/randori
	Mar 29, 2008	6:00 - 8:00 pm	technical/randori
	Sunday	8:30 – 9:30 am	circuit training
	Mar. 30, 2008	9:30 – 11:30 am	technical/randori
Where:	Hiro's Judo Club #115 1919 – 27 th Avenue NE Calgary, AB 403-250-3177		

If you have any questions or concerns please feel free to contact me by e-mail or by phone.

Garry Yamashita
gee_why2@yahoo.com
403-295-7197 (home)
403-735-3332 (work)