

# 2019 Judo Alberta Canada Winter Games Plan

YEAR FOUR	March 2019 Canada Winter Games
	January 2019 – National Training Camp, Montreal
	December 2018 – Judo AB Winter Camp – Nutrition & Sport Psychology
	November 2018 Quebec Open / National Camp/Ontario Open (U18 athletes)
	October 2018 – FINAL Selection of the Canada Winter Games Team
	September 2018 – Judo AB Fall Camp – Nutrition & Sport Psychology
	August 2018 – Judo School, Montreal
	August 2018 – Judo Sask Summer Camp
	July 2018 – Japan Training Camp (Kodokan and/or High School)
	June 2018 – Determination of Targeted Athletes for 2018 Summer Program
	May 2018 - 2nd Judo Alberta Selection Event - Open Nationals
	April 2018 – Judo AB Spring Camp – Nutrition & Sport Psychology
	April 2018 – 1st Judo Alberta Selection Event (Date & Location TBC)
	April 2018, 2018 Sportif International & Training Camp, Scotland (U16/U18)
YEAR THREE	February 2018 Pacific International & Camp (U14/U16 athletes)
	January 2018 – National Training Camp, Montreal (U16/U18 athletes)
	December 2017 – Judo AB Winter Camp – Nutrition & Sport Psychology
	November 2017 Quebec Open / National Camp/Ontario Open (U18 athletes)
	September 2017 – Judo AB Fall Camp – Nutrition & Sport Psychology
	August 2017 – Judo School, Montreal (U18 athletes)
	August 2017 – Judo Sask Summer Camp (U14/U16 athletes)
	July 2017 – Junior US Open, Fort Lauderdale (U14/U16/U18 athletes)
	April/May 2017 – Judo AB Spring Camp – Nutrition & Sport Psychology
	April 16, 2017 Sportif International & Training Camp, Scotland (U16/U18 athletes)
YEAR TWO	February 2017 Pacific International & Camp (U14/U16 athletes)
	December 2016 – Judo AB Winter Camp – Nutrition & Sport Psychology
	November 2016 Quebec Open / National Camp/Ontario Open (U18 athletes)
	September 2018 – Judo AB Fall Camp