

# Judo Canada Regional Training Center LETHBRIDGE



**judo  
alberta**  
THE ALBERTA KYODOKAN BLACK BELT ASSOCIATION



## **Judo Canada Regional Training Center - Lethbridge**

The Judo Canada's Regional Training Centers (RTC) are an important step in the high performance pathway to develop Olympic and World Champions. The RTC is a step, not a final destination, for any athlete who dreams of being the best in the world.

Judo Canada has partnered with the Lethbridge Kyodokan Judo Club and Judo Alberta to open the first regional national training center in Western Canada. All athletes wishing to pursue their athletic dreams from Western Canada are welcome to participate in Judo Canada's RTC program.

The training center's is to provide U16 and U18 athletes with a higher volume of training and advanced technical/tactical skills in an effort to make their transition onto the international competitive stage and to the National Training Center in Montreal easier. The RTC provides young athletes with international level coaching, weight training, fitness training, mental training and goal setting. The RTC provides a world class training environment for U16, U18 and U21 athletes.

Note: U21 athletes and senior athletes are also welcome to be part of the Regional Training Center

### **Judo Canada's RTC Goals & Objectives**

- Judo Canada's mandate is to produce sustainable podium performance at Olympic Games, Senior World Championships, Junior World Championships and Cadet World Championships.
- The RTC is the second step (after the clubs) in the Olympic medal pathway
- It is a transition between the Judo Club and the National Training Center.
- The goal of the RTC is to centralized, on a regional basis, the best first year Junior (U21), Cadet (U18) and Juvenile (U16) athletes and offer them world class level training.
- The RTC provides them with the ideal preparation for their eventual transition to the National Training Center.



## Why the Lethbridge RTC is a good fit for you!

- Five days a week World Class judo training & additional technical/tactical sessions
- Strength & fitness program development
- Personalized yearly training plans and programs
- University, College and High School accessibility
- LKJC High Performance team program
- The RTC & LKJC will work to facilitate billeting arrangements in the community, focusing on local judo families. Final arrangements and cost will be arranged between the host family and the athlete's family.
- Employment Opportunities

**The Dojo:** [http://www.lajudo.com/Lethbridge\\_Judo/Home.html](http://www.lajudo.com/Lethbridge_Judo/Home.html)



**The City of Lethbridge:** <https://www.lethbridge.ca/default.aspx>

With nearly 100,000 people who call the city home, Lethbridge is a place where people and ideas grow. Lethbridge is located in southern Alberta and is one of the sunniest and friendliest cities in Canada.

### **Fast Facts about Lethbridge**

- Lethbridge enjoys more than 320 days of sunshine per year.
- Lethbridge is one of only a few cities its size with two post-secondary institutions - Lethbridge College and University of Lethbridge.
- Agriculture is the main industry in southern Alberta and plays an important role in the city's retail, wholesale and service sectors.

### **What is Lethbridge's climate like?**

Lethbridge has a moderate continental climate with warm summers and mild winters due to Chinook winds. Lethbridge and southwest Alberta also receive one of the highest amounts of sunshine in the country. A steady westerly breeze keeps the air fresh and the sky clear.

## **Education**

### **Lethbridge High Schools:**

#### **Lethbridge Collegiate Institute**

1701 5 Ave South Lethbridge, Alberta T1J 0W4

Tel: (403) 328-9606 Fax: (403) 328-9979 E-mail: [lici@lethsd.ab.ca](mailto:lici@lethsd.ab.ca)

#### **Winston Churchill High School**

1605 15 Ave North Lethbridge, Alberta T1H 1W4

Tel: (403) 328-4723 Fax: (403) 329-4572 E-mail: [wchs@lethsd.ab.ca](mailto:wchs@lethsd.ab.ca)

#### **Chinook High School**

259 Britannia Blvd West Lethbridge, Alberta T1J 4A3

Tel: (403) 320-7565 Fax: (403) 381-7414 E-mail: [chs@lethsd.ab.ca](mailto:chs@lethsd.ab.ca)

#### **Catholic Central High School**

Campus East 405 - 18 Street South Lethbridge, Alberta., Canada T1J 3E5 Tel: (403) 327-4596

Campus West 251 Britannia Blvd. West Lethbridge, Alberta, Canada T1J 4A3

***The LKJC has several members who are professional educators in the local school systems. They are available to assist the arrangement and monitoring of regular or modified high school education in coordination with the athlete's home school district.***

**Lethbridge Universities and Colleges:**

**University of Lethbridge:** <http://www.uleth.ca/>



Apply to the University of Lethbridge: <https://discover.uleth.ca/apply/applynow.ezc>

Housing on Campus: <http://www.uleth.ca/housing/>

Housing off Campus: <http://www.uleth.ca/offcampushousing>

**\*Lethbridge College:** <http://www.lethbridgecollege.ca/>



Apply to the Lethbridge College: <http://www.lethbridgecollege.ca/admissions>

Housing on Campus:

<http://www.lethbridgecollege.ca/student-experience/housing/campus-housing>

Housing off Campus:

<http://www.lethbridgecollege.ca/student-experience/housing/off-campus-housing>

\*3 min walk from the dojo

## Billeting Program

The RTC & LKJC will work to facilitate billeting arrangements in the community, focusing on local judo families. Final arrangements and cost will be arranged between the host family and the athlete's family.

Contact: [Kyodokan@shaw.ca](mailto:Kyodokan@shaw.ca)

## Employment Opportunities:

Monster.ca Lethbridge:

**monster.ca** 

<http://jobsearch.monster.ca/alberta+lethbridge> 12

Water Proofing Roofing:



**Test Our Prompt Service!**  
**"Your Re-Roofing Specialists"**  
Ph: (403) 320-8128

<http://www.wproofing.ca/>

Contact Person: Russ Gallant [rgallant@wproofing.ca](mailto:rgallant@wproofing.ca)

## **Lethbridge Kyodokan High Performance Judo Team:**

RTC Athletes who become associate members of the Lethbridge Kyodokan Judo Club will be able to access training and normal competition opportunities open to all eligible club members. This includes High Performance classes and subsidized bus travel and hotel costs to tournaments and provincial training camps.

RTC Athletes are encouraged to maintain their memberships with their province through their home club (athletes can have memberships at any number of Judo Clubs).

Associate membership fees are determined by reducing the standard registration fee (2014-2015 = \$525) by the amount that would normally be required to register provincially and nationally.

### **LKJC High Performance**

The elite and competitive athletes are determined and evaluated by attendance, performance and attitude. The HP Coach is Tyler Boras who will outline the level each athlete will compete at. Tournaments will be anywhere in Canada, US and internationally. To be considered to be an elite athlete member he or she must commit to an Individual Program Plan. An elite athlete is someone who must train a minimum 4-5 times per week while a competitive athlete will train 3-4 times. Elite athletes and competitive athletes will be able to compete at any event approved by the HP Coach and the Head and Assistant Coaches. Anyone can compete at any local and provincial tournaments.

This year's tournaments include: Quebec Open, Ontario Open, Pacific International and Nationals. Those who can maintain a high level of training and competition will be allowed to attend the US Open Junior Championships in Miami, Florida in July and may be selected by Judo Canada to attend tournaments in Europe.

### **LKJC High Performance Expectations**

The members must adhere to all Judo Alberta or other provincial team expectations to attend the National Championships as well as international selections. All Lethbridge Judo Club Members, trying to be on the Provincial Teams and Judo Canada Teams, must attend required Training Camps and Point Tournaments. It is not the sole responsibility of the Coaching Staff to get the athletes to all training sessions. If athletes cannot attend, then it is their responsibility to submit letters to the HP Provincial Coaches as well as the HP Coach, Tyler Boras.

### **LKJC High Performance Support**

LKJC High performance team members receive significant travel assistance to events such as Quebec Open, Ontario Open, Elite 8, Pacific International, National Championship, Europe Junior Tour, and U.S. Open. Athletes wishing to join the LKJC High Performance team will be eligible for support in a prorated format. This format will allow partial but significant funding in years 2 and 3.

# Judo Canada Regional Training Center & Lethbridge Kyodokan Coaching Staff

## **Regional Training Center Coach:** Ewan Beaton – 5<sup>th</sup> Dan

Ewan is a two time Olympian (1992 Barcelona and 1996 Atlanta) and served as one of the coaches at the 2004 Olympics (Athens). He has been a member of the national team coaching staff since 1999 and was inducted into the Judo Canada Hall of Fame in 2013 as an athlete.

Judo Alberta HP Coach (September 2015)

## **Head Coach:** Russell Gallant – 4<sup>th</sup> Dan

Russell is the 2012 and 2013 Canadian Veterans Champion in the +81kg category. He is the owner and operator of Waterproofing Roofing. Russ has now contributed his business expertise by being on the Board of Directors of the club and will be coaching the in the Junior, and Senior High Performance classes this year.

## **Assistant Head Coach:** Lorraine Methot – 6<sup>th</sup> Dan

Lorraine is a 7 time Canadian Champion and has won numerous international medals. In 1984 Lorraine won a bronze medal at the World University Championships. In 1998 she was inducted into the Judo Canada Hall of Fame and in 2001, the University of Lethbridge Hall of Fame. In 2012 she was awarded her 6<sup>th</sup> Dan, as the first female judoka to be given the honour in Alberta.

## **High Performance Coach:** Tyler Boras – 3<sup>rd</sup> Dan

Tyler is a 3 time Canadian National Champion and was a member of the National Judo Team from 2001-2008. Tyler has medals from the Finnish Open, Pan American Championships, and US Open Judo Championships. Tyler lived in Montreal and trained at the National Training Center. He returned to Lethbridge as a member of City of Lethbridge Police Force.

## **HP Assistant Coach:** Trevor McAlpine – 2<sup>nd</sup> Dan

Trevor is a 4 time Canadian National Champion and was 7<sup>th</sup> at the World Junior Judo Championships in 2000. Trevor was a member of the National Judo Team from 2001-2008. Trevor has 21 International Medals to his credit and has extensive international experience. Trevor will be working with the High Performance Athletes.

## **HP Assistant:** Guy Pomahac – 4<sup>th</sup> Dan

Guy spent 10 years on the National Judo Team and has placed 1<sup>st</sup> at the Canadian Veterans Judo Championships. He has a Master of Education degree and teaches at Chinook High School. Guy was inducted into the Pronghorn Hall of Fame for Judo as well as the Lethbridge Sports Hall of Fame.



## **History of Lethbridge Kyodokan Judo Club: Sensei Yoshio Senda 9<sup>th</sup> dan**

**Sensei founded the Lethbridge Kyodokan Judo Club in 1952 at the YMCA. He always stated “You must always give your best at whatever you do, whether at work, school or sport...as you try your best, then you are a winner.” We believe that Judo is more than just a physical exercise...it’s a way of life. Each year I tell all the Judo students that they need to reflect back on the year previous and try to improve their character to become a better person.**

The late ***Sensei Yoshio Senda*** was the highest ranked Judoka in Canada, having earned the first ever Kudan (9th degree black belt) awarded by the Dan grading committee of Judo Canada in July of 2006. Sensei Senda founded the Lethbridge Judo Club in 1952 and was the Head Instructor and Coach of the club until his death at the age of 87 on September 9, 2009. He was on the mats coaching until August of 2009 and despite his ill health, he travelled from the hospital to the dojo to watch his judoka take training from a visiting Japanese sensei. He was also the Head Instructor and Coach of the University of Lethbridge Judo Club since the University was formed in 1967. He won the Canadian Junior Championship in 1937 and achieved his Shodan (first degree black belt) in 1939 at which time he started instructing judo as an assistant to Sensei Eichi Hashizume in Mission City, B.C. Sensei Senda was coach of the Canadian Olympic Judo Teams in 1980 and 1984 and Joe Meli's personal coach in the 1988 Olympics.

## **Press Release from President of Lethbridge Kyodokan Judo Club: (May 2014)**

The Lethbridge Kyodokan Judo Club is proud to announce an agreement in principle with Judo Canada and Judo Alberta to establish a nationally designated Regional Training Centre for Judo athletes from across western Canada at its Lethbridge facility. Opening is anticipated in September of 2015.

Joining the Club at that time will be Ewan Beaton, 2 times Olympian and former National Junior coach, as Regional Training Centre coach, Alberta Provincial High-performance coach, and Lethbridge Judo Club High-performance coach. Ewan was a member of the 1992 and 1996 Canadian Olympic teams, 2004 Olympic team coach, and 2008 Olympic team leader. He brings a deep knowledge of Judo and athlete development to an already very successful local organization.

The Western Regional Training Centre will be one of 4 established across Canada as a compliment to the National Training Centre housed at the Olympic Stadium in Montreal.

The Western Regional Training Centre will recruit young athletes from western Canada who seek advanced judo training opportunities while continuing their high school, college, or university education. The Regional Centre would be the final training stage before transitioning to the National Training Centre in Montreal.

The Lethbridge Kyodokan Judo Club is excited to host this development of Judo excellence as a continuation of the vision of its founder, the late Yoshio Senda, former Olympic judo coach

Sincerely, Ralph VanWerkhoven, President, LKJC

Annex 1: National Training Centre Application Form



## Judo Canada Regional Training Center Lethbridge Application

Please send all signed documents email to:

[e.beaton.judo@gmail.com](mailto:e.beaton.judo@gmail.com)

### Personal Information

Given Name \_\_\_\_\_ Surname \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Current Address  
\_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Age Group: U16 / U18 / U21 / Senior (circle one) Weight Class: \_\_\_\_\_

Judo Canada Passport Number: \_\_\_\_\_

Provincial Health Insurance Number: \_\_\_\_\_

### Education and Employment

Full-time Student (Name of School and Program, if applicable:  
\_\_\_\_\_)

Part-time Student (Name of School and Program, if applicable:  
\_\_\_\_\_)

Employed (Please state profession and employer: \_\_\_\_\_)



## Judo Canada Regional Training Center Lethbridge Application

### List of Results

Best Results of Current Year

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Overall Career Best Results

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### Goals

Please state your short-term goals.

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Please state your long-term goals.

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### Personal Coach and Club Contact Information

Club

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Address

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Coach:

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Phone Number

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Email

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## Judo Canada Regional Training Center Lethbridge Application

### Emergency Contact Information

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_ Relation \_\_\_\_\_

### Authorities

#### A) Statement of Injury/Illness

Indicate all illnesses and injuries that have affected your training in the last 12 months along with the name and address of consulting physician. Chronic injuries with permanent effects must also be declared.

Injury/Illness Physician Address and Phone Number

1 \_\_\_\_\_

2 \_\_\_\_\_

#### B) Medical Disclosure

I hereby authorise all hospitals, physicians, and all other persons from whom I have received treatment or examination to disclose to the Centre or its representatives all information pertaining to my illnesses or injuries, medical history, consultations, prescriptions or treatments as well as providing copies of all my medical or hospital records. A copy of this authorisation is to be deemed as valid and legitimate as the original signed document.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

#### C) Likeness and Media Rights

I hereby authorise Judo Canada and its affiliated associations to use my likeness for the Judo Canada and its federations' website, for social media and for judo-related publicity.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_



## Judo Canada Regional Training Center Lethbridge Application

### D) Declaration and Signature

I wish to be considered for admission or readmission in the Regional Training Centre Lethbridge. I declare that all the information presented on this application form is exact and complete. I understand that the Regional Training Centre Lethbridge reserves the right to modify or reverse any decision on the subject of my admission if any of the above information is inexact or incomplete. This application will not be accepted if any element remains inexact or incomplete.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

For athletes under 18 years of age, the parent, tutor or guardian must sign as the legal guarantor:

Name (Please Print) \_\_\_\_\_ Relation to Athlete \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Club Coach Signature \_\_\_\_\_ Date \_\_\_\_\_