



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

Judo Alberta – The Alberta Kodokan Black Belt Association  
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**MEMORANDUM**

**To:** Judo Alberta Clubs  
**From:** Judo Alberta Coach Committee  
**RE:** Provincial Training Camp, December 14<sup>th</sup> to 16<sup>th</sup>, 2018  
**Date:** October 24, 2018

**Judo Alberta Winter Provincial Training Camp, December 14<sup>th</sup> to 16<sup>th</sup>, 2018**

**Guest Coach Zachary Burt**



**Training camp Address:** Lethbridge Judo Club: [http://ajudo.com/Lethbridge\\_Judo/Home.html](http://ajudo.com/Lethbridge_Judo/Home.html)

Friday December 14 <sup>th</sup>	Saturday December 15 <sup>th</sup>	Sunday December 16 <sup>st</sup>
18:00 Athletes Arrive & Pay	8:00-10:00 Fitness Testing	8:00- 9:00 Circuit training
18:30-21:00 Technique & Tachi-waza Randori	10:30-12:30 Technique & Ne-waza Randori	9:30-10:15 – Sport Psychology Session U16/U18/U21/Senior
	14 :30-15:30 CWG Meeting	10:30-13:00 Review & Randori
	15:30-17:30 Technique & Tachi-waza Randori Group 1	
	17:30-19:30 Technique & Tachi-waza Randori Group 2	
	19:00 –20:00 Pizza/Food	

*Clubs are required to provide a club list of participants by December 07, 2018. This will allow us to organize the camp properly. (U14/U16/U18/U21/SR/Veteran)*

**Payment on arrival: \$40.00 payable to Judo Alberta**

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