



**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: Ewan Beaton HP coach
RE: Provincial Training Camp: January 19 - January 20, 2019
Date: December 17, 2018

Provincial Training Camp: January 19 - January 20, 2019

Division: U16, U18, U21, SR - Green Belt and Above

Address for training camp:

Aka Shika Judo Club
87 Petrolia Drive
Red Deer County, AB T4E-1B4

- Maximum of 40 athletes + 14 Canada Winter Games athletes

SATURDAY January 19, 2019	SUNDAY January 20, 2019
1330-1600 Technique, Drills & Randori	700-800 Physical Training & Drills
1800-1915 Technical Session	800-1030 Break/Breakfast
	1030-1200 Randori Session

Ewan Beaton HP Judo Alberta Coach
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