



# MCKENZIE MORGAN

## How long have you been doing judo?

I  
Have been doing Judo for the past 12 years.

## What judo clubs have you belonged or trained at during your judo career?

I trained at many Dojos over the years but I started at the Canmore Judo club. After that I started going to the Hiro's Judo Club, and then I went to the Airdrie Judo club where I'm currently registered; after that I moved to Lethbridge and started training at the Lethbridge Kyodokan and RTC and now I'm training at the INS in Montreal.

## What is the most important advice your sensei ever gave you?

The most important advice was actually given to me by a minor hockey coach: Rule 1: HAVE FUN / Rule 2: DO YOUR BEST/ Rule 3: TRY HARD

## Over the years what has been your favorite Judo Alberta event?

My favourite Judo Alberta event is probably the Canmore Training camp because it's awesome to be able to stay at home with my family, enjoy some home cooked meals and see all my friends from British Columbia, Alberta and Saskatchewan.

## Who is your best friend in judo and why?

Christian Hill is my best friend in the Judo world. We have known each other for years and competed with and against each other at many competitions. He is one of the people who makes me train the hardest and we have as much fun on the mats as we do off the mats together.

## What your least favorite training or exercise that you do not want to do but know it is necessary to reach your goals?

My least favourite training is definitely circuit training, not only are they physically exhausting but there also a test of your mental strength. But that is part of what makes them great for keeping you in fighting strength and they really help you to keep pushing when a tough fight is dragging on into golden score.

## How are you staying physically active during the covid-19 crisis?

I've been staying active by doing daily exercise such as push ups, sit ups, squats, etc, and acting as a jungle gym for my two nieces while I help my sister move, and when I can I've been training with one of my best friends in his garage. Unfortunately, I haven't been able to go for any runs because I forgot my running shoes in Montreal when I left for Edmonton International, but now that the snow is melting I've been making it out for some daily bike rides.

## JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

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**Club:**  
**Airdrie Judo Club**

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**Favorite Post**  
**Competition Food:**  
**Steak, Pizza , Sushi**

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**Favorite Place to Train:**  
**Belgium**

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**What Tattoos do you  
have?**  
**Duck with boxing  
gloves, Pineapple &  
Furturama character**

## BEST JUDO MOMENT

My proudest moment in judo came at the 2019 Canada Cup. This was the day that I felt that all of my hard work was paying off. Even though I only came in second that day I felt really proud because I knew I tried my best and left everything on the mats!

