

# JUDO ALBERTA

## MEISHU MONDAY

### **If you could be a 16-year-old judoka again and coach yourself what would the one piece of advice, you would give yourself?**

Go for it and do not hold back and take things a little more seriously. Despite the meaning of the word, Judo is a contact sport that is hard on your body, and you will have a limited amount of time to compete successfully. Knowing this now and looking back, there is definitely more I would have liked to accomplish in my competitive career.

### **What Judo Club do you belong to?**

Currently I am a Member of the Lethbridge Judo Club, as I mentioned above, I grew up doing judo at the Joe Meli Judo Club and was the Head Sensei at the Airdrie judo club for 6 years before moving back to Lethbridge 4 years ago.

### **What do you enjoy the most about judo?**

Family, friendship, and comradery! I made judo friends at 10 years old that I still talk to almost daily. When we decided to move back to Lethbridge from Airdrie, I did not worry my kids would have a hard time making new friends, I knew I would just take them to the judo club and tell them to put there gis on, the rest will take care of itself! The same was true for me, a lot of guys my age that I hadn't seen in years now have kids active in judo, and it was like a big reunion coming back and seeing old buddies and picking up right where we left off.



### **What are your future judo goals?**

This one I am not sure about. I am eligible for one more term as JA president, after that I really do not know. Perhaps take on a roll with Judo Canada or scale back a bit and stay active at the club level and support my boys in their judo adventures...time will tell.

### **Most important advice your sensei ever gave you?**

"Judo is much more than just a sport, and it really just starts when you get your black belt". As a teenager I wasn't really sure what this meant, but now as an adult and a professional, I have realized that there are so many things I do in my day to day life and business that I learned from the discipline, training, sacrifice and commitment that judo takes. These lessons become even more evident when you look around the judo community and see the high level of success so many Judoka have had in life and business after their competitive judo careers have ended. I also do not believe it to be coincidence that a lot of these successful people are still giving back to the sport that taught them so many valuable life lessons.

### **The person you always hated to do randori with? and why?**

Chris Baril...lol, this was back in the day before the judogi regulations became so stringent. His mother was a seamstress and she tailored all his gis to fit so tight in the arms it was near impossible to catch and hang onto the sleeve grip.