

# JUDO ALBERTA

MEISHU  
MONDAY



## Fondest Judo moment?

Wow there are really so many... Vancouver Junior Nationals 2013 I think it was. While running the Airdrie Judo Club, and working as a provincial team coach, I had an athlete that had made it to the bronze medal final at the national championships 3 years in a row and lost hard fought battles every year. Despite this, each year he kept coming back and working harder, and in 2013 his hard work and training paid off and he walked away with that bronze medal. It was a great feeling as a coach to see the hard and dedication work, **HE** put in pay off. The Airdrie Judo Club had a great nationals that year, I think we sent 5 athletes and came home with 4 medals.

## Who is your favorite judoka / judo player and why?

Connor and Graydon Hazell. I understand it is not easy for kids to grow up and do the same sport their parents did, and a sport where the parent(s) are still highly involved. Even at a young age, this puts more pressure on them than a "normal" kid would have. I introduced my boys to judo at a really young age hoping they would like it, and lucky for me they both do. And even at 10 and 12 I can already tell they have more natural ability and talent than I did as a kid lol. Even though I am probably over critical of them on how hard they practice, how much they fool around and get into "trouble" there are few better things than watching your own kids have success at something you introduced them to and share a passion for.

## Trevor Hazell

### How long have you been doing judo?

I started Judo when I was 9 or 10 years old after attending a multi-sport camp at the university of Lethbridge, where believe it or not a young Mike Tamura was the judo "teacher". After the first or second day I asked my parents if I had to keep doing all the other sports, I just wanted to do Judo. That fall I enrolled at the newly formed Joe Meli Judo Club.

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

Pull Ups lol... before the crisis hit, I bought a door mounted pull up bar. Much to Jamie's disapproval I have hung it in our bedroom doorway and rarely walk by it without doing at least 5 or 10 reps. My daily goal is to do at least 20-30 reps a day. I have combined this with sets of pushups as well as a resistance band training routine. A lot of core exercises and major muscle group work can be done with very minimal equipment.

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### **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.