



VIRGINIA NEMETH

How long have you been doing judo?

15 years

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

I started at Lethbridge Kyodokan judo club but am currently training at the national training Center in Montreal.

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

When I was told to grip as a left handed fighter. Looking at old footage of myself, I always fought with a left stance but right grip until I was about U13. I forget who switched my stance, it was a long time ago.

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

Edmonton International is interesting because it takes place in the West Edmonton Mall.

Who is your best friend in judo and why?

I don't really have any favorites; I appreciate all my friends.

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

"Winner stays" type drills. There is a lot of pressure; it feels like everybody is watching and I don't want to lose in front of everybody, even if it means I get a break. So you can find yourself out there, fighting for a long time. It's all part of the drill to test your mental strength and stamina.

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

I'm doing a lot of running, cardio drills, physical training and judo in our living room. The main key for me is keeping training diverse. I try not to do the same thing two days in a row so I can stay motivated and keep training interesting for myself.



JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

Club:
Lethbridge Judo Club

**Favorite Competition
Food:**
**Carmel Caffeine Energy
Gels**

Favorite Place to Train:
Germany

Hometown:
Lethbridge, AB

BEST JUDO MOMENT

My proudest moment would probably be in Hungary where I won my first European medal. My coach, Russ sat everyone down and gave our team individual goals and advice. When it came to me he said "You are going to win a medal. And if you do, I'll get you an ice-cream after" so of course I had to win.