



ALEXANDRA GAGNON

Who is your best friend in judo and why?

Shianne "Charging Bull" Gronen was a person I could count on when I first moved to Montreal and has always supported me through injuries, losses, and victories. She's someone I look up to in life and as a judoka.

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

My favorite event growing up was the girl's training camps. It was fun to spend time with everyone and get learn and be inspired by different female athletes.

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

I've been a member of Tolide Judo Kwai since I began judo in 2009. I've had the pleasure to have been welcomed to train at many Edmonton Judo clubs, notably the Kodokwai and Tokugawa judo clubs, so I could keep a frequent training regiment. The Lethbridge Judo Club and RTC program welcomed me with open arms when I moved in order to develop my judo further and shaped me into a competitive athlete. I was training at the National Training Centre in Montreal for the past two years.

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

There is this cardio exercise we did at the RTC where you'd jog for 2 minutes then do sprints for 1 minute then repeat 7 times. I didn't like it because I was slower than most of the people I trained with but that made me push myself to my limit because I'd always try to keep up with them. I started doing them in Montreal because the exercise is so good for judo but it's not a fun 21 minutes.

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

I'm trying to make the best of the situation by focusing on healing my body. I have some injuries that need care so I've been focusing on physio and strengthening areas that are weak. I've been doing this by doing body weight exercises, core circuits, and band work.



JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

Club:
Tolide Judo Kwai

Favorite Post
Competition Food:
A Bag of Doritos & Ice
Cream

Home:
Sturgeon County

Favorite Place to
Train:
Japan

BEST JUDO MOMENT

My brother and I always talked about medalling at Nationals together one day and at the 2019 Open Nationals we did, it was a really cool moment for the two of us and our first Sensei, Keith Bibbey, was there as well which made it more special.