



JOEL DEMAERE

How long have you been doing judo?

Since 2010 so 10 years

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

Fight to win not to not lose. -Trevor McAlpine

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

I really enjoy the Canmore camp because there is always lots of great training partners that I do not always get an opportunity to train with.

Who is your best friend in judo and why?

My brothers (Nathan & Caleb), I just feel like I have known them a really long time.

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

Running, I have little legs and have to take 4 steps for every one step of a regular sized person.

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

Lifting weights, running and home reno projects



JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

Club:

Lethbridge Judo Club

Favorite Place to Train:

Japan or Portugal

**Rank in order the
biggest arms in the
family:**

1. Mom (Jackie)

2. Miya & Lucas

3. Joel

4. Nathan

5. Dad (Paul)

6. Dogs

7. Birds

8. Caleb

BEST JUDO MOMENT

Winning the 2020 Elite National Championships was a proud moment for myself, I was coming off an injury and I felt very focused and confident.