

THROWBACK THURSDAY

Joe Meli

Olympian

1976, 1980, 1984, 1988

Judo Club

Lethbridge, Joe Meli

Canadian Champion

11 times

Pan-American Medals

5 times



"Judo is a wonderful sport that conditions your mind and your body. I feel very fortunate that my parents got me involved in such a wonderful sport at a young age. Judo has been a very big part of my life to this day. I have made a lot of friends throughout the world; friendships that I cherish to this day." Olympics: 1972 Montreal, 1980 Moscow, 1984 Los Angeles, 1988 Seoul Joe Meli was born and raised in Lethbridge, Alberta. Joe received his black belt at the age of 16 and is currently a seventh degree blackbelt. He is married to Leslie and has two daughters Lindsay and Ashley. Joe was the first Canadian Judoka to be on four Olympic teams: Montreal, Moscow, Los Angeles and Seoul.

