

Judo Saskatchewan Updates



Date: September 04, 2012

The Judo Saskatchewan updates are intended for all members of Judo Saskatchewan. Please forward these updates to club members and athletes that you feel can benefit from having a copy of the monthly update.

A) Ippons of the Week:

100kg Final 2012 Olympic Games Highlights

<http://www.youtube.com/watch?v=XMaYiubo4vY>

90kg Final 2012 Olympic Games Highlights

<http://www.youtube.com/watch?v=tBuVl167JBc>

66kg Bronze Match 2012 Olympic Games Highlights

<http://www.youtube.com/watch?v=qk3XWb8nVos>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

IMPORTANT: JUDO SASKATCHEWAN 2012-13 REGISTRATION

It is very important that all people who are practicing Judo in Saskatchewan are a member in good standing with Judo Saskatchewan/Judo Canada.

Membership fees need to be paid to your judo club in September and October.

All Judo clubs have their registration spreadsheets, and if they have not received one they are advised to contact Kate Schneider.

Kate Schneider: judomom.kate@sasktel.net

Registrar, Judo Saskatchewan

JUDO SASKATCHEWAN Prince Albert Team Training – SEPTEMBER 22-23, 2012

Attached to this message is the information for the Judo Saskatchewan Team Training in Prince Albert on September 22-23, 2012. This is an excellent early season team, training to help lay the foundation for the 2011-12 competitive year. There will also be a judo training run by World Class Judo Coach Peter Gardiner (GBR). It will be a good training camp for all U15/U17/U20 and Senior athletes interested in attending the 2012 National Championships in Toronto, Ontario.

Judo Saskatchewan Judo Products:

<http://www.judosask.ca/documents/JudoSK-Toraki-catalog.pdf>

C) Athletes / Coaches Corner

Marie-Helene Chisholm, Woman's National Coach, 2004 Olympian

Sankaku-jime 2: (hook arm)

<http://www.youtube.com/watch?v=Z6ZFs85CYpM>

Sanka-ku-jime 1:

<http://www.youtube.com/watch?v=dAvnE9ydgk8>

IMPORTANT:

Doping Control Website: <http://www.globaldro.com/ca-en/>

To find the status of any medication or other substance, consult the Global DRO.

D) Judo Interest:

Antoine Valois Fortier – A System Win for Judo Canada

Article by Ewan Beaton

The bronze medal won by Antoine Valois-Fortier at the 2012 Olympic Games is a great performance by the athlete but it is also a win for Judo Canada's system of development.

When Nicolas Gill went on his winning streak he was a world class judoka at 18 years old who started to have world class performance from a very young age. He was in a perfect situation for his athletic development, he loves judo and his dedication helped him advance at a very young age. Antoine Valois-Fortier is a perfect example of an athlete with talent, who loves the sport, who is extremely dedicated, had great fundamental skills developed at the club level and then moved to Montreal to work with the national team. This type of performance can be repeated!

Antoine Valios-Fortier was not a super star at the international level at 18 years old; he did however have a coach (Patrick Roberge) who taught and developed

many of the fundamental skills needed to perform at the international level. Patrick had him work with international coaches, attend national camps and had him working with the national team in Montreal.

Antoine benefited from provincial team support and the junior national program that exposed him to the international level at a young age which is important to the development of all young talented judoka in Canada. He was encouraged by national coaches to move to Montreal because he did show qualities that would make him a good international athlete. At 18 years old Antoine moved to Montreal with the encouragement and financial support of his parents to train full time in an environment with the national team and head coach Nicolas Gill. This was an important step; it is also important to note that he moved to Montreal without having funding from Sport Canada/Judo Canada – he was just like everyone else on the mats; not a superstar just someone with potential who wanted to reach his dream.

The move to Montreal gave him the opportunity to train in a high performance environment with great coaches and a sport science team that would help transform him from being a great potential to an Olympic medallist. Antoine did get injured and this is where he is special because he did not give up on his dream; many kids his age stop the first time they are hit with adversity; instead he trained harder; he listen to the therapist team and the coaches to manage his recovery. He never gave up on his love for judo and his dream!

About 18 months ago Nicolas Gill started emailing me and telling me that Antoine Valois-Fortier was at a level that could put him on the podium in 2012. Over this time Judo Canada started to see Antoine's results improve and the quality of his wins against top athletes improve. In April Nicolas sent me an email from Hungary letting me know that Antoine was one of the top athletes at the training camp out of all athletes from every country and was on track. Every month I would get an update telling me that something special was going to happen; it was a surprise to many but not for the head coach. After the draw at the Olympics Nicolas informed me that Antoine had the draw to have a podium performance if he fought at his top level. Nicolas was right – Antoine had the day of his life and was ready because of the plan and the system that helped him be ready for that one moment.

Antoine Valois-Fortier had talent but more importantly he loves judo, never gave up his dream and never misses judo training or any training for any reason. He made the move to train full time with the national team that allowed him to live his dream!

<http://sports.nationalpost.com/2012/07/31/plenty-of-fight-in-canadas-olympic-bronze-judo-medallist-antoine-valois-fortier/>

E) Featured Match of the week:

Bronze Medal Match:

Antoine Valois-Fortier (CAN) vs Travis Stevens (USA)

<http://www.youtube.com/watch?v=BCBONGAr3mg>

Star City's Saskatchewan's Frazer Will featured as a commentator for CTV

F) Judo Saskatchewan NCCP

NCCP 1: Dojo Assistant – October 19-21, 2012 (location to be finalized)

NCCP 2: Dojo Instructor – November 2-4, 2012 (location to be finalized)

Please contact Ewan Beaton if Interested:

beaton_judocan@yahoo.ca

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Schedule of Events September:

• **September 2012**

- 21-23, Coaches Retreat, Prince Albert
- 22-23, Team Training, Prince Albert (Sat. evening and Sunday)

Complete Schedule of Judo Saskatchewan Events:

<http://www.judosask.ca/events.html>