

# Judo Saskatchewan Updates



## **Date: November 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:**

<http://www.alljudo.net/video-de-judo-3403.html>  
<http://www.alljudo.net/video-de-judo-3404.html>  
<http://www.alljudo.net/video-de-judo-3412.html>  
<http://www.alljudo.net/video-de-judo-3401.html>  
<http://www.alljudo.net/video-de-judo-3409.html>  
<http://www.alljudo.net/video-de-judo-3400.html>

### **B) Judo Saskatchewan Updates**

Judo Sask. Website: [www.judosask.ca](http://www.judosask.ca)

#### **World Grand Masters Championships Selections, November 8-11, 2012, Miami, Florida, USA**

+78kg Chelys Vallejo	Prince Albert Judo Club
100kg Kim Schau	Saskatoon YMCA
66kg Ralph Ibanez	Saskatoon YMCA

#### **Saskatchewan Athletes results the 2012 Quebec Open**

##### **Under 20 Years Old**

1 <sup>st</sup> Emily Schaan 70kg	Watrous Judo Club/Saskatoon YMCA
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##### **Senior Elite Athletes**

2 <sup>nd</sup> Emily Schaan 70kg	Watrous Judo Club/Saskatoon YMCA
3 <sup>rd</sup> Nicole Dyck 70kg	Watrous Judo Club/Saskatoon YMCA
7 <sup>th</sup> Jordan Poliakiwski	Lloydminster Judo Club
DNP Warren Seib	Watrous Judo Club/Lloydminster Judo Club
DNP Chelys Vallejo	Prince Albert Judo Club

##### **Grand Masters (30 years old to 40 years old)**

3 <sup>rd</sup> Chelys Valljeo	Prince Albert Judo Club
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## Judo Saskatchewan 2012 Abbotsford Open Results

1st Sr. Novice / 2 <sup>nd</sup> U20	Travis McNeice	Pense
1 <sup>st</sup> U18 73kg	Keegan Lund	Lloydminster
1 <sup>st</sup> U18 / 1 <sup>st</sup> U20 52kg	Sydney Poliakiwski	Lloydminster
2 <sup>nd</sup> 60kg U18	Aiden Skaf	Pense
2 <sup>nd</sup> U18 48kg	Brette Poliakiwski	Lloydminster
2 <sup>nd</sup> U18/U20 52kg	Josie Lehner	Prince Albert
2 <sup>nd</sup> U18 63kg	Eden McPherson	Prince Albert
3 <sup>rd</sup> 60kg U18	Maxx Karaim	Regina YMCA
3 <sup>rd</sup> U18 48kg	Eryn Langdon	Moose Jaw
3 <sup>rd</sup> U18 57kg	Tallissa Edwards	Moose Jaw
NC U18 57kg	Taryn Montgomery	Moose Jaw (injured)

## Judo Saskatchewan Judo Products:

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

## C) Athletes / Coaches Corner

### Competitive Coaches and Athletes

#### Jimmy Pedro – Beating Stiff Arms (2min)

[http://www.youtube.com/watch?v=7XbNBuACP\\_I](http://www.youtube.com/watch?v=7XbNBuACP_I)

### **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:

### Warren Seib / Lloydminster Judo News

<http://www.lloydminstersource.com/Sports/tabid/60/entryid/2554/Default.aspx>

### Moose Jaw Judo News:

<http://www.mjtimes.sk.ca/Sports/2012-10-17/article-3101997/Three-athletes-headed-to-big-judo-event/1>

## **E) Featured Match of the week:**

**Chelys Vallejo, Saskatchewan – 2012 QC Open**

[http://www.youtube.com/watch?v=Wmha\\_tazMBo&feature=plcp](http://www.youtube.com/watch?v=Wmha_tazMBo&feature=plcp)

**Emily Schaan, Saskatchewan – 2012 QC Open**

<http://www.youtube.com/watch?v=NjSZuFoXsbM&feature=plcp>

## **F) Judo Saskatchewan NCCP**

*Coaches who have outstanding home work from any of the NCCP courses please provide me with this information anytime so we can review and finish your certification.*

*Please contact Ewan Beaton if Interested:*

[beaton\\_judocan@yahoo.ca](mailto:beaton_judocan@yahoo.ca)

## **G) Judo Saskatchewan Coming Events:**

### **Judo Saskatchewan Schedule of Events November:**

- 2-4, NCCP Dojo Instructor Course, Saskatoon
- 10, U of A Tournament, Edmonton, AB
- 17, Judo Saskatchewan AGM, Saskatoon
- 18, Judo Sask Black Belt Grading, Watrous
- 23-25, Team Training, Moose Jaw

**Complete Schedule of Judo Saskatchewan Events:**

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