

Judo Saskatchewan Updates



Date: March 2013

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.judovision.org/?p=18235>

<http://www.judovision.org/?p=18234>

<http://www.alljudo.net/video-de-judo-3601.html>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Prince Albert – Provincial Championships – March 23-24, 2013

<http://www.judosask.ca/events/PrinceAlbertNotice.pdf>

2013 Inner City, Winnipeg, MB, February 09

| Athletes | Placing | Division-weight | Club |
|--------------------|---------|--------------------|----------------|
| Brette Poliakiwski | 1st | U18 48kg | Lloydminster |
| Alex Poliakiwski | 1st | Senior 57kg | Lloydminster |
| Justin Filteau | 1st | Senior Novice 90kg | Saskatoon YMCA |
| Mike Clark | 1st | U18 55kg | Watrous |
| Mike Clark | 1st | U21 60kg | Watrous |
| Miranda Bellisle | 1st | U13 57kg | Prince Albert |
| Brooke German | 1st | U21 63kg | Moose Jaw |
| Talissa Edwards | 1st | U18 57kg | Moose Jaw |
| Alex Li | 1st | U15 55kg | Regina YMCA |
| Maria Martin | 1st | U13 48kg | Pense |
| Aidan Skaf | 1st | U18 60kg | Pense |
| Ben Flaman | 1st | U13 42kg | Avonhurst |

| | | | |
|------------------|-----|------------------------|-------------------|
| Tyrell Stringer | 1st | U18 +100kg | Vibank |
| Jack Karaim | 1st | U15 50kg | Regina YMCA |
| Dougie Jarzab | 2nd | Senior Novie 60kg | Prince Albert |
| Miranda Bellisle | 2nd | U15 57kg | Prince Albert |
| Taryn Montgomery | 2nd | U18 57kg | Moose Jaw |
| Cory Haas | 2nd | U13 -60kg | Avonhurst |
| Tristan Hoffarth | 2nd | U18 66kg | Vibank |
| Sean Morrison | 2nd | Senior 90kg | Lloydminster |
| Brandon Morrison | 2nd | U15 66kg | Lloydminster |
| Brandon Morrison | 2nd | U15 66kg | Lloydminster |
| Charlie Clark | 2nd | U21 73kg | Watrous |
| Aidan Skaf | 2nd | U21 60kg | Pense |
| Nathan Bensen | 2nd | Senior Novice 81kg | Swift Current |
| Andrew Hillsden | 3rd | U13 42kg | Avonhurst |
| Matthew Pullar | 3rd | U18 60kg | Avonhurst |
| Matthew Pullar | 3rd | U21 60kg | Avonhurst |
| Tristan Hoffarth | 3rd | U21 73kg | Vibank |
| Ray Ference | 3rd | Senior 100kg | Lloydminster |
| Travis Mills | 3rd | U18 66kg | Saskatoon YMCA |
| Brenna Bagnell | 3rd | U13 40kg | Saskatoon YMCA |
| Konnor Teneycke | 3rd | U18 90kg | Watrous |
| Nick Neumiller | 3rd | U18 73kg | Watrous |
| Chris Buggy | 3rd | U13 42kg | Watrous |
| Jesse Stringer | 3rd | U18 +100kg | Vibank |
| Max Zimmerman | 3rd | U18 55kg | Vibank |
| Damien Weins | 4th | U13 35kg | Moose Jaw |
| Maxx Karaim | 4th | U18 66kg | Regina YMCA |
| David Love | NC | Senior Novice 100kg | Saskatoon YMCA |
| Josh Guthrie | NC | U15 66kg | Prince Albert |
| Shawn Wiskar | NC | U18 66kg | Swift Current |
| Brock Schmidt | NC | U18kk 66kg | Lloydminster |

Fastest Ippon Josh Guthrie Prince Albert

2013 Pacific International, Vancouver, BC, February 15

| Name | Judo Club | Result | Age and Weight Division |
|--------------------|------------------|---------------|--------------------------------|
| Brette Poliakiwski | Lloydminster | 1st | U18 48kg |
| Mike Sowinski | Lloydminster | 1st | Novice Sr. 73kg |

| | | | |
|--------------------|----------------|-----|-----------------------|
| Jack Karaim | Regina YMCA | 1st | U15 50kg |
| Kenadee Thompson | Regina YMCA | 1st | U18 63kg |
| Justin Filteau | Saskatoon YMCA | 1st | Novice Sr. 90kg |
| Josie Lehner | Saskatoon YMCA | 1st | U18 52kg |
| Chelleys Valljeo | Prince Alberta | 1st | Over 78kg Senior |
| David Love | Saskatoon YMCA | 1st | Novice Sr. Over 100kg |
| Emily Schaan | Watrous | 1st | Senior 70kg |
| Nicole Dyck | Watrous | 1st | U21 70kg |
| Alex Poliakiwski | Lloydminster | 2nd | U21 57kg |
| Sydney Poliakiwski | Lloydminster | 2nd | U18 57kg |
| Brandon Morrison | Lloydminster | 2nd | U15 66kg |
| Josh Guthrie | Prince Alberta | 2nd | U15 60kg |
| Alex Li | Regina YMCA | 3rd | U15 55kg |
| Bryce Martindale | Regina YMCA | 3rd | U18 81kg |
| Bryce Martindale | Regina YMCA | 3rd | U21 81kg |
| Chris Hodgson | Saskatoon YMCA | 3rd | Over 100kg Senior |
| Emily Schaan | Watrous | 3rd | U21 70kg |
| Nicole Dyck | Watrous | 3rd | Senior 70kg |
| Mike Clark | Watrous | 3rd | U18 55kg |
| Taryn Montgomery | Moose Jaw | 5th | U18 57kg |
| Aidan Skaf | Pense | 5th | U18 60kg |
| Keegan Lund | Lloydminster | 5th | U18 73kg |
| Matthew Pullar | Avonhurst | NC | U18 60kg |
| Sean Morrison | Lloydminster | NC | Senior 90kg |
| Brock Schimdt | Lloydminster | NC | U18 66kg |
| Tallissa Edwards | Moose Jaw | NC | U18 57kg |
| Maxx Karaim | Regina YMCA | NC | U18 66kg |
| Cole Manz | Regina YMCA | NC | U18 66kg |
| Sean Cipywnyk | Saskatoon YMCA | NC | U18 81kg |
| Craig Cipywnyk | Saskatoon YMCA | NC | U18 Over 66kg |
| Tristan Hoffarth | Vibank | NC | U18 66kg |
| Charlie Clark | Watrous | NC | U21 73kg |
| Warren Seib | Watrous | NC | Senior 73kg |

2013 Pedro Classic, Boston, USA, February 25, 2013

3rd Jordan Poliakiwski 57kg

Judo Saskatchewan Judo Products:

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

C) Athletes / Coaches Corner

Facing Juji-Gatame:

<http://www.youtube.com/watch?v=pXJpbeTt28s&list=UU2qKQRpBx8LxABfrD7xSDfg>

Reverse Sankaku-Jime:

<http://www.youtube.com/watch?v=tkGADIGtD64&list=UU2qKQRpBx8LxABfrD7xSDfg&index=12>

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:

Moose Jaw Judo

http://www.discovermoosejaw.com/index.php?option=com_content&task=view&id=27787&Itemid=903

Antoine Valois-Fortier Interview

<http://www.jointheleaders.com/page/Antoine-Valois-Fortier.aspx>

“First of all, you have to love what you do. I have absolute passion for what I do. The feeling of winning, succeeding when I am on the Judo mat, and proving to myself that I am the champion is what really keeps me going and enables me to overcome intense training and injuries.”

E) Featured Match of the week:

Aliaksandr Stsiashenka (BLR) - Antoine Valois-Fortier(CAN) [-81kg] bronze medal match Grand Prix Germany

[http://www.judo-snijders.nl/video-judo-wedstrijd-internationaal/2013-Dusseldorf-Grand-Prix-Judo/Aliaksandr%20Stsiashenka%20\(BLR\)%20-%20Antoine%20Valois-Fortier\(CAN\)%20\[-81kg\]%20bronze.html](http://www.judo-snijders.nl/video-judo-wedstrijd-internationaal/2013-Dusseldorf-Grand-Prix-Judo/Aliaksandr%20Stsiashenka%20(BLR)%20-%20Antoine%20Valois-Fortier(CAN)%20[-81kg]%20bronze.html)

F) Judo Saskatchewan NCCP

NCCP Homework

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*

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Schedule of Events March 2013:

- 23, Provincial Championships, Prince Albert, SK
- 23, Referee Grading, Prince Albert, SK
- 24 Team Training, Prince Albert, SK

NOTE: Recent updates in the Judo Saskatchewan schedule:

April 12-14, 2013 - Judo Saskatchewan Good Will Camp, Moose Jaw, SK

May 31-June 02, 2013 - Inter-Provincial Camp (BC-AB-SK), Canmore, AB

June 15, 2013 - Regional South Sask. Training Camp, Moose Jaw (1 day)

June 22, 2013 - Regional North Sask. Training Camp, Lloydminster (1 day)

Complete Schedule of Judo Saskatchewan Events:

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