

# Judo Saskatchewan Update



## **Date: December 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) IPPON**

<http://www.judovision.org/world-cups/2012/2012-ijf-grand-prix-abu-dhabi/52kg-bat-erdene-baljinnyam-mgl-eleudis-valemtim-bra.html>

<http://www.judovision.org/world-championships/2013-world-championships-rio-de-janeiro/90kg-valentin-grekov-ukr-parviz-sobirov-tjk.html>

<http://www.judovision.org/world-championships/2013-world-championships-rio-de-janeiro/90kg-kirill-denisov-rus-kyu-won-lee-kor.html>

<http://www.judovision.org/world-championships/2013-world-championships-rio-de-janeiro/90kg-iliyas-iliadis-gre-karolis-bauza-ltu.html>

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

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

## **WINTER CAMP – WATROUS DECEMBER 27-29, 2013**

<http://www.judosask.ca/events/WinterCamp2013.pdf>

## **World Masters Championships, Abu Dhabi, November 24, 2013**

2nd Chelys Vallejo, Saskatoon YMCA

## University of Manitoba Open, Winnipeg, November 30, 2013

1st U16 50kg	Nicholas Skaf, Regina YMCA
1st U16 55kg	Jack Karaim, Regina YMCA
1st U16 +60kg	Travis Mills, Saskatoon YMCA
1st U18 66kg	Aiden Skaf, Regina YMCA
1st Senior Novice 66kg	Tristin Hoffarth, Vibank
2nd U16 60kg	Alex Li, Regina YMCA
2nd U18 66kg	Tristin Hoffarth, Vibank
2nd U18 +90kg	Jesse Stringer, Vibank
2nd Senior Novice	Justin Filteau, Swift Current
3rd Senior Novice	Aiden Skaf, Regina YMCA
3rd U18 66kg	Maxx Karaim, Regina YMCA

## **Black Belt Grading – November 23, 2013, Saskatoon**

Congratulations to **Barry Metivier** from the **Swift Current Judo Club** who was graded to his Shodan!

## **Judo Saskatchewan Judo Products:**

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



<https://www.facebook.com/groups/158916920950217/>

Judo Saskatchewan would like to have Judo Saskatchewan members post photos from their judo clubs, competition, training camps and events on the Judo Saskatchewan facebook page. Find updates on Judo Saskatchewan on the Judo Saskatchewan Facebook page today!

## **B) Athletes / Coaches Corner**

### **IMPORTANT: COACHES**

### **RESPECT IN SPORT**

Sport Saskatchewan had mandated that all coaches who coach in Saskatchewan take this online course. This is an excellent course that bullet proofs your program in the area of sportsmanship, respect towards athletes and referees. Please complete this course today - it can be done in sections making it easy for

all coaches to complete. Judo Saskatchewan is tracking the coaches who have completed this course. All coaches need to complete this course.

<https://sasksrc.respectgroupinc.com/secure/>

### **Ouchi-Gari:**

**Bruce Kamstra, Judo Canada RTSO Basic Ouchi-Gari**

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

**Mike Swain, USA, 1987 World Champion**

[http://www.youtube.com/watch?v=4\\_V34h1bDpQ](http://www.youtube.com/watch?v=4_V34h1bDpQ)

### **O-uchi-gari Competition Clips:**

<http://www.alljudo.net/video-de-judo-3786.html>

<http://www.alljudo.net/video-de-judo-161.html>

<http://www.alljudo.net/video-de-judo-271.html>

<http://www.alljudo.net/video-de-judo-1735.html>

<http://www.alljudo.net/video-de-judo-3802.html>

<http://www.alljudo.net/video-de-judo-1913.html>

### **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:**

**The Best Do More!**

<http://100judo.com/post/kayla-harrison-the-best-do-more-than-the-rest>

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

**POLLING (NED) - PIZANTI (ITA)**

<http://www.alljudo.net/video-de-judo-4084.html>

**Canadian Kyle Reys: 2 Great Ippons in Japan!**

<http://www.youtube.com/watch?v=1FKKAmHJDjQ&feature=youtu.be>

## **F) Judo Saskatchewan NCCP**

Please contact Ewan Beaton  
[beaton\\_judocan@yahoo.ca](mailto:beaton_judocan@yahoo.ca)

### **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.*

## **G) Judo Saskatchewan Coming Events: December 2013**

- 13-14, Judo Sask Referee Clinic, Watrous
- 14-15, Watrous tournament and Judo Sask team training
- 27-28-29, Judo Saskatchewan Winter Camp, Watrous

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

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

## **H) Nutrition:**

### ***Fuel for Fun - Healthy Snacks for Active Kids!***

Good nutrition is important for everyone, especially young athletes. Offering snacks as a part of sport participation can help:

- Top-up the fuel needed by muscles — before sports and after;
- Reduce hunger;
- Celebrate a game;
- Model food choices that complement healthy exercise and good sportsmanship.

### **Fuel for Energy**

Young athletes should be arriving at the practice or game with enough stored energy to serve them through its duration. Most of this energy comes from nutritious meals and snacks eaten **well ahead of time.**

<http://www.coach.ca/fuel-for-fun-healthy-snacks-for-active-kids--p154664>