

Judo Saskatchewan Update



2014 JUDO SASKATCHEWAN SUMMER CAMP

FLYER IS ATTACHED TO THIS UPDATE

Judo Saskatchewan invites you to the 2014 Summer Camp in Outlook, Saskatchewan, from August 10-16, 2014.

Judo Saskatchewan would love to have a athletes from Saskatchewan judo clubs attending the 2014 Summer Camp. There has been a large interest from out of province athletes to use the Judo Saskatchewan Summer Camp as a preparation camp for the 2015 Canada Winter Games.

(The Lethbridge Judo Club and Judo Nova Scotia have committed large teams)

If you are interested it would be great to have them registration in early so you will have a spot.

Date: March 2014

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.youtube.com/watch?v=yZ0rRNHmC70>

<http://www.youtube.com/watch?v=ZtljHUwG6S4>

<http://www.youtube.com/watch?v=x6ZRMcbeKT0>

<http://www.youtube.com/watch?v=eM8fnaRb7ng>

<http://www.youtube.com/watch?v=VmHJ3UU0mLE>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2014 Inner City Results – February 01, 2014

<http://www.judomanitoba.mb.ca/phpwcms/index.php?2014-inner-city-open>

Inner City Photos:

<http://www.judomanitoba.mb.ca/phpwcms/index.php?2014-inner-city-open-1>

2014 Pacific International - February 15-16, 2014

- 1st 90kg Novice Men Justin Filteau, Swift Current
- 1st 78kg Senior Bishop Sommerfeld, Regina YMCA
- 2nd 52kg U18 Brette Poliakiwski, Lloydminster
- 3rd 57kg U21 Sydney Poliakiwski, Lloydminster
- 3rd 70kg U21 Emily Schaan, Watrous
- 3rd 70kg Senior Emily Schaan, Watrous
- 5th 73kg Senior Warren Seib, Watrous

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

Basic Kumi-kata Skills: Neil Adams (GBR) – Former World Champion

Part 1: Introduction

<http://www.youtube.com/watch?v=9GRot7AeD8E&list=PLA42398E3D55EC1A3>

Part 2: 2 to 1 Majority <http://www.youtube.com/watch?v=4WTq-z-kHMU&list=PLA42398E3D55EC1A3>

Ilias Iliadis (GRE) – Former Olympic Champion and World Champion

Technique: <http://www.youtube.com/watch?v=r2l3Q5DzqPc>
http://www.youtube.com/watch?v=v5nLpP_TUV8

Physical Training: <http://www.youtube.com/watch?v=rAgSEBnpCHE>

I Must Win: <http://www.youtube.com/watch?v=tm8qDcZARqw>

Competition Highlights: <http://www.youtube.com/watch?v=JKczdB3tiDY>

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/>

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:

Teddy Riner – France 6 min Documentary (2011)

<http://www.youtube.com/watch?v=o2aUCk5hW3M>

Using Judo to fight injury on icy sidewalks

http://ottawa.ctvnews.ca/using-judo-to-fight-injury-on-icy-sidewalks-1.1626329?fb_action_ids=10152149273011718&fb_action_types=og.recommends&fb_source=other_multiline&action_object_map=%5B630628033666061%5D&action_type_map=%5B%22og.recommends%22%5D&action_ref_map=%5B%5D

Make A Champ on Dragon Dens: Judo

<http://www.cbc.ca/dragonsden/pitches/makeachamp.com>

Ronda Rousey Uses her judo to dominate UFC title match :

<http://artofgrappling.com/2013/12/29/ufc-168-rousey-tate-judo-throw-highlights-gifs/>

E) Featured Match of the month:

ONO (JPN) - DARBELET (FRA)

<http://www.alljudo.net/video-de-judo-3487.html>

TAKAJO (JPN) - MUKANONV (KAZ)

<http://www.alljudo.net/video-de-judo-4111.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
beaton_judocan@yahoo.ca

G) Judo Saskatchewan Coming Events: March 2014

- 14-16, Edmonton International
- 29, Judo Sask Black Belt Grading, Regina

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Tip for Bus and Travel

Car, van, bus, or plane, most athletes have to use some mode of transportation to get to a training session, training camp, and/or competition venue. Travel and staying “out of town” can present dietary challenges, which are easily overcome with careful nutritional planning.

While travelling, athletes would be wise to stick to their usual training diet consisting of ample carbohydrates, moderate protein, low fat, and sufficient fluids. Adherence to the training diet during travel may require the athlete to bring along suitable foods and fluids. Alternatively, travel pit stops will be necessary to acquire foods and fluids when on the road.

Perishable travel foods, such as sandwiches, cheese, meat, and milk should be stored at their safe temperature. To avoid food poisoning, keep cold foods cold and hot foods hot.

Portable travel food and fluid ideas: fresh fruit, raw veggies, unsweetened juices, trail mix with dried fruit and dry cereal, yogurt, YOP™, milk, chocolate milk, cheese and crackers, sandwiches

made with bread, pitas, wraps, or buns, low-fat muffins, beef jerky, peanut butter on celery or crackers, pretzels, popcorn, granola bars, Vector Bar™, and sport bars.

Athletes will stay in a variety of accommodations at their travel destination, from hotels to fully equipped suites. Some athletes will continue without interruption to plan, purchase, and prepare their usual sound nutrition. However, others, especially children and adolescents, may lack culinary skills and dietary knowledge. These young athletes will benefit from nutritional guidance.

In many cases, the travelling athlete's meals and snacks will be purchased from reliable restaurants and/or retail outlets. In advance, the coach or team manager should research to find suitable restaurants and grocery stores near the athlete's training and competition venues.

To support optimal performances in training and competition, a selection of whole grains, vegetables, fruit, and lean meat should be emphasized from restaurant menus and store purchases. Nutrition advice regarding restaurant meals may also be useful for most athletes, especially regarding low-fat, wholesome food choices geared towards performance and health.

Illness can result from consuming spoiled food or beverages. Some symptoms of food poisoning include nausea, vomiting, diarrhea, bloating, cramps, headaches, and fever. These symptoms can occur within 2–4 hours after eating spoiled foods or fluids.

Preventing food poisoning:

- Check the "best before" date on purchased perishable foods.
- Keep cold foods cold and hot foods hot.
- Eat in reliable restaurants.
- Make sure all meats are well-cooked, especially poultry.
- Wash your hands with soap before eating snacks or meals (or use hand sterilizers).