

Judo Saskatchewan Update



Date: November 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.

For more information on Judo Saskatchewan and our programs please visit our website: www.judosask.ca

If you would like to unsubscribe yourself from the Judo Saskatchewan Update please email: e.beaton.judo@gmail.com

A) 2014 World Championships

Top 10 Throws Day 2:

https://www.youtube.com/watch?v=EMCDglwY_CA

B) Judo Saskatchewan Updates

University of Alberta, Fort Saskatchewan, AB, October 18, 2014

1st 34kg, U14, Justin McKay, Pense
1st 50kg, U16, Tyler Kostron, Avonhurst
1st 90kg, SR, Sean Morrison, Lloydminster
1st 57kg, U21 Sydney Poliakiwski
2nd 50kg, U16, Nicholas Skaf, Regina YMCA
2nd 60kg, U18, Max Zimmerman, Vibank
2nd 66kg, U21, Aidan Skaf, Regina YMCA
2nd 81kg, U21, Bryce Martindale, Regina YMCA
2nd 73kg, SR, Tristin Hoffarth, Vibank
3rd 73kg, U18, Brandon Morrison, Lloydminster

Brandon Open, Brandon, MB, October 18, 2014

1st 81kg, Master, Mike Horvey, Regina YMCA
1st 100kg, Master, Kel Ostapowich, Regina YMCA
1st 73kg, SR, Maxx Karaim, Regina YMCA
1st 81kg, Novice, Jason Church, Regina YMCA
1st 73kg U21, Maxx Karaim, Regina YMCA
1st 73kg U18, Maxx Karaim, Regina YMCA
1st 46kg U14, Stas Sheshnev, Regina YMCA
2nd 73kg SR, Matt Pullar, Avonhurst
2nd 81kg SR, Jason Church, Regina YMCA
2nd 60kg U18, Jack Karaim, Regina YMCA
2nd 66kg U18, Matt Pullar, Avonhurst

Judo Saskatchewan Facebook Page:

<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

Understanding Kuzushi:

Neil Adams – World Champion GBR

<https://www.youtube.com/watch?v=luK9Eklbn78>

Jeon Ki Young – Olympic Champion, KOR

<https://www.youtube.com/watch?v=2h3QnxzyBL4>

Bruce Kamstra – Judo Canada RTCC BC

<https://www.youtube.com/watch?v=IhnBmxiNTIE>

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:

Olympic Champion Interview: Kayla Harrison, USA

<http://100judo.com/post/kayla-harrison-wants-to-be-the-best-ever-judoka>

E) Featured Match of the month:

DUPRAT (FRA) - KHASHBAATAR (MGL)

<http://www.alljudo.net/video-de-judo-4494.html>

F) Judo Saskatchewan NCCP

.NCCP – COACHES WHO HAVE TAKEN THE COURSE IN THE PAST THREE YEARS AND HAVE OUTSTANDING HOME WORK SHOULD SEND IT IN TO COMPLETE THEIR CERTIFICATION.

Please contact Ewan Beaton

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G) Judo Saskatchewan Coming Events: November 2014

- 1, Beginner's Tournament, Prince Albert
- 1-2, Quebec Open, Montreal, QC
- 8-9, Ontario Open, Toronto, ON
- 22, Judo Saskatchewan Annual General Meeting, Regina

- 16, Referee Clinic, Regina Y
- 16, Beginner's Tournament, Regina Y
- 29, Provincial Tournament, Watrous
- 30, Judo Sask Team Training, Watrous

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Corner

Post Weigh-in Nutrition

FLUIDS RECOVERY – don't wait, rehydrate your body cannot absorb more than 1.2 L to 1.5 L of liquid per hour the more dehydrated you are, the less easier it is to recover total fluid losses urine is the best hydration indicator; dark=drink, no color=OK !

1. Drink 500 ml (2 cups) of sports drinks right after weight-in
2. Add electrolytes* to your drink
3. After that, drink sports drinks every 8-10 minutes – 200 ml at the time (5 big gulps) do not drink 1 L in one shot, even if you are very thirsty...
4. limit coffee during recovery, espresso would be better (not more than 2 small cups)

***Electrolytes**

Recovering with water or sports drinks only will not be enough > 2kg of water loss = add one of the following : Consider that every kg of water loss = 600-800mg of sodium and 200-400 mg of potassium

Gastrolyte: find at a Pharmacy

Pedialyte: (1 bottle) find at a Pharmacy

Eload sports drink: find at GNC or sport shop www.medioncorp.com

CARBS RECOVERY AND PRE-COMPETITION MEAL

1. Easy calculation : 1 g/kg/hour of carbs before fight
2. Limit high fiber foods – you want fast recovery and fast absorption !
3. Alternate food + water or energy drink (never eat solid food alone)

High carbs food

Complex carbs □ bagels, cereals, raisins bread, oatmeal, French bread, granola bars

Simple carbs – bananas, fruit juices, dried fruits (dates, cranberries, figs), grapes, jam, nutella

Milk chocolate, low fat yogurts Bars and liquid meal substitutes (Ensure, Boost)

WARM UP

During warm up, continue to drink and plan a small, HIGH carbs snack

Example: Fig Newton cookies (3) or 1 cereal bar (Nature Valley Trail mix or sweet and salty) + Sports drinks or diluted fruit juice with water

After weight-in and post-match recovery

BETWEEN FIGHTS - Here are some examples of what to eat between fights:

1. Less than 15 minutes = 30g of carbs (mostly liquids and sports drinks, not enough time to fully digest proteins or a sandwich)
2. Sports drinks Diluted fruit juices Fruit blends (Mott's) or dried fruits Newton fig cookies

15 minutes to 30 minutes = 45g of carbs

3 Sports drinks 300 ml (1 1/2 cup) of Gatorade

2 Fruits or cereals 2 fruits or 1 fruit bar + 1-2 Newton cookies

30 minutes to 1 hour = 60g of carbs

2 Fruits 1 banana

2 Cereals and grains 1 cup of cold cereals or 2 Newton cookies + WATER

1 hr-2 hrs (more time to digest proteins and complex carbs) =60g of carbs+

2 Cereals and grains 2 slices of bread or crackers and cheese or pasta

2-3 Meats sliced ham/turkey/chicken/Singles Kraft

2 Fruits 1 cup of juice or 2 fresh fruits Or trail mix (nuts and fruits)

2-3 Sports drinks 200 to 300 ml of sports drinks + water at least 500ml