

Judo Saskatchewan Update



Date: March 2015

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) Ippons

Top Ten Ippons of 2014

<http://www.alljudo.net/video-de-judo-4594.html>

B) Judo Saskatchewan Updates

Judo Saskatchewan New High Performance Coach

As President of Judo Saskatchewan (TV Taylor) I am pleased to announce that Judo Saskatchewan will employ Amy Cotton as our next Provincial High Performance Coach. Amy will work various projects with us from now until July 1, 2015 when she will become a full time employee. Effective September 1, 2015 she will assume the full duties of the position when Ewan moves to the Judo Canada Regional Training Center in Lethbridge.

Amy Cotton is originally from Nova Scotia and trained at the National Training Center for many years. She is a 2 X Olympian having competed in the 2004 & 2012 Olympics. She finished 7th at the 2005 World Championships and has won 23 World Cup medals in judo.

2015 Inner City Judo Championships, February 07, 2015, Winnipeg

Name	Judo Club	Weight	Final Result
Tyler Kostron	Avonhurst	55kg	2nd U16
Matthew Pullar	Avonhurst	66kg	1st Sr. / 2nd U18
Brandon Morrison	Lloydminster	73kg	1st Sr. / 1st U18
Hovhannes Stepanyan	Lloydminster	73kg/81kg	1st Sr. Novice
Phil Waldorf	Lloydminster	0100kg	2nd Sr. Novice
Eliezer Elvira	Lloydminster	73kg	1st U16
Ray Ference	Lloydminster	100kg	DNP
Brooke German	Moose Jaw	70kg	3rd Sr./DNP U21
Tallissa Edwards	Moose Jaw	70kg	1st Sr. / 2nd U21
Elysia Kehrig	Pense	42kg	2nd U14
Matthew Woods	Pense	o90kg	3rd U18
Paige Copeland	Pense	52kg	2nd U14
Maria Martin	Pense	63kg	1st U16
Jason Leblanc	Pense	73kg/81kg	2nd Sr. Novice
Justin McKay	Pense	34kg	1st U14
Kyle McKay	Pense	55kg	3rd U16
Megan Neuman	Prince Albert	63kg	1st U18
Kace Callaghan	Prince Albert	60kg/66kg	3rd U16
Igor Pryshchepa	Prince Albert	o90kg/100kg	1st U18/1st U21
Alex Li	Regina YMCA	60kg/66kg	3rd U21
Nicholas Skaf	Regina YMCA	55kg	4th U16
Bryce Martindale	Regina YMCA	81kg	1st Sr/2nd U21
Vlad Sheshnev	Regina YMCA	60kg	2nd U21
Stas Sheshnev	Regina YMCA	38kg	1st U14
Taryn Montgomery	Regina YMCA	63kg	1st U21/2nd U18
Maxx Karaim	Regina YMCA	73kg	2nd U18
Jack Karaim	Regina YMCA	60kg	1st U18/1st Sr.
Brenna Bagnell	Saskatoon YMCA	52kg	3rd U16
Kelly Mills	Saskatoon YMCA	52kg	1st U14
Travis Mills	Saskatoon YMCA	73kg	3rd U18
Josie Lehner	Saskatoon YMCA	52kg	2nd U21

Toru Iwassa	Swift Current	o90kg	3rd U16
Tristin Hoffarth	Vibank	73kg	2nd Sr.
Jesse Stringer	Vibank	o90kg	2nd U18/3rd U21
Tyrell Stringer	Vibank	o90kg	2nd U21

Photos: <http://www.judomanitoba.mb.ca/phpwcms/index.php?aid=140>

2015 CANADA WINTER GAMES – PRINCE GEORGE: FEBRUARY 25-26, 2015

The Canada Games in Prince George, B.C. was a great experience for the Saskatchewan team winning 4 medals in the individual divisions with everyone competing hard and giving their best. The city of Prince George did a great job creating an Olympic type atmosphere with nightly public medal ceremonies, concerts, great food, friendly volunteers and fantastic fire-works.

The athletes fought hard in the team matches with the girls beating Manitoba in a tie breaker but losing the next match to Ontario. The boys had a tough draw against Quebec but were competitive in every match producing some exciting judo.

2nd 73kg Bryce Martindale, Regina YMCA
 3rd 70kg Tallissa Edwards, Moose Jaw
 3rd 66kg Matt Pullar, Avonhurst
 3rd 57kg Sydney Poliakiwski, Lloydminster
 7th 63kg Megan Neuman, Prince Albert
 7th 60kg Jack Karaim, Regina YMCA

Judo Saskatchewan Summer Camp Series

June 26/27, 2015 – Judo Saskatchewan Team Training, Saskatoon, SK
<http://www.judosask.ca/events/TeamTrainingRetreat.pdf>

July 20 to July 24, 2015 – Lethbridge Interprovincial Camp, Lethbridge, AB
<http://www.judosask.ca/events/LethbridgeCamp.pdf>

July 26 to August 01, 2015 – Judo Saskatchewan Summer Camp, Outlook, SK
<http://www.judosask.ca/events/SummerCampNotice.pdf>

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

Morote-Seio-nage

An effective morote-seio-nage is based on the ability of the throwers ability to relax, create space and efficiently turn their bodies all the way into the throw. In these two videos notice how effortless and relaxed the demonstrators are when executing the throws.

In Canada one of the key problems with our young judoka is them not creating space when executing uchi-komi and when throwing. Space is one of the key elements to create power – if there is not space for the judoka to complete the rotation into the technique then this will reduce the speed/power of the throw.

Please notice the feet position in the demonstrations. It is very important that the throwers feet are in the exact same position each time. When teaching technique please focus your students feet and make sure they are going in the right direction each time for the uchi-komi and when throwing.

Katanishi: <http://www.alljudo.net/video-de-judo-2242.html>

Nomura: <http://www.alljudo.net/video-de-judo-1359.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:

Josie Lehner and Megan Neuman: Canada Winter Games

<http://www.paherald.sk.ca/Sports/Other-sports/2015-02-20/article-4051866/Two-P.A.-judo-fighters-looking-for-medals-at-Winter-Games/1>

Pullar and Poliakiwski Come up with Bronze Medals

<http://www.leaderpost.com/sports/Saskatchewan+improves+medal+total/10843684/story.html>

Edwards wins bronze medal at Canada Games

<http://www.mjtimes.sk.ca/Sports/Other-Sports/2015-02-27/article-4058562/Edwards-wins-bronze-at-Canada-Winter-Games/1>

Poliakiwski Sisters at the CWG:

<http://ckpg.com/poliakiwski-sisters-representing-different-provinces-at-cwg-judo>

2015 PAN-AM JUDO CHAMPIONSHIPS

Canadian team for the 2015 Pan-American, April 24-26, 2015

EDMONTON, ALBERTA, CANADA

World class judo is coming to Edmonton, Alberta in April 2015! Come watch Olympic Champions Kayla Harrison (USA), Sara Menezes (BRA) & Idayls Ortiz (CUB), World Champions Marya Aguiar (BRA) and Yuri Alvear (COL) and many more Olympic and World medallist compete for valuable qualification points for Rio 2016. Canada will be sending our best athletes to this event including World Silver medallist Antoine Valios-Fortier and World Number three Kelita Zupancic. Team Canada needs to have your support for this event.

Location:

Saville Community Sports Center 11610 – 65 Avenue
Edmonton, AB T6G 2E1 CANADA

2015 Pan-Am Championships Ticket Price:

\$10/day \$20 pass (3 day)

U16: \$5/day \$10 pass (3 day)

\$25/day family \$40 weekend family

<http://www.judonation.ca/information.html>

-60kg Youssef Youssef

-66kg Patrick Gagné & -66kg Antoine Bouchard

-73kg Etienne Briand & -73kg Arthur Margelidon

-81kg Antoine Valois-Fortier & -81kg Zachary Burt

-100kg Kyle Reyes & -100kg Marc Deschenes

-52kg Ecaterina Guica

-57kg Catherine Beauchemin-Pinard & -57kg Jessica Klimkait

-63kg Stefanie Tremblay & -63kg Beatrice Valois-Fortier

-70kg Kelita Zupancic & -70kg Alix Renaud-Roy

-78kg Catherine Roberge & -78kg Ana-Laura Portuondo-Isasi

Team Competition:

Men

66kg: Patrick Gagne/Antoine Bouchard

73kg Etienne Briand/Arthur Margelidon

81kg Zachary Burt

90kg Jonah Burt

+90kg Marc Deschenes/Martin Rygielski

Women

52kg: Ecaterina Guica

57kg: Jessica Klimkait

63kg: Stefanie Tremblay/Beatrice valois-Fortier

70kg Alix Renaud-Roy

+70kg Ana Laura Portuondo-Isasi

TRAINING CAMP OPPORTUNITY: There is also going to be a training camp for athletes between the preliminaries and the finals. This will be a great opportunity for athletes to train with the best athletes in Western Canada. If you are interested in the training camp please contact me: e.beaton.judo@gmail.com

<http://www.judosask.ca/events/Pan-AmCamp.pdf>

E) Featured Match of the month:

Ono (JPN) Path to the Final German Grand Prix

<http://www.alljudo.net/video-de-judo-4604.html>

Final: ONO Shohei (JPN) VS TATALASHVILI Nugzari (GEO)

http://www.judobase.org/#/media/gp_ger2015/gp_ger2015_m_0073_0067

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

e.beaton.judo@gmail.com

G) Judo Saskatchewan Coming Events: March 2015

- 7, Beginner's Tournament, Vibank
- 7-8, Pacific Internationals, Richmond, BC
- 14-15, Edmonton International, Edmonton, AB
- 28, Provincial Championships, Moose Jaw
- 29, Judo Saskatchewan Team Training, Moose Jaw

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Corner

Smoothies and Training

Stress affects everyone differently. Some lose their appetite completely. If you don't feel hungry before training but have not been eating for many hours, choose liquids over solids. Drinks and liquid meals can be digested more quickly than solid food. Unlike solid food, liquids do not have to be physically broken down. You can also get the benefit of additional pre and post-exercise hydration when you take your nutrients in liquid form.

Convenience and simplicity! It is very easy to prepare a smoothie that will meet all the criteria for a good pre- or post-exercise drink: Fluid high in carbohydrates, moderate in protein, low in fat and fibre, a pinch of electrolytes!

The top two reasons to include a smoothie in your daily training diet:

1. Before Exercise

Adequate food and fluid intake is important to store the energy substrates that will be needed for exercise and to make sure that you will be fully hydrated before the beginning of exercise.

Therefore, a smoothie may be a perfect way to meet these needs. Smoothies will provide adequate amounts of:

- Carbohydrates: to optimize your glycogen stores and to ensure maintenance of blood glucose during exercise;
- Protein: for satiety so you can train without feeling hungry;
- Low fat and fibre to facilitate digestion;
- Fluids to start exercise in a balanced hydration status.

2. After Exercise

You need to recover rapidly. This is even more important if you have another training session later on in the day or during tournaments, when you might have multiple subsequent events in a single day. As soon as possible after the end of exercise, i.e. within 20 minutes after exercise, a smoothie may be the perfect way to meet your recovery needs as it can provide:

- Adequate fluids: 1.5 litres of fluids/kg of body weight lost;
- Adequate carbohydrates to replace muscle glycogen: 1.0-1.5 g/kg body weight;
- Adequate proteins: for building and repair of muscle tissue;
- Adequate electrolytes: mainly sodium and potassium depending on an athlete's individual sweat rate.

Are all Smoothies Created Equal?

Commercial smoothies come in different sizes and forms:

- Powders to which you have to add your favourite juice or beverage;
- Ready-to-use formulas which contain various herbs and supplements, or mixtures of vegetables or fruits and milk or soy beverages with or without herbs and supplements.

NOTE OF CAUTION! Commercially prepared smoothies can be very expensive and may not meet your individual taste preferences! In addition, you must be cautious of additional hidden ingredients to ensure they do not contain any banned substances!

Preparing the Perfect Smoothie!

Elements of the “perfect smoothie” include:

- A source of complete protein; ideally milk protein which contains slow (casein) and fast (whey) absorbable proteins. Soy milk protein is also a good choice if you avoid lactose in dairy for any reason.
- A source of carbohydrates: fruits and/or fruit juices are great high carbohydrate choices. Choose the ones you like best. You can also add some honey or maple sugar for taste or to meet higher carbohydrate and energy needs.
- A pinch of salt to effectively replace sodium which is lost during exercise, especially if you sweat a lot.

Here is a simple recipe that fits the bill:



U-Juice (4 servings, 250 ml each)

- 1 355 ml can frozen orange juice concentrate, not thawed
- 2 355 ml cans 1% or skim milk
(use the empty juice can as a measure)
- 1 pinch salt

Directions:

- Combine the ingredients in a food processor or blender until smooth.
- You can vary the flavour by adding honey, syrup or fruit while blending.