

Judo Saskatchewan Febuary 2016

Update

Judo Saskatchewan updates are here to keep you informed of upcoming and past events. They are here to help you to know what is going on in our sport. Please feel free to pass these updates on to anyone you feel can benefit from these updates.

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: judocotton@yahoo.ca

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!

UPCOMING EVENTS

- ☑ Inner City Winnipeg, Manitoba Feb 6 2016
- ☑ Lloydminster Competition and Camp Feb 20/21 2016
- ☑ Pacific Int Competition and Camp March 5-8 2016
- ☑ Edmonton International Competition March 12/13 2016

RESULTS

☑ Elite 8 Montreal

U18 -60kg Jack Karaim Fifth, -73kg Brandon Morrison Bronze

Over 18 -73kg Warren Seib Fifth

☐ Sask. Open

U14 -40kg Paige Irwin Silver, -38kg Euan Litzenberger Silver,-42kg Justin Wiens Silver, Jacob Schmidt Bronze,-55kg Levi Couzens Bronze,-60kg Ghrandozz Aguilar Gold,+66kg Ryley McGarry Gold

U16 -52kg Paige Copeland Bronze,-57kg Kelley Mills Gold,-70kg Maria Martin Silver, -42kg Maximus Litzenberger Gold, Justin McKay Silver,-50kg Slavko Pristojko Bronze,-55kg Damien Wiens Gold, Kyle McKay Silver,-60kg Tyler Kostron Silver, -73kg Eliezer Elvira Gold, Kace Callaghan Bronze

U18 -60kg Tyler Kostron Bronze, Nicholas Skaf Bronze, -66kg Jack Karaim Gold, -73kg Brandon Morrison Gold,-81kg Travis Mills Silver, +90kg Toru Iwaasa Silver, -70kg Megan Neuman Gold

U21 -63kg Taryn Montgomery Silver, -66kg Aidan Skaf Gold,-73kg Tristin Hoffarth Gold, Bryce Martindale Bronze

Senior Adv. -70kg Megan Neuman Gold, Catriona Blythe Silver,-60kg Ryan Finn Silver,-66kg Aidan Skaf Silver,-73kg Warren Seib Silver, Brandon Morrison Bronze, -90kg Sean Morrison Bronze,+100kg Chris Hodgson Silver

Senior Nov. -81kg Paul McKay Silver,

MasM1 -90kg Blair Taylor Silver

MasM2 -90kg Mike Horvey Gold, Darie Deleanu Silver

IMPORTANT

Doping Control Website: <http://www.globaldro.com/ca-en/>

To find the status of any medication or other substance, consult the Global DRO.

For athletes competing at competitions we have to keep our energy up and make sure you eat throughout the day. Not just breakfast in the morning but between fights as well. Your body needs energy and this comes from food, I used to eat granola bars, fruit anything to keep my energy. You might also consider drinking juice mixed with water and or Gatorade. These are good things to give your body energy.

FIGHTS TO WATCH

Highlights from Havana Cuba 2016

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

<https://www.youtube.com/watch?v=IHBR9-JTI2E>

Top 10 Ippons of 2015

<https://www.youtube.com/watch?v=JgGnnsLv5IU>

