

Judo Sask Coaches Retreat

Friday September 21, 2018

- 6:00 – 7:00 PM at Manitou Springs Resort - Registrations
- 7:00 – 7:30 PM at Manitou Springs Resort - Opening remarks with T.V. Taylor
- 7:30 – 9:00 PM at Manitou Springs Resort - Concussion Workshop - Sport Physio LEE STEVENS

Saturday September 22, 2018

- 9:00 – 10:30 AM at Manitou Springs Resort - Topic & Presenter TBD
- 10:30 – 12:00 AM at Manitou Springs Resort - Simplifying mental training: integrating it with practices, preparation, and team culture - Dr. RYAN FLETT
- 12:00 AM – 1:00 PM lunch
- 1:00 – 2:30 PM at Watrous Elementary School – on the mat with Jeremy Lebris
- 2:30 – 3:30 PM at Watrous Elementary School - The Way of the Weighing: Cutting Weight - Dr. MARC MORRIS
- 3:30 – 5:00 PM at Watrous Elementary School on the mat with Jeremy Lebris
- 7:00 – 9:30 PM at Manitou Springs Resort Banquet

Sunday September 23, 2018

- 9:00 – 11:00 PM at Watrous Elementary School – on the mat with Jeremy Lebris
- 11:00 – 12:00 PM at Watrous Elementary School – on the mat with Jeremy Lebris
- 12:00 – 12:30 Lunch
- 12:30 – 14:00 PM at Watrous Elementary School – team practice with Jeremy Lebris