

Judo Saskatchewan Update



Date: May 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=E2612_owyTY

<http://www.youtube.com/watch?v=w27pJyIPs78>

http://www.youtube.com/watch?v=Bv_khKEeigs

http://www.youtube.com/watch?v=NP_A5IE5FQs

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Provincial Judo Championships – April 05, 2014

<http://www.judosask.ca/results/ProvChampresults2014.pdf>

Eastern Canadian Judo Championships – April 12, 2014

3rd 73kg Senior Warren Seib

5th 66kg U18 Aiden Skaf

Saskatchewan Team for 2014 National Championships – 15-18, 2014

Name	Division	Club
Mathew Pullar	60kg U18	Avonhurst
Sydney Poliakowski	52kg U21	Lloydminster
Brette Poliakowski	52kg U18	Lloydminster
Brandon Morrison	73kg U16	Lloydminster
Tallissa Edwards	57kg U18	Moose Jaw
Eryn Langdon	44kg U21	Moose Jaw
Josh Guthrue	66kg U16	Prince Albert

Bryce Martindale	81kg U21	Regina YMCA
Aiden Skaf	66kg U18	Regina YMCA
Taryn Montgomery	57kg U18	Regina YMCA
Jack Karaim	55kg U16	Regina YMCA
Maxx Karaim	66kg U18	Regina YMCA
Nicholas Skaf	50kg U16	Regina YMCA
Alex Li	55kg U16	Regina YMCA
Kel Ostapowich	081kg M3	Regina YMCA
Mike Horvey	U81 M2	Regina YMCA
Chelys Vallejo	o78kg Sr/M1	Saskatoon YMCA
Travis Mills	73kg U16	Saskatoon YMCA
Tristin Hoffarth	73kg U18	Vibank
Jesse Stringer	0100kg U21	Vibank
Tyrell Stringer	090kg U18	Vibank
Emily Schaan	63kg U21/Sr	Watrous
Warren Seib	73kg Sr.	Watrous
Mike Clark	60kg U18	Watrous



<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>

Part 3: Use of Jacket

<http://www.youtube.com/watch?v=ZIScerU7p8A&list=PLA42398E3D55EC1A3>

NEW Part 4: Opposites:

<http://www.youtube.com/watch?v=foKhWe2bYHU&list=PLA42398E3D55EC1A3>

Kids Partner Exercises:

<http://www.youtube.com/watch?v=rx6tun8RvG8>

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:

Commonwealth Games 2014

<http://www.eveningtimes.co.uk/commonwealth-games/cwg-sports/judo-making-a-big-comeback-at-glasgow-2014.1397547618>

<http://www.heraldsotland.com/sport/commonwealth-games/cwg-sports/judos-first-lesson-respect-and-how-to-fall.1398934259>

E) Featured Match of the month:

UDAKA (JPN) - YAMAMOTO (JPN)

<http://www.alljudo.net/video-de-judo-4201.html>

F) Judo Saskatchewan NCCP

Maintenance of certification de-mystified!

In our efforts to continually provide services to the NCCP partnership, we've developed a new webpage on coach.ca for Maintenance of Certification that aims to provide coaches with everything they might want to know about it. We encourage you to direct coaches to this new page to help them better understand the many opportunities that exist to accumulate professional development points.

As you know, Maintenance of Certification is a good thing! As one PTCR put it, "essentially, we're recognizing and tracking the coach education that certified coaches are already doing." THIS is the message the NCCP stakeholders as a collective need to send to certified coaches inquiring about Maintenance of Certification. Professional development isn't an added burden – it's something we're proud they are already doing and we want to recognize them for their commitment to coaching education.

To help you communicate this message, we've created the following communications kit:

- Newsletter copy to send to your coaches
- A Maintenance of Certification webpage on coach.ca linking to all pertinent information including FAQs (<http://coach.ca/maintenance-of-certification-s16745>)
- Button(s) to be linked to the coach.ca Maintenance of Certification page

You can find the communications kit in the partners' resources section under Maintenance of Certification:

Partner Resources Section: <http://www.coach.ca/partner-resources-s15442>

Login: CAC

Password: CAC_2010

If there are other tools you require, or any support we can provide regarding Maintenance of Certification, please contact: Julie Parkins-Forget at jforget@coach.ca.

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
e.beaton.judo@gmail.com

G) Judo Saskatchewan Coming Events: May 2014

- 3-4, Female Training Camp, Airdrie, AB
- 15-18, Judo Canada National Championships

Complete Schedule of Judo Saskatchewan Events:

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

H) Figuring out Fluids:

FLUID SELECTION: Common Questions about Fluid Choices for Sport and Health

The human body is more than 60% fluid. We need to consume 1.5 – 4 or more litres of fluid each day just to replace the fluids we lose through breathing, digestion, and sweating. In addition, athletes will require approximately one litre (or more) of fluid for every hour of training.

Dehydration, resulting from losing more fluids than we consume, can negatively affect our health. Constipation, exhaustion, kidney problems, increased appetite, and some types of cancer may be associated with dehydration. Insufficient fluid consumption will also jeopardize an athlete's performance in training and competition leading to muscle cramps, poor endurance, elevated heart rate, and possibly heat stroke.

Many concerns arise regarding which are the recommended fluids for health and for sport performances. Here are just a few common questions about choosing suitable beverages for different situations.

Question: If we need at least 1.5 – 4 litres of fluids daily, which fluids can I count to meet my needs?

You can count water, milk, soups, juices, and sport drinks. In fact, count most fluids that you drink in a day towards your overall fluid needs. Even the fluids found within fruits and vegetables will contribute towards your fluid consumption. However, fruit drinks and pop are less effective for hydration. The high sugar content will draw water into the digestive system to dilute the sugar.

Recent research suggests that caffeinated beverages (i.e., coffee and tea) are less dehydrating than what was once believed, and therefore, could be counted towards your total fluid consumption. However, remember that caffeine is a stimulant drug, so moderation is a good thing. Alcohol is also less dehydrating than previously thought. However, alcohol may interfere with metabolism of carbohydrates and protein so it's not a great choice for athletes!

Question: I don't think I can drink milk because it tends to give me gas, cramps, and sometimes diarrhea. What should I replace milk with in my diet?

The gastrointestinal symptoms that you described after drinking milk sound like a problem with digesting the milk sugar – lactose. Instead of regular milk you should be able to tolerate lactose-reduced milk (enzymes are added to make the lactose easier to digest). Try a small amount, and increase the amount gradually. Alternatively, you could drink a fortified soy or rice beverage. Just make sure these alternative drinks have calcium, vitamin D, and other nutrients added. Also, shake the carton well so that the calcium doesn't sit at the bottom.

Question: I'm often thirsty. Is it okay to drink lots of juice?

Thirst is a sign that you are mildly to moderately dehydrated. Although juice provides fluid that you need, it also contains calories, which you may or may not need. Only you can decide if your body needs the fluid calories found in juice. On the plus side, most juices also contain essential nutrients, such as vitamin C and potassium. You could consider diluting your juice with extra water or sparkling water so that you drink more water and less juice. Regardless, when choosing a juice make sure you are reaching for one that is not sweetened with sugar. "Unsweetened" or "100% juice" should be visible on the label. Avoid fruit drinks, punches, beverages, and cocktails which contain a substantial amount of added sugar. By the way, adding freshly squeezed lemon or lime to water is an effective way to enhance the flavour of plain water.

Question: I've been told not to have a sport drink before, during, or after my soccer games. Is it good advice to avoid sport drinks?

There are several situations when a sport drink (i.e., carbohydrate, electrolyte solution) is beneficial for athletes. Sport drinks can help store extra energy when an athlete is **carbohydrate loading** during the days before a competition. Secondly, a sport drink can provide available energy when consumed as part of a snack **before** training or competition. Furthermore, a sport drink **during** exercise helps to maintain your energy, focus, and skill level. And finally, consuming a sport drink right **after training** can speed up your body's ability to restore energy.

By the way, sport drinks provide more than just energy, they obviously contain fluid which is extremely important for peak performance. As well, the electrolytes (i.e., sodium, potassium) that your body loses during exercise need to be replaced too.

Question: My teammate sometimes drinks an energy beverage before practices and games. Are these energy drinks a healthy choice?

Energy drinks have become very popular and are readily available in vending machines as well as corner and grocery stores. However, energy drinks are not a healthy choice. They generally contain too much sugar as well as caffeine and even various herbal ingredients. If you are not used to the effects of caffeine, as most children are not, you may feel anxious, nervous, jittery, and experience an elevated heart rate. Caffeine can also cause insomnia and mild diarrhea. Consumption of energy drinks should be discouraged for athletes, especially young athletes.

Water is the largest single component of our diet and body. Without fluids we will not survive for more than about six days¹. Adequate fluid consumption is essential for good health and for sport performance on a daily and long-term basis. We can hydrate our body with a number of fluids

from plain water to unsweetened juices, milk, or soy drinks. The emphasis should be towards a variety of healthy beverages.

1. *Nutrition Now, 4th Edition. Judith E. Brown. Thomson Learning, Inc. 2005*

