

Judo Saskatchewan Update



Date: August 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 Ippons:

<https://www.youtube.com/watch?v=6xepifQMhZU>

Top Ippons:

https://www.youtube.com/watch?v=9yTnOMhxX_4

B) Judo Saskatchewan Updates

Judo Saskatchewan Camps / Team Trainings

It is important that Judo Saskatchewan clubs, coaches and athletes support the many camps that Judo Saskatchewan offers during the year. The provincial camps and team trainings offered are of the highest quality and both athletes and coaches can learn a lot from these events. The Summer Camp is a fantastic camp with almost 100 athletes participating in this event for the second straight year; this year only 43 full time athletes were from Saskatchewan. It is important that Saskatchewan gets more athletes from this province attending. It is important that Saskatchewan supports its own events and encourages all athletes who enjoy competition to participate. It is important that U14 athletes are getting to the training camps and the team trainings. Judo Saskatchewan needs to have a large group of U14 athletes participating at the events in Saskatchewan.

Judo Saskatchewan Competitions

One of the important objectives of Judo Saskatchewan is to increase the number of athletes participating at its competitions. The goal is to have 4 competitions a year with 120 athletes at each event. This 2014/2015 year we have had an average of 80 athletes at each event.....there is a lot of work to be done to get to the 120 mark. I believe that Saskatchewan can do it but it will take more work by coaches, cubs, parents and volunteers to make this happen. If this to be achieved! It will be important for everyone to participate at these events; it is important that clubs encourage competitions to new athletes, athletes trying to make provincial teams, athletes trying to get points for their next grade and athletes who just want a challenge. The format of competitions in Saskatchewan has been developed in a way to service all age groups and competitive levels. Judo Saskatchewan has one of the best competitions formats in the country – come join the fun today!

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

Uchi-Mata: Neil Adams, GBR

Neil Adams had a devastating uchi-mata during his career and is an excellent coach outlining the basics and principles of one of the top throws in competitive judo today.

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

IMPORTANT:

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

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

C) Judo Interest:

Burt family at the Pan-Am Games:

<http://www.cbc.ca/player/Radio/Local+Shows/ID/2671393991/>

Guica Medals at Pan-Am Games:

<http://www.thestar.com/news/gta/panamgames/2015/07/11/canadas-ecaterina-guica-wins-pan-am-judo-silver.html>

Zupancic wins gold at Pan-Am Games

<http://panam.cbc.ca/news/article/canada-kelita-zupancic-grabs-gold-women-judo.html>

Zupancic Article

<http://www.torontosun.com/2015/07/13/canadian-judoka-zupancic--wins-gold?token=35575b2f901900178800d990bcc0e1c5>

Zupancic Gold Medal Slide Show (great emotion)

<http://www.durhamregion.com/durhamregion-video>

The Ronda Rousey Effect:

<http://www.usatoday.com/story/sports/olympics/2015/07/13/ronda-rousey-judo-effect/30111677/>

Simon Whitfield has got all of the right judo moves:

<http://panam.cbc.ca/videos/video/simon-whitfield-takes-the-judo-mat.html>

E) Featured Match of the month:

2015 Pan-Am Games: Canada's Margelidon captures bronze after late ippon

<http://panam.cbc.ca/videos/video/canada-margelidon-captures-bronze-after-late-ippon.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 Dale Berglund
daleandmarieberglund@hotmail.ca

G) Judo Saskatchewan Coming Events:

August 2015

- July 26-Aug 1, Judo Saskatchewan Summer Camp, Outlook
- 8-11, Western Canada Summer Games, Fort McMurray, AB
- 15-16, Judo Sask Technical Clinic and Black Belt Grading, Regina Y

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Corner

Simple Nutrition Rules to Get Stronger and Build Muscle Last updated: June 2, 2015 by Mehdi

How you look is largely influenced by what you eat. Lack of muscle mass, high body fat, lack of energy at work or at the gym, bad skin, digestive problems, ...

All of that can be caused by unhealthy nutrition. Since there's a lot of confusion about what to eat and why, here are 8 simple nutrition rules that will help you build muscle, lose fat & get stronger.

1. Eat Breakfast. You get energy from the first hour and you'll be less hungry the rest of the day. It also sets the trend: you'll tend to eat healthier if your day starts with a strong & healthy breakfast. Your best bet: omelets, smoothies & cottage cheese. Read how to build the habit of eating breakfast and try these breakfast recipes.

2. Eat Every 3 Hours. The easiest way: breakfast, lunch, dinner, post workout, pre bed and 2 snacks in between. Benefits: Less Hunger. Eating more smaller meals vs. few big meals will decrease your stomach size. You'll feel full faster and your waist will trim. Less Cravings. Not eating for long periods usually causes overeating at the next meal or ending at the candy machine. Eat at fixed times every day and your body will get hungry at those fixed times. Example: 7am, 10am, 1pm, 4pm, 6pm, 7pm & 10pm.

3. Eat Protein with Each Meal. You need protein to build and maintain muscle. Proteins also help fat loss since they have the highest thermic effect. And they satiate: proteins make you full longer than carbs. How much protein should you eat daily? At least 1g per pound of body-weight. That's 200g/day if you weigh 200lbs. The easiest way to get this amount is to eat a whole protein source with each meal. Some include: Red Meat. Beef, pork, lamb, deer, buffalo, etc. Poultry. Chicken, turkey, duck, etc. Fish. Tuna, salmon, sardines, mackerel, etc. Eggs. Don't believe the cholesterol myths. Eat the yolk. Dairy. Milk, cheese, cottage cheese, quark, yogurt, etc. Whey. Not necessary but great for easy post workout shakes. Check also these protein sources for vegetarians & vegans.

4. Eat Fruits & Veggies with Each Meal. Most of them are low calorie: you can eat your stomach full without gaining fat or weight. Fruits & veggies are also full of vitamins, minerals, antioxidants and fiber which helps digestion. Some of my favorite fruits & veggies are: apples, berries, pineapple, oranges, bananas, spinach, broccoli, tomatoes, pumpkin, beans, cauliflower, Brussels sprouts, bok choy, roman lettuce, chicory, peas, etc

5. Eat Carbs Post Workout Only. While you need carbs for energy, most people eat more than they need. Limit your carb intake to post workout only. Eat Fruits & Veggies with all Meals. These contain little carbs compared to whole grains. Exception: corn, carrots, raisins. Other Carbs Post Workout Only. This is rice, pasta, bread, potatoes, quinoa, oats, etc. Avoid white carbs and eat whole grain. Exception. If you're a skinny guy who wants to gain weight: eat carbs post workout and post post workout. More if needed.

6. Eat Healthy Fats. Healthy fats improve fat loss and health. They also satiate, digest slowly and are cheap. Eat healthy fats with every meal and avoid artificial trans -fats & margarine. Balance your fat intake. Saturated Fats. Increase testosterone levels. Dietary cholesterol is not bound to blood cholesterol. Real butter, whole eggs, red meat. Monounsaturated Fats. Protect against heart diseases and cancers. Extra virgin olive oil, olives, mixed nuts. Polyunsaturated Fats. Increase testosterone levels, promote fat loss, decrease inflammation, ... Fish oil, ground flax seeds, mixed nuts.

7. Drink Water. Strength training causes water loss through sweating which can impair muscle recovery. Drinking water prevents dehydration but also hunger since an empty stomach can make you think you're hungry. 1 US Gallon Water/Day. Drink 1 cup of water first thing on waking up, 2 cups with each meal and sip water during your workout. Get a Brita Filter. Cheaper than bottled water and tastes better than straight tap water. Try also green tea & water with squeezed lemon. Ignore Water Intoxication. Eating healthy as explained in this

post will make sure you replenish your electrolytes. Unless you do crazy stuff like drinking 2 gallons water in 10mins, you'll be safe.

8. Eat Whole Foods 90% of The Time. Read 10 foods you think are healthy but aren't and 20 super foods. To really get the results you want, 90% of your food intake should consist of whole foods. Whole Foods. Unprocessed and unrefined (or little refined) foods that come as close as possible to their natural state. Examples: fresh meat, fish, poultry, eggs, veggies, legumes, fruits, rice, oats, quinoa, ...

Processed Foods. Usually contain added sugars, trans-fats, nitrates, corn syrup, sodium and more chemicals. Examples: bagels, fruit bars, cereals, pizza, cookies, sausages, frozen meals, supplements, ...

Eat whole foods 90% of the time. Difference in result is insignificant compared to eating 100% healthy. So if you eat 6x/day, you can eat 4 junk meals per week guilt-free. Same with alcohol & sweet drinks: 10% of the time is ok.

Example Diet.

Breakfast: eggs with veggies, orange, green tea

Snack: mixed nuts, pear

Lunch: tuna, roman lettuce, olives, olive oil

Snack: cottage cheese with apple

Post workout: ground round, quinoa, spinach, banana

Dinner: chicken, spinach, baby carrots, pear

Pre-bed snack: cottage cheese, berries, ground flax seeds, fish oil

Nobody has time to cook 6x/day. Prepare your food for the day while making breakfast or dinner. This takes about 1 hour and is key to making this work.

Read more: <http://stronglifts.com/stronglifts-diet-muscle-gains-strength-building-fat-loss/>

THANK YOU JUDO SASKATCHEWAN FOR SEVEN GREAT YEARS! MY FAMILY APPRECIATES THE KINDNESS THAT YOU HAVE SHOWN THEM OVER THE YEARS! GOOD LUCK AND ALL THE BEST!

- EWAN BEATON