

2024 JUDO SASKATCHEWAN WINTER CAMP



Date:	January 5, 6 & 7, 2024
Location:	Watrous Civic Center 127 Main Street Watrous, SK
Head Coach	Josh Hagen , High Performance Coach & Director of Development
Special Guest Coach	Antoine Bouchard 5 th at 2016 Olympics, Pan American Champion, 2015, 2018, 2020 Pan American bronze medalist 2016, 2019, 2022
Provincial Club Coaches	tbd
Arrival Time:	5:30 – 6:00 PM on Friday January 5th, 2024
Departure Time:	1:00 PM on Sunday January 7th, 2024
Registration Fee:	\$100 if you register prior to December 23, 2023 \$125 after Dec 23 and prior to January 1, 2024 \$50 single day
Registration:	https://registration.judocanada.org/event/2024JudoSKWinterCamp
Minimum Age:	8 years old
Minimum Rank:	Yellow belt
Eligibility:	Member in good standing with your provincial association
Athletes will need to bring:	<ul style="list-style-type: none">• sleeping bag & pillow to sleep on the mats• night clothing and changes of clothing• Judogi x 2• Flip flops• Towel• Water Bottle• Indoor training gear• Tape• Toiletries• Hand Sanitizer
Meals	Snack Friday after practice Breakfast, Lunch, Supper and snacks will be provided Saturday Breakfast and Lunch will be provided Sunday
Accommodation:	Camp is designed to be an overnight event but staying at the venue is not mandatory. If you wish to attend camp but have other sleeping arrangements; please email Greg Cooper at gregorycooper@telus.net prior to the start of camp.

Schedule:

Friday Jan. 5th:

- Arrival 5:30pm - 6:00pm
- Friday Session (Full Group) 6:30pm - 8:00pm
- Free Time 8:00pm - 9:00pm
- Snack 9:00pm - 9:30pm
- Free Time 9:30pm - 10:30pm
- Lights out 10:30pm

Groups now split:

Group 1: 8 - 13 years old

Group 2: 14 years & older

Saturday Jan. 6th:

- Wake up 7:15am
- Group #1 Breakfast 7:30am
- Group #2 Breakfast 8:00am
- Group #1 Morning Session 9:00am - 10:00am
- Group #2 Morning Session 10:00am - 11:30am
- Group #1 Lunch 12:00pm
- Group #2 Lunch 12:30pm

Saturday Afternoon

- Q&A with Antoine Bouchard (Full Group) 1:30pm - 2:00pm
- Group #1 Afternoon Session 2:30pm - 3:30pm
- Group #2 Afternoon Session 3:30pm - 5:00pm
- Free Time 5:00pm - 6:00pm
- Group #1 Supper 6:00pm
- Group #2 Supper 6:30pm

Saturday Evening

- Team games / movie 7:30pm - 9:30pm
- Snack 9:30pm
- Prepare for bed 10:00pm
- Lights out 10:30pm

Sunday Jan. 7th:

- Wake up & Organize / Clean up 7:00am
- Group #1 Breakfast 7:30am
- Group #2 Breakfast 8:00am
- Sunday Session (Full group) 9:00am - 10:30am
- Free time / Clean up 10:30am - 11:00am
- Mat Removal 11:00am - 11:30am
- Group #1 Lunch 11:30am
- Group #2 Lunch 12:00pm
- Final Clean up everybody helps 12:00pm - 1:00pm
- Athletes depart / Picked up by parents 1:00pm