



# **Female Retreat**

**MAY 29-31, 2026**

**WELCOME PACKAGE**

**For Athletes**

## INTRODUCTION

The primary goal of the Female Retreat is to create a supportive, empowering environment where female athletes can connect, grow, and thrive within judo. This camp focuses on building confidence, fostering friendships, and strengthening a sense of belonging, while still supporting technical development and a love for the sport.

Athletes will take part in engaging training sessions that include tachi-waza (standing techniques), ne-waza (ground techniques), and randori (sparring), all delivered in a positive and encouraging atmosphere. Beyond the mat, the camp emphasizes mentorship, teamwork, and personal growth—giving athletes the opportunity to learn from strong female role models and from each other.

By blending skill development with connection and fun, the retreat aims to inspire continued participation in judo, support the development of female athletes at all levels, and create a memorable experience that strengthens both confidence and community.

This welcome package is designed to provide Judo Athletes, coaches, chaperones, parents, and other stakeholders with essential information related to attire, camp details, and other relevant details, ensuring that everyone is equipped for success.

Note that there are **four sections of resourceful information** included within the welcome package!

- **Section A- Overview of Itinerary**
- **Section B- Groups / Coaches / Volunteers**
- **Section C- Menu**
- **Sections D- Map**

## LOCATION

The female retreat will be held in Imperial, Saskatchewan. From Friday May 29 to Sunday May 31, 2026.

*\* This camp includes lodging and showers. Please see the map for directions or contact our organizers with any questions\**

Address: **Imperial School, 416 Queen St, Imperial, Saskatchewan**

## SPECIAL GUEST COACH

Catherine Beauchemin-Pinard

<https://olympic.ca/team-canada/catherine-beauchemin-pinard/>



## **FEES**

Participation in this opportunity is self-funded by the athlete. (Sign up on Trackie)

<https://registration.judocanada.org/event/2026-judo-sask-female-retreat/1004468/>

## **CONTACT INFORMATION**

Should additional information be required, please contact:

Head coach: **Tallissa EDWARDS**

Phone: 306-690-8109

Email: [tallissaedwards@hotmail.com](mailto:tallissaedwards@hotmail.com)

Chair of Participation and Development: **Dareth WOODS**

Phone: 306-630-4478

Email: [pdchair@judosask.ca](mailto:pdchair@judosask.ca)

## **IMPORTANT ITEMS TO BRING**

- Sleeping bag, pillow and air mattress (classrooms may be chilly)
- Pack for indoor and outdoor activities (please see the itinerary for activities) ie: Runners, jackets & clothes for a two night stay
- Preferably 2 judo Gi's, DOJO sandals, Judo Belt (hangers)
- Shower Towel, shower sandals & Toiletries
- Tape and medical supplies (if applicable)
- Electronics - bring at own risk (label)
- Extra Snacks (if desired)
- Water bottle
- Recommended - LARGE clear plastic bag for packing all items at the end of camp.

Please label and write your name clearly on all your clothing and equipment. There are typically items left at the end of camp and we will make every effort possible to return to the rightful owner.

**Special medicines or allergies are typically reported confidentially through Trackie, however, if you have any concerns, please reach out to the organizers within the contact information.**

# Section A- Itinerary Overview

Please be advised that some activities may be subject to change due to weather or unforeseen circumstances.

Pack appropriate attire for outdoor and indoor activities.

As arrival is 6:00pm, supper is not provided on Friday, however, there **will be snacks later in the evening (Dinner)**. Please see the menu.

		Friday, May. 29	Saturday, May. 30	Sunday, May 31
0700hrs	7:00 AM			
0730hrs	7:30 AM		Rise and Shine	Rise and Shine
0800hrs	8:00 AM		BREAKFAST	BREAKFAST
0830hrs	8:30 AM		BREAKFAST	BREAKFAST
0900hrs	9:00 AM		Clean Up	Clean Up
0930hrs	9:30 AM		Judo with Catherine	Kata
1000hrs	10:00 AM		Judo with Catherine	Kata
1030hrs	10:30 AM		Judo with Catherine	JR COACHES LEAD
1100hrs	11:00 AM		Judo with Catherine	JR COACHES LEAD
1130hrs	11:30 AM			PACK / CLEAN
1200hrs	12:00 PM		Lunch	Lunch
1230hrs	12:30 PM		Lunch	Lunch
1300hrs	1:00 PM		Group Picture	Home Time
1330hrs	1:30 PM		Autographys	
1400hrs	2:00 PM		Judo with Catherine	
1430hrs	2:30 PM		Judo with Catherine	
1500hrs	3:00 PM		Judo with Catherine	
1530hrs	3:30 PM		Judo with Catherine	
1600hrs	4:00 PM			
1630hrs	4:30 PM		Shower	
1700hrs	5:00 PM		Dinner	
1730hrs	5:30 PM		Dinner	
1800hrs	6:00 PM	Arrival	Team Walk	
1830hrs	6:30 PM	Judo Self-Defence	PickleBall (Rec Center)	
1900hrs	7:00 PM	Judo Self-Defence	PickleBall (Rec Center)	
1930hrs	7:30 PM	Judo	Flower Pots Activity	
2000hrs	8:00 PM	Judo	Flower Pots Activity	
2030hrs	8:30 PM	Dinner	Outside Fire	
2100hrs	9:00 PM	Dinner	Outside Fire	
2130hrs	9:30 PM	Night time Routine	Night time Routine	
2200hrs	10:00 PM	Lights OUT	Lights OUT	
2230hrs	10:30 PM			

## Section B-Groups Athletes

### Coaching / Volunteer Team

LAST NAME, FIRST NAME
Woods, Dareth
Siapno, Neliza
Kanasevich, Shala
Valencia, Jocelyn
Gioino, Paula
Fenrick, Kolbi
Hodgson, Autumn
Dornstauder, Anna
Mercer, Sarah
Alberston, Jordan
Russell, Nichelle
Raess, Kristine
Halvorson, Cindy
Bawa, Poonam
Nieman, Rachelle
Winder, Xisra
Tallissa Edwards

## Section D- Menu



# MENU

### FRIDAY

**Taco Bar / Salad**

Crispy tortilla chips topped with lettuce, onions, peppers, cheese, jalapeños, and salsa

### SATURDAY

**Breakfast Wrap**

Warm wrap with egg and cheese, ham optional. Side of fruit

**Rice Bowls**

Chicken (optional) black beans, broccoli, corn on a bed of rice with honey garlic sauce.

**Buffalo Mac and Cheese**

Chicken (optional) cheese, noodles and a not too spicy sauce.

### SNACK

Charcuterie Board  
Muffins  
Fruit  
Popcorn  
Smores

### SUNDAY

**Pancakes and Peaches**

Warm fluffy pancakes with a syrup. Potato tots, with a side of peaches.

**Road Trip**

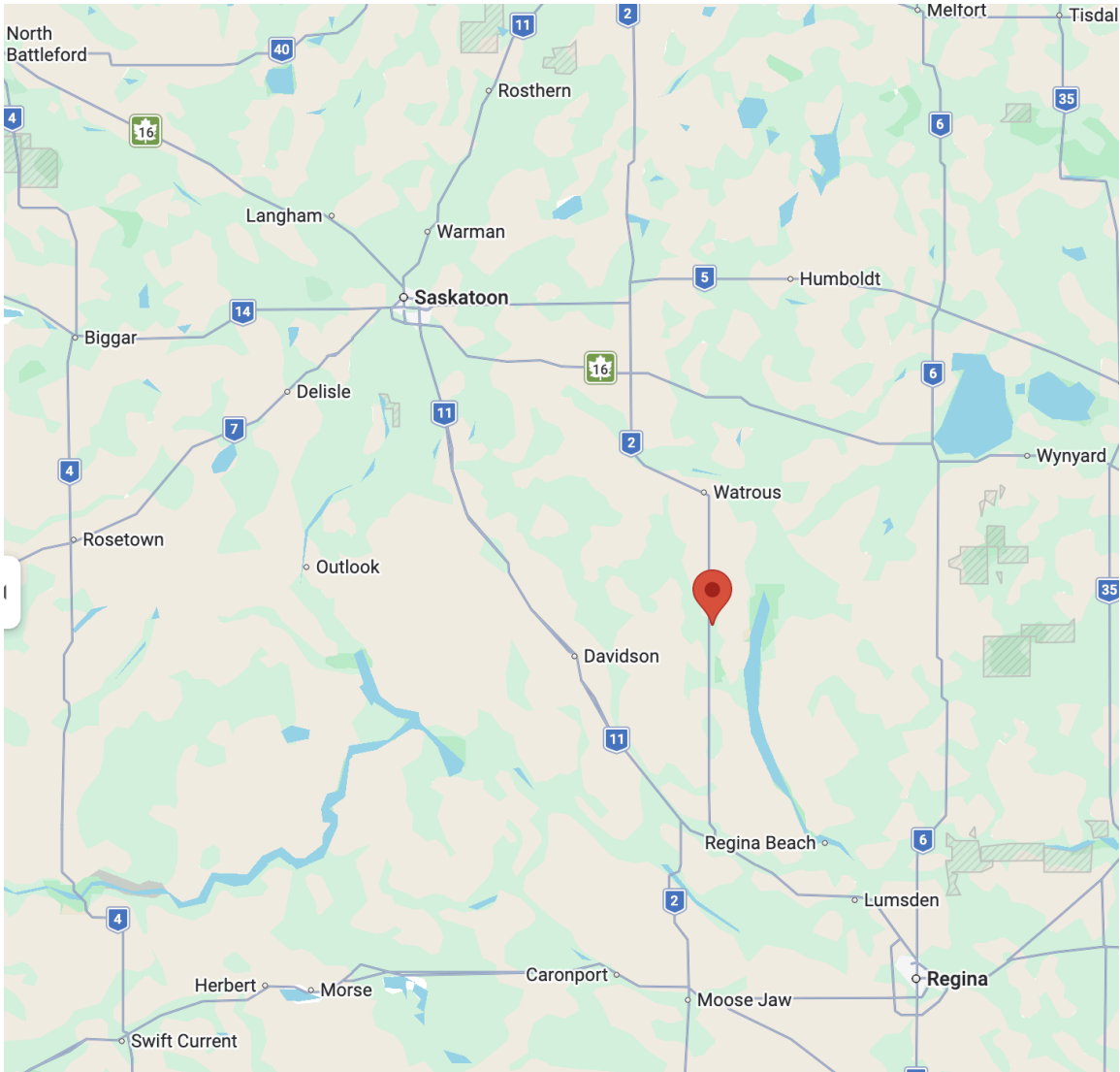
Pre-Made Wraps  
Veggies/fruit

**FRESHLY  
MADE  
BY CINDY**



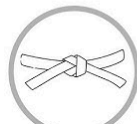
FUNDED BY  


# Section E-Map



*We look forward to seeing you!*

## JUDO BELTS



White Belt



Yellow Belt



Orange Belt



Green Belt



Blue Belt



Brown Belt



Black Belt



Red Belt