



IJA NATIONAL DEVELOPMENT, CADET & JUNIOR SQUAD SESSION

11TH JANUARY 2020

FAO: National Development, Cadet and Junior Squad members

Date: Saturday 11th January 2020

Time: 10:00am - 16:00pm

Venue: National Indoor Arena, National Sports Campus, Abbotstown, Dublin D15 EPN4

Registration: 9:30am - 9:45am

Mat Fee: €10.00

IJA Licence: Must be valid for 2020

Lunch: All players will need to bring a packed lunch

Format: Mat based technical and randori

Please communicate your availability to attend this session no later than:
Wednesday 9th January 2020 by email to Lee Calder, National Lead Coach
lee.calder@irishjudoassociation.ie

Kit

Please insure your Judogi is clean, without tears and matching. Footwear is to be worn off the mat.

Preparation and Hydration

Be ready to train 15 mins prior to start time. Bring a water bottle marked with your name - players must stay hydrated at all times.

Photography

Performance analysis photography may take place during this session. If you do not wish to be photographed please contact the Lead Coach prior to session.

Polite Reminder

For anyone attending the squad day, please respect the training environment. Avoid distracting players by ensuring all mobile phones are on silent and spectator noise is kept to a minimum. No photography or filming is permitted by parents during training session.