Irish Judo Association
National Squad Plan
2018 - 2020

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1.0 INTRODUCTION

This IJA National Squad Programme (NSP) outlines the competition and training programmes for the IJA National Squad members. This document provides information on the national performance pathway and details the IJA policy on selection criteria for entry to National Squads, and then selection for international representation. This year will also see the development of a new performance pathway with the inclusion of 4 Provincial Academies and a National Talent Programme to support the development of our younger judoka.

The programme is designed to be athlete centred and to show what is required for any IJA member who aspires to be part of the National Squad or represent Ireland at international level. That being the case, the selection criteria, training programmes and competitions are planned to best facilitate the development of IJA National Squad members.

Each selection criteria identifies specific competition results to evaluate athlete progression as key performance indicators (KPI) and therefore identifies the next target event (IJA Section Event).

The IJA will support the National Squad Members selected for representation at targeted events in this document. Although all results and performances will be considered, only performances in the specified events can guarantee progression to the next level of competition. However, positive performances and results will be acknowledged towards targeted EJU Cadet, EJU Junior and EJU Senior Tournaments that are not included in this programme (permission for entry must be granted by the National Squad Manager or the High Performance Lead).

The National Squad Programme will be sent to every member club in April 2018 and will be available to download from www.irishjudoassociation.ie in April 2018.

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2.0 IJA NATIONAL PATHWAY

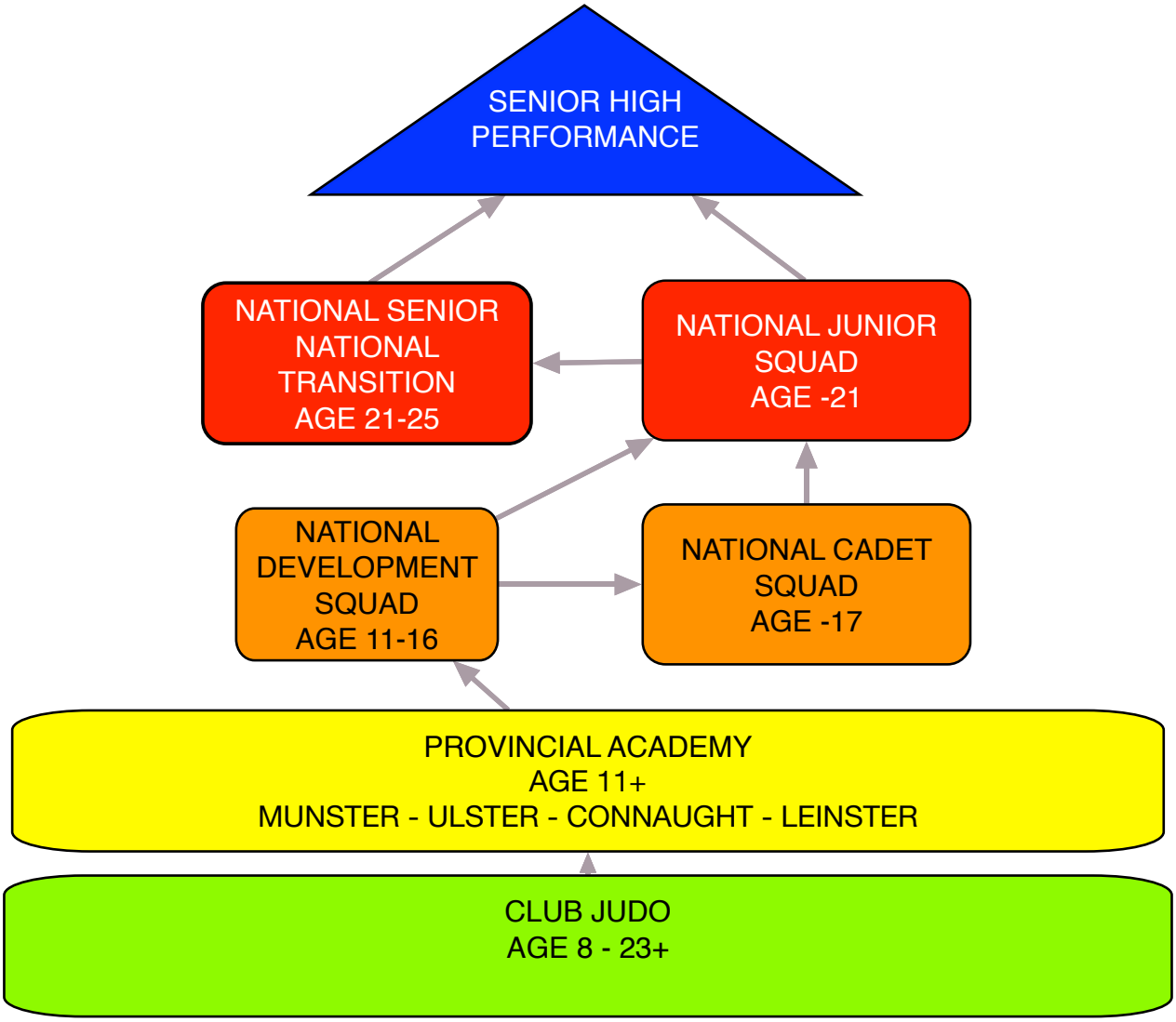

Fig 1.0 (IJA National Pathway)

2.1 IJA CLUB JUDO

IJA has 51 member clubs with total of 2017 practicing members. Club judo is imperative to each individual player's development. Whilst the journey to high performance is varied, the club must stay as a constant support to each athlete. Club coaches can align young members through to their Provincial Academy to further develop and inclusion into the pathway.

2.2 PROVINCIAL CLUB BREAKDOWN

CONNAUGHT	LEINSTER	MUNSTER	ULSTER
Athenry JC	Ashbourne JC,	Cork City JC,	Cavan JC,
Bushido JC	Cabra JC,	Kerry School of Judo,	Inspire NI,
Carraroe JC	Coolmine JC,	Killarney JC,	Konarakai JC,
Connemara JC	Daigokan JC,	Limerick Judo Academy,	Model School JC,
Craughwell School JC	Dublin University JC (Uni club),	Macroom JC,	Moville School JC,
Galway City School of Judo	Fudoshin JC,	Muskerry JC,	Renbukan JC,
Galway Judo Club	GS (Garda Siochana) JC,	UCC JC (Uni club),	Samurai Uladh JC,
Knocknacarra JC	Higashi JC,	Waterford JC	St Mura's JC,
Lettermullan JC	Kilkenny JC,		St Peter's JC,
Lion JC	Kodokan Ireland,		The Judo Academy,
Lisheenkyle School	Lusk JC,		Yamakwai JC
NUIG JC (Uni club)	Palmerstown JC,		
Oranmore JC	Paul Cummins School of Judo,		
Renmore JC	Portmarnock JC,		
St John's Community JC	Swords JC,		
	UCD JC (Uni club)		
	Wild Geese JC		

NATIONAL BREAKDOWN

Under 12's –	1285	Female 350	Male 935
Under 18's –	290	Female 78	Male 212
Over 18's –	350	Female 45	Male 305
Students –	92	Female 19	Male 73

AGE BREAKDOWN

Under 18	1575 (78%)
Over 18	442 (22%)

2.3 PROVINCIAL ACADEMIES

At the beginning of the year it was announced that the Irish Judo Association were developing 4 new Provincial Academies.

The Provincial Academies are to provide club players 11+ pre-cadet to cadet who are interested in competition judo regular training sessions.

Each Provincial Academy will be unique to its region and will be supported through the National Squad Manager to provide guidance using the National Development Framework (2.4), introduce new training partners and training experiences.

These sessions must not take athletes away from club judo, but help enhance judo activity and form supportive relationships between clubs and coaches. Once they have been finalised, clubs will be notified of details through their area committee.

2.4 PROVINCIAL ACADEMY SELECTION CRITERIA

PROVINCIAL ACADEMIES MUNSTER - ULSTER - CONNAUGHT - LEINSTER	
AGE	MINIMUM REQUIREMENTS 11+ PLAYERS MUST BE BORN BEFORE 2007 – MINIMUM GRADE YELLOW BELT (4TH MON)
ENTRY PROCESS	CLUB COACH / PROVINCIAL ACADEMY COACH INVITATION
PROGRAMME EXPECTATIONS	ATTENDANCE TO REGULAR PA SESSIONS AND CONTINUED DEVELOPMENT IN CLUB
SUPPORT	INDIVIDUAL TO EACH ACADEMY

Ulster Provincial Academy - Judo Fundamental Warm Up. April 2018.

2.5 NATIONAL DEVELOPMENT FRAMEWORK

In judo it is clear that winning at cadet level is not a prerequisite to success at a senior level, as it is increasingly evident that senior performance athletes have developed strong fundamental foundations, technically, physically and mentally. Successful athletes are highly competitive, but to succeed are disciplined, informed and motivated in progression.

With this in mind, these foundations will be at the centre of the national programme and therefore we will ensure our athletes will be driven by progression. The path to judo success in not a straight line, so we will help our athletes develop the tools with the relevant skills and experiences at the correct developmental ages to stay and progress to their optimal performance levels.

The Development Framework (fig 2) will form the building blocks to develop the technical and performance qualities needed to be successful senior athletes.

The Development Framework will encompass 3 areas. 1. Understanding and developing Tachi waza and Ne waza skills with structured practice. 2. Use competition to develop and create winning habits through judo technical development. 3. Informed learning and motivation. Commitment to the programme and readiness to learn.

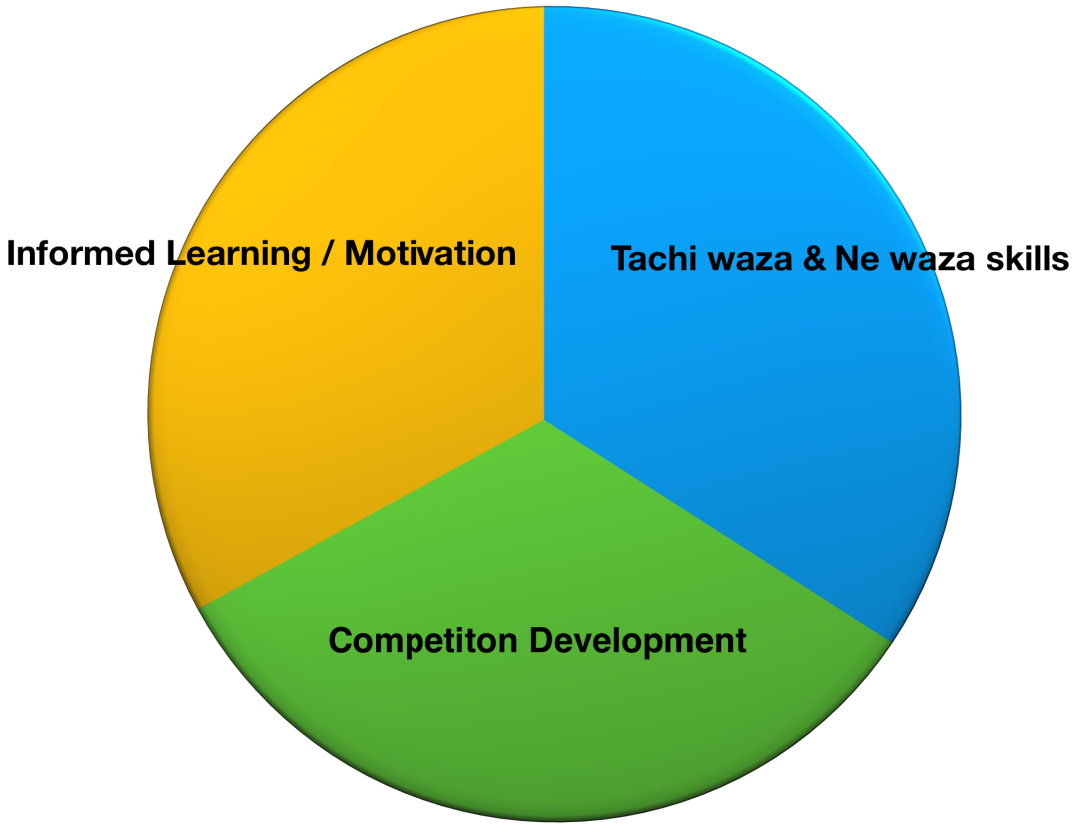

Fig 2 (IJA Development Framework)

3.0 IJA NATIONAL DEVELOPMENT PROGRAMME

3.1 IJA NATIONAL DEVELOPMENT SQUAD REGULATIONS

The National Squad is for judoka born between 2002 - 2007. The main focus of the National Squad sessions is to prepare this squad in technical, physical and competition requirements needed to progress to the National Cadet Squad.

This programme will give players an opportunity to test, plan and develop their skills as well as their behaviours. These sessions will help highlight and progress the key areas of development within the National Development Framework (2.4).

There are 3 dates confirmed for 2018. Confirmed 2019 schedule will be included in the National Development Squad invitation presented to all All Ireland Championship Medallists in December 2018.

3.2 IJA NATIONAL DEVELOPMENT SQUAD SELECTION CRITERIA

NATIONAL DEVELOPMENT SQUAD 2018	
AGE	11-16 YEARS PRE-CADET 2007 - 2005 – MINIMUM GRADE ORANGE BELT (7TH MON) CADET 2001 - 2003 – MINIMUM GRADE GREEN BELT (10TH MON)
KPI & ENTRY PROCESS	CURRENT ALL IRELAND MEDALIST CURRENT IRISH OPEN MEDALIST RECOMMENDATION BY PROVINCIAL COACH & INVITATION BY NSM
PROGRAMME EXPECTATION	ATTENDANCE TO PROVINCIAL ACADEMY SESSIONS CONTINUED DEVELOPMENT AT CLUB ENTRY TO ALL IRELANDS AND IRISH OPEN EVENTS
SUPPORT	INVITE TO NATIONAL DEVELOPMENT TRAINING CAMPS 3 x 2018, 5 x 2019.

4.0 IJA NATIONAL CADET SQUAD

We are coming in towards the end of the international cadet programme for 2018. Therefore this year we will focus on developing a cadet programme that will give players the appropriate opportunities in their development and build an identity for our Irish Cadet Squad.

4.1 IJA NATIONAL CADET SQUAD REGULATIONS

All medallists from 2018 Irish Open Championships born 2001, 2002 and 2003 will be asked to join the IJA National Cadet Squad for 2018.

All medalists from the 2018 All Irelands Championships born 2002, 2003 and 2004 will be asked to join the IJA National Cadet Squad for 2019.

Any IJA members who did not participate in the above event(s), or participated and were unsuccessful in a medal position, but have previously demonstrated results, performances or have sufficient capabilities to warrant a place on the IJA National Cadet Squad, can be coopted via the National Squad Manager.

The EJU recognised weight categories for cadets are:
Male: –50, -55, -60, -66, -73, -81, -90, +90kg
Female: -40, -44, -48, -52, -57, -63, -70, +70kg

Only results in these categories will be considered for selection for EJU Cadet Tournaments and the European Youth Olympic Festival. Positive results in lighter weight categories may be used toward selection for the Flanders International if deemed appropriate by the National Squad Manager.

4.2 IJA CADET COMPETITION IDENTIFICATION LIST

All Cadet Players looking to progress obtain international honours will look to enter the Irish Open and the All Ireland Championships. Also a minimum of 1 GB Home Nation Event, as a development competition. A list of these are below:

SELECTION EVENT 2018 - TOP 4	IRISH CADET OPEN	DUBLIN	24TH MARCH 2018
DEVELOPMENT COMPETITION	NI CADET OPEN	DERRY	22ND APRIL 2018
DEVELOPMENT COMPETITION	ENGLISH CADET OPEN	WALSALL	28TH APRIL 2018
DEVELOPMENT COMPETITION	WELSH CADET OPEN	TBC	3RD NOV 2018
SELECTION EVENT 2019 - TOP 4	ALL IRELANDS	DUBLIN	15TH DEC 2018

4.3 IJA NATIONAL CADET PROGRAMME EXPECTATIONS

NATIONAL CADET SQUAD 2018	
AGE	14-17 CADET 2001, 2002, 2003
KPI ENTRY PROCESS	ANNUAL APPLICATION 2018 IRISH OPEN MEDALIST COMPETITION PERFORMANCE HISTORY
PROGRAMME EXPECTATIONS	ATTENDANCE TO NATIONAL SQUAD TRAINING SESSIONS ATTENDANCE TO SCREENING & TESTING DAYS X 2 YEAR ATTENDANCE TO DOMESTIC AND INTERNATIONAL MARKED COMPETITIONS CONTINUED DEVELOPMENT AT PROVINCIAL ACADEMY AND CLUB
SUPPORT	SUBJECT TO TESTING LEVELS: INVITATION TO WEEKEND TRAINING CAMP (TULLIALLAN) X 2 AND EXPOSURE TO SELF-FUNDED INTERNATIONAL COMPETITION AND TRAINING CAMPS QUALIFIED TO ACCESS OFFICIAL TEAM WEAR

4.4 IJA CADET SELECTION CRITERIA FOR 2018 INTERNATIONAL REPRESENTATIVE HONOURS

KPI	**IJA SELECTION EVENT**
2018 IRISH OPEN MEDALLIST SUBJECT TO TESTING LEVELS	SELF-FUNDED FLANDERS INTERNATIONAL & TRAINING CAMP - 26-27 OCT 2018
2018 IRISH OPEN MEDALLIST SUBJECT TO TESTING LEVELS	TULLIALLAN TRAINING CAMP 15-16 JUNE TULLIALLAN TRAINING CAMP 21-23 SEPT 2018

4.5 IJA CADET SELECTION CRITERIA FOR 2019 INTERNATIONAL REPRESENTATIVE HONOURS

KPI	**IJA SELECTION EVENT**
2 x GB HOME NATION CADET MEDALIST / TOP 7	SELF-FUNDED CADET INTERNATIONAL
CADET INTERNATIONAL TOP 7 OR 2 WINS AT CADET INTERNATIONAL	SELF-FUNDED EJU CADET CUP
EJU CADET CUP TOP 7 OR A MINIMUM OF 2 CONTESTS WON	EYOF - EUROPEAN YOUTH OLYMPIC FESTIVAL JULY 2019 (2002, 2003 only)

4.6 EUROPEAN YOUTH OLYMPIC FESTIVAL JULY 2019

IMPORTANT INFORMATION FOR EUROPEAN YOUTH OLYMPIC SELECTION

There will be only 1 selection per weight. Only athletes born 2002 and 2003 are eligible.

5.0 IJA NATIONAL JUNIOR SQUAD

All medallists from 2018 Irish Open Championships born 1998 - 2001 will be asked to join the IJA National Junior Squad.

All medalists from the 2018 All Irelands Championships born 1999 - 2002 will be asked to join the IJA National Junior Squad for 2019.

Any IJA members who did not participate in the above event(s) or participated and were unsuccessful in a medal position, but have previously demonstrated results, performances or have sufficient capabilities to warrant a place on the IJA National Junior Squad, can be coopted by the National Squad Manager.

The EJU recognised weight categories for juniors are:
Male: -55, -60, -66, -73, -81, -90, -100, +100
Female: -44, -48, -52, -57, -63, -70, -78, +78

Only results in these categories will be considered for selection for EJU Junior Tournaments and the Junior European and World Championships.

5.1 JUNIOR COMPETITION IDENTIFICATION LIST

All Junior Players looking to progress to international honours will look to enter a minimum of 3 of the following competitions:

SELECTION EVENT 2018 - TOP 4	IRISH JUNIOR OPEN	DUBLIN	24TH MARCH 2018
SELECTION EVENT 2018 TEAM - TOP 7	NI JUNIOR OPEN	DERRY	21ST APRIL 2018
SELECTION EVENT 2019 TEAM - TOP 7	WELSH JUNIOR OPEN	CARDIFF	20TH OCT 2018
SELECTION EVENT 2019 TEAM - TOP 4	ALL IRELANDS	DUBLIN	15TH DEC 2018

5.2 IJA NATIONAL JUNIOR SQUAD EXPECTATIONS

NATIONAL JUNIOR SQUAD 2018	
AGE	17-21 - BORN 1998 - 2001
ENTRY PROCESS	ANNUAL APPLICATION COMPETITION PERFORMANCE HISTORY
PROGRAMME EXPECTATIONS	ATTENDANCE TO DOMESTIC AND INTERNATIONAL MARKED COMPETITION, ATTENDANCE TO MONTHLY NATIONAL TEAM TRAINING, CONTINUED DEVELOPMENT IN CLUB
SUPPORT	NATIONAL TRAINING PROGRAMME. EXPOSURE TO INTERNATIONAL COMPETITION AND TRAINING CAMPS. QUALIFIED TO ACCESS OFFICIAL TEAM WEAR

5.3 IJA 2018 SELECTION CRITERIA FOR INTERNATIONAL REPRESENTATIVE HONOURS - JUNIOR BORN 1998 - 2001

KPI	IJA SELECTION EVENT
2018 IRISH OPEN MEDALLIST SUBJECT TO TESTING LEVELS	SELF-FUNDED INTERNATIONAL & TRAINING CAMP (FLANDERS 26-27 OCT 2018)
EUROPEAN JUNIOR INTERNATIONAL TOP 7	SELF FUNDED - EJU JUNIOR CUP AND TRAINING CAMP
EJU JUNIOR CUP TOP 7 WITH 3 FIGHT WINS.	EUROPEAN JUNIOR CHAMPIONSHIPS
EJU JUNIOR CUP TOP 7 WITH 3 FIGHT WINS.	WORLD JUNIOR CHAMPIONSHIPS

6.0 IJA NATIONAL SENIOR SQUAD INCLUDING -25 TRANSITIONAL SQUAD

6.1 IJA NATIONAL SENIOR SQUAD REGULATIONS

All medalists from the Senior Irish Open or Senior IJA National Championships born will be invited to join the Irish National Senior Squad.

Any IJA member who did not participate in the above events (or participated unsuccessfully) but has previously demonstrated results, performances or potential to warrant a place on the IJA National Senior Squad, may be invited to join the Squad by the National Squad Manager or High Performance Lead.

The EJU & IJF recognised weight categories for Senior Judoka are:
Women –48, -52, -57, -63, -70, -78, +78kg.
Men –60, -66, -73, -81, -90, -100, +100kg.

Only results in these categories will be considered for selection for all Continental Opens, Grand Prix, Grand Slams, European and World Championships.

All Senior International Judoka should submit their full annual training and competition programme to those responsible for selection prior to start of competition calendar.

6.2 IJA NATIONAL -23 SQUAD REGULATIONS

All medalists from the Senior Irish Open or Senior IJA National Championships born after 1996 will be invited to join the Irish National -23 Squad.

Any IJA member who did not participate in the above events (or participated unsuccessfully) but has previously demonstrated results, performances or sufficient promise to warrant a place on the IJA National -23 Squad, may be invited to join the Squad by the National Squad Manager or High Performance Lead.

The EJU & IJF recognised weight categories for Judoka are:

Women –48, -52, -57, -63, -70, -78, +78kg.
Men –60, -66, -73, -81, -90, -100, +100kg.

Only results in these categories will be considered for selection for the -23 European Championships.

6.3 IJA SELECTION CRITERIA FOR INTERNATIONAL -23 REPRESENTATIVE HONOURS

KPI	IJA SELECTION EVENT
2018 IRISH OPEN SENIOR MEDALLIST	GB SENIOR HOME NATION OPEN MEDAL
GB SENIOR HOME NATION OPEN MEDAL JUNIOR CONTINENTAL OPEN TOP 7	EUROPEAN CUP
EUROPEAN CUP TOP 5 JUNIOR CONTINENTAL OPEN TOP 5	-23 EUROPEAN CHAMPIONSHIPS

6.4 ATHLETES - 25 TRANSITION

Athletes under the age of 25 are recognised as senior transitional athletes. Any athlete who has previously demonstrated results at Junior Continental or Senior World Cup level will receive part - funding to 2 continental events a year. An application request must be submitted to the National Squad Manager along with annual plan and selection will be determined by the National Squad Manager.

7.0 IJA SELECTION CRITERIA FOR 2018 SENIOR INTERNATIONAL REPRESENTATIVE HONOURS

KPI	IJA SELECTION EVENT
2018 IRISH OPEN SENIOR MEDALLIST	SELF-FUNDED CONTINENTAL OPEN OR EJU EUROPEAN CUP
EUROPEAN CUP MEDAL CONTINENTAL OPEN TOP 7 (MINIMUM 2 WINS)	-25 PART-FUNDED X 2 CONTINENTAL OPENS
CONTINENTAL OPEN MEDAL	SUPPORT FOR SPORT IRELAND CARDING APPLICATION

8.0 CRITERIA FOR IJA HIGH PERFORMANCE PROGRAMME

The IJA High Performance Programme is funded by Sport Ireland for IJA Judoka with an Olympic qualification performance profile.

9.0 ADDITIONAL FACTORS REGARDING ALL SQUAD SELECTIONS (DEVELOPMENT, CADET, JUNIOR, SENIOR)

9.1 Where a member has not been able to participate in the selection event(s) due to injury (or participated unsuccessfully) but has previously

demonstrated results, performances or sufficient promise to warrant a place, selection will be determined by the National Squad Manager.

9.2 As earlier cited in this document, the competition profile is less significant for Cadet and Junior Judoka. Whereby an athlete has made notable progress within the IJA development framework and selection to an event is considered to be beneficial in their further development, selection will be determined by the relevant National Squad Manager.

National Squad Managers desecration for further selection:

9.3 Competition suitability based on an athletes current experience
9.4 Current weight and the ability to make the fighting weight
9.5 Current level of physical fitness and current medical/injury status
9.6 Suitability as a team member (past behaviour)

National Squad Manager reserves the right:

9.7 To select 2 athletes in a weight category if appropriate
9.8 Not to select any athlete in a category where there is no athlete of the correct level
9.9 Not to select an athlete who they feel is unsuitable as a team member and ambassador for the IJA.
9.10 To identify reserve athletes in event of a withdrawal

Following selection, the National Squad Manager retains the right to deselect an athlete at any time:

9.11 If they are medically unfit to compete as a result of injury or illness
9.12 If there is behaviour or other issues
9.13 If they act in any way which is deemed to be detrimental to the IJA

10 CALENDAR OF EVENTS

10.1 IJF AND EJU CALENDARS: https://www.ijf.org/calendar

10.2 IJA TRAINING DATES 2018

13 May	Cadet and Junior - Screen Day, Dublin
15 - 17 June	Cadet Team Training - Tulliallan, Scotland
22 - 23 June	Junior / Senior Team - ONST, Walsall, GB
25 August	National Development Squad Training, TBC
26 August	Cadet and Junior Squad Training
20 - 22 Sept	Cadet Team Training - Tulliallan, Scotland
13 Oct	National Development Squad Training, TBC
14 Oct	Cadet and Junior Squad Training, TBC
24 Nov	National Development Squad Training, TBC

Senior dates to follow. Once confirmed can be found on the IJA website:
https://irishjudoassociation.ie