



Irish Judo Association

IJA NATIONAL SCREENING & TESTING - CALLING NOTICE CADET & JUNIORS 12TH MAY 2018

Players who were placed in the top 4 of their respective weight category at the Irish Open are invited to attend this day. Attendance on 12th May will give players an opportunity to test and develop their skills towards inclusion in the national cadet and junior programmes.

Please find below details for the upcoming training day:

- Date:** Saturday 12th May 2018
Time: 10:00 - 16:00
Venue: Paul Cummins School of Judo
Greenhills Community Sports & Leisure Centre
St Joseph's Road
Dublin 12
Registration: 9:00 - 9:30
Lunch: All players will need to bring a packed lunch
Mat fee: Invite only - no fee
Format: Mat based physical and judo based competency based skills

Please communicate your availability to attend this session no later than:
Wednesday 9th May 2018 by email to Chloe Cowen Vickers, National Squad
Manager. nsm@irishjudoassociation.ie

Training kit	Players will need appropriate training kit (shorts, t-shirt, etc)
Judogi	Please wear clean kit, no tears or split colours
Zori / footwear	Must be worn to edge of the tatami
Preparation	Players must be ready to train 15 minutes prior to start of each session. Including any taping / strapping to be done.
Hydration	Players must be fully hydrated
Photography	Performance analysis and photography may take place during this session.
IJA Membership	Please make sure your membership is up to date
Conduct	All players are required to adhere to the IJA 'Code of Ethical Conduct' (Copy found on IJA website - Policies and forms)

Polite Reminder

Anyone attending the testing day. Please respect the training environment and avoid distracting players by ensuring all mobile phones are on silent and spectators noise is kept to a minimum. No photography or filming during training sessions.

Irish Judo Association
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