



Irish Judo Association

CALLING NOTICE - IJA NATIONAL DEVELOPMENT TRAINING 25TH AUGUST 2018

Attendance Requirements

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| Requirements | Age 11-16 years |
| Pre-Cadet | 2007 - 2005 – Min Grade Orange belt 7th Mon |
| Cadet | 2001 - 2003 – Min Grade Green belt 10th Mon |
| Results | Current All Ireland medallist / Current Irish Open Medallist |
| Recommendation | By Provincial Academy Coach or Invitation through NSM |

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|---------------|--|
| Date: | Saturday 25th August 2018 |
| Time: | 10:00 - 14:30 |
| 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: | €5.00 |
| Format: | Mat based technical and randori |

To attend this session please email Chloe Cowen Vickers, National Squad Manager. no later than: Wednesday 20th August 2018 nsm@irishjudoassociation.ie

Kit

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

Preparation and Hydration

Be ready to train 15 mins prior to start time. Bring 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 NSM

Polite Reminder

For anyone attending the testing day, please respect the training environment. Avoid distracting players by ensuring all mobile phone 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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