



Irish Judo Association

CALLING NOTICE - IJA NATIONAL DEVELOPMENT TRAINING 13TH OCTOBER 2018

Attendance Requirements

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
Date:	Saturday 13th October 2018
Time:	12:00 - 16:00
Venue:	Paul Cummins School of Judo Greenhills Community Sports & Leisure Centre St Joseph's Road, Dublin 12
Registration:	11:30 - 11:50
Mat fee:	€5.00
Format:	Mat based technical and randori

To attend this session please email:

Chloe Cowen Vickers National Squad Manager - nsm@irishjudoassociation.ie

No later than Wednesday 10th August 2018

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 10 mins prior to start time. Bring water bottle marked with your name and a healthily snack for recovery break (fruit, energy bar etc).

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.