



Irish Judo Association

IJA NATIONAL TALENT TRAINING - CALLING NOTICE CADET & JUNIORS 25TH NOVEMBER 2018

National Cadet and Junior Squad members (invitation only through Squad Manager)

Please find below details for the upcoming training day:

Date: Sunday 25th November 2018
Time: 10:00 - 16:00
Venue: Paul Cummins School of Judo
Greenhills Community Sports & Leisure Centre
St Joseph's Road
Dublin 12
Registration: 9:30 - 9:45
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 21st November 2018 by email to Chloe Cowen Vickers, National Squad
Manager. nsm@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 NSM prior to session

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.