



Irish Judo Association

CALLING NOTICE - IJA NATIONAL DEVELOPMENT TRAINING 12TH JANUARY 2019

Attendance Requirements

Pre-Cadet	2005 - 2006 – Min Grade Orange belt 7th Mon
Cadet	2002 - 2004 – 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 12th January 2019
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 9th January 2019

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 healthy 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.

Irish Judo Association
Irish Sport HQ, National Sports Campus, Abbotstown, Dublin, D15 DY62
Tel: 01 6251104 Email: admin@irishjudoassociation.ie
Company limited by Guarantee. Registration No. 112335.
V.A.T. Reg No. IE4806869B
President: Mr Seán Fleming