



# Irish Judo Association

## **IJA NATIONAL TALENT TRAINING - CALLING NOTICE CADET & JUNIORS 13TH JANUARY 2019**

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

Please find below details for the upcoming training day:

**Date:** Sunday 13th January 2019  
**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 9th January 2019 by email to Chloe Cowen Vickers, National Squad  
Manager. [nsm@irishjudoassociation.ie](mailto: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.*