



IJA NATIONAL CADET, JUNIOR & SENIOR SQUAD SESSION

2ND FEBRUARY 2020

FAO: National Cadet, Junior & Senior Squad members

Date: Sunday 2nd February 2020

Time: 10:30am – 12.30pm & 1.30pm – 3.30pm

Venue: Phibblestown Community Centre, Phibblestown, Dublin D15 XT85

Registration: 10.00am – 10.15am

Mat Fee: €10.00

IJA Licence: Must be valid for 2020 – bring your licence with you

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 29th January 2020 by email to Lee Calder, National Lead Coach
lee.calder@irishjudoassociation.ie

Kit

Please ensure 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 the Lead Coach prior to session.

Polite Reminder

For anyone attending the squad day, please respect the training environment. Avoid distracting players by ensuring all mobile phones are on silent and spectator noise is kept to a minimum. No photography or filming is permitted by parents during training session.