

WHAT'S HAPPENING

Wednesday 10th June 2020

Irish Judo Association
Weekly Update

Letter from IJF President

Dear President,

Please find below the link for the **Judo Fit promo videos**, in several languages, which are available on the **Judo Fit** platform.

You can download the file or just share it with your Judo community: <https://www.ijf.org/news/show/judofit-promo-videos>

We have made the video in various languages so that you can easily pick the ones that best suit your Judo community and will motivate all Judoka in your country and region to participate.

Best regards,

MARIUS L. VIZER
PRESIDENT



IJF Academy

- We would like to invite you to visit the FACE COVID unit, just published on the IJF Academy platform <https://academy.ijf.org/>
- The coronavirus also affects athletes emotionally, physically, socially and mentally. We want to help athletes and coaches to deal with this sudden and previously unknown situation as effectively as possible.
- This unit is free to access, just follow the instructions on the information page <https://academy.ijf.org/courses/face-covid>



Last Call - Coach's Webinar

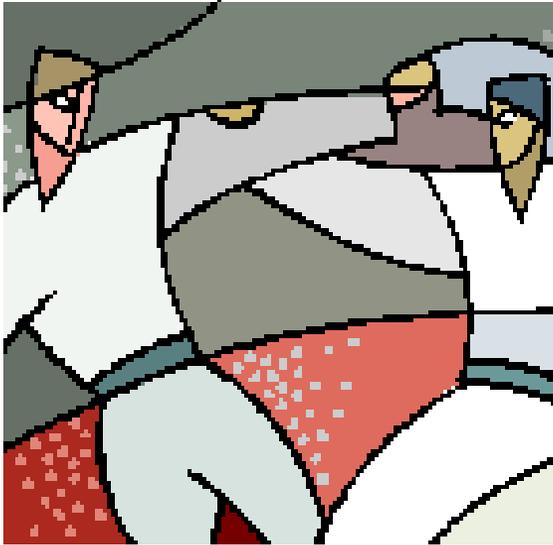
- The Irish Judo Association in conjunction with Sport Ireland Coaching will co-host a Coach Webinar today Wednesday the 10th June 2020 from 4.30pm to 6.00pm.
- The Coach's webinar will have discussion on membership engagement, maintaining club structures within the Covid 19 window & discuss ideas from coaches around the country & offer insights to promote positive outcomes for our coaches. This event is recommended for IJA coaches and any coach of any EJU affiliated organisation.
- ***Meeting ID & Password will be provided to all attendees prior to Webinar launch.***
- Tickets which are Free of Charge are available by email below:

admin@irishjudoassociation.ie

BEFORE 2PM



ONLINE PROGRAMME



The Judo Academy have come up with a way of keeping judo active, not only during this time of closed Dojos but in the future also.

Online learning for judo. This is a resource developed by the club and has the potential to go further, beyond our shores.

We are aware that this is a club programme, but we are happy to highlight it, as it is a great example of how judo can be marketed and promoted by our clubs. I am sure that Anne Marie and Stephen, at the Judo Academy, would be happy to chat with anyone and discuss the programme.

Any club that has a new and creative programme during this time, we are happy to share it with the members.

Check out the Online-Learning-Hub for Judo by clicking the link below.

<https://www.thejudoacademy.com/online-learning-hub>

Coaches Corner



This week we are not highlighting a coach. We are outlining the process our coaches will bring players along the pathway of development in the sport of Judo. All our coaches understand the Long Term Development stages, that set a clear path to better judo, greater health, and higher achievement. Along this pathway there is A PLACE for EVERYONE.

- Children, youth, and adults need to do the right things at the right time to develop in their sport. [Long-Term Development \(LTD\)](#) describes what athletes need to be doing at specific ages and stages.
 - Science, research, and decades of experience all point to the same thing: kids and adults will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right times
 - The Active Start, FUNdamentals, and Learn to Train stages develop physical literacy before puberty so children have the basic skills in judo to be active for life. Physical literacy provides the foundation for those who choose to pursue elite training after age 12.
 - The Train to Train, Train to Compete, and Train to Win stages provide elite training for those who want to specialize in judo and compete at the highest level, maximizing the physical, mental, and emotional development of each judoka.
 - Active for Life stage is about staying physically active through lifelong participation in competitive or recreational sport or physical activity.
- Active Start**
- From 0-6 years, boys and girls need to be engaged in daily active play. Through play and movement, they develop the fundamental movement skills and learn how to link them together. At this stage developmentally appropriate activities will help participants feel competent and comfortable participating in a variety of fun and challenging activities and games.

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FUNdamentals

In the FUNdamentals stage, judoka develop fundamental movement skills in structured and unstructured environments for play. The focus is on providing fun, inclusive, and developmentally appropriate judo and physical activity. These experiences will result in the participant developing a wide range of movement skill along with the confidence and desire to participate.

Learn to Train

Once a wide range of fundamental movement skills have been acquired, judoka progress into the Learn to Train stage leading to understanding basic rules, tactics, and strategy in judo and refinement of sport specific skills. There are opportunities to participate in competitions focused on skill development and retention. Activities are inclusive, fun, and skill based. At the end of the Learn to Train stage, participants grow (or progress) towards sport excellence in the Train to Train stage or being Active for Life, either by being Competitive for Life or Fit for Life.

Train to Train

Judoka enter the Train to Train stage when they have developed proficiency in the athlete development performance components (physical, technical-tactical, mental, and emotional). Rapid physical growth, the development of sporting capability, and commitment occurs in this stage. A progression from local to provincial competition occurs over the course of the stage.

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Train to Compete

Players enter the Train to Compete stage when they are proficient in judo-specific Train to Train athlete development components (physical, technical-tactical, mental, and emotional). Athletes are training nearly full-time and competing at the national level while being introduced to international competition.

Train to Win

The judo players in the Train to Win stage are world class competitors who are competing at the highest level of competition in the world (e.g. Olympics, Paralympics, World Championships, European Championships and Continental Open). These athletes have highly personalized training and competition plans and have an Integrated Support Team of physical therapists, athletic therapists, and sport psychologists providing ongoing support.

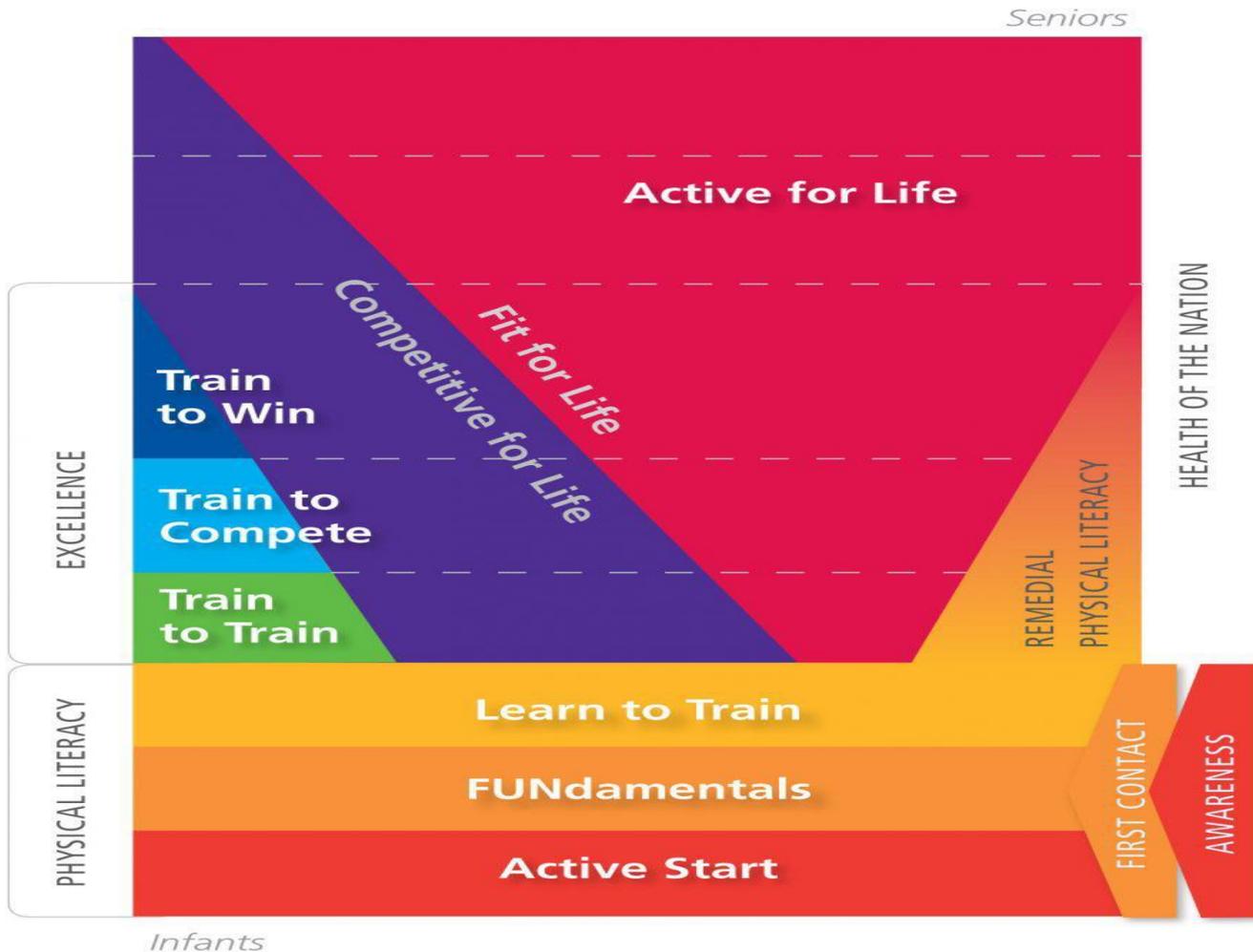
Active for Life

Individuals who have a desire to be physically active are in the Active for Life stage. A participant may choose to be Competitive for Life or Fit for Life and, if inclined, give back as a sport or physical activity leader. Competitive for Life includes those who compete in any organized competition, National to International Veterans. Fit for Life includes active people who participate in non-competitive physical activity.

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 SPÓRT ÉIREANN
SPORT IRELAND

Stay Local

It is vital that we all continue to observe the public health guidance & take personal responsibility

-  Always maintain **physical distancing**
-  **Wash your hands** well and often
-  **Cover your mouth and nose** with a tissue or bent elbow when coughing or sneezing
-  **Limit your contact** with others when out and about
-  **Avoid crowded areas.** If an area looks busy, go somewhere else or return at a quieter time

 **Meeting other people:** You may meet up to 6 people from outside your household both indoors and outdoors for social gatherings

 You may travel within your **own county**, and up to **20km from your home** if crossing county boundaries

 **Groups of up to 15**, including trainers and coaches, may return to **non-contact outdoor training activity** (but not matches) while maintaining physical distancing at all times

 **High performance athletes** resume training at agreed locations around the country



www.sportireland.ie  **SPORT IRELAND** [@sportireland](https://twitter.com/sportireland)

A Message from Sport Ireland

Design the New IJA Mascot

Have you got what it takes to design an IJA Mascot? This competition is open to any IJA member who think their design is worthy of becoming our official new mascot. The IJA Mascot will attend IJA National events and the image will be used to help in the promotion of the sport.

We are looking for a character that is imaginary and original. It must capture the sport of judo.

- The mascot will represent the judo community in Ireland so it must include the IJA logo. The core colours are green, white and orange but you do not have to restrict yourself to those colours alone.
- The mascot will need to be able to move and meet people in a friendly way.
- It is important that the mascot will be able to jump, roll and take part in judo movements.

The winner of the competition will receive a new judogi.

How to enter

Send a clear photograph, scan or paper copy to the IJA email or IJA Office.

admin@irishjudoassociation.ie or **Irish Judo Association, Irish Sport HQ, Sport Ireland Campus, Abbotstown, Dublin, D15 DY62**

Your Details

Name

Club

Age (If under 16)

Address

Contact phone number (Parent / Guardian if under 16)

Contact email (Parent / Guardian if under 16)

Mascot Details

Mascot name

Why do you think your Mascot should be the IJA Mascot?

Closing date is Friday 26th June 2020.

Please pass this onto your members.