

WHAT'S HAPPENING

Wednesday 24th June 2020

Irish Judo Association
Weekly Update



President's Message

I trust this correspondence finds you well and your family remains safe. Unfortunately, there are many in the country that have suffered loss during this time as a result of Covid 19.

Ar dheis Dé go raibh an annam.

The government in the Republic have announced a major change in their Phased timeline. We are an All Ireland Association but our clubs and members in the North must continue to abide by the guidelines set out by the NI Assembly. We welcome the positive changes but we will all need to be careful, it will not immediately be as it was before.

Progress has been made but the government's announcement comes with some important terms and conditions. The virus hasn't gone away, we are all still susceptible to it. As an Association we are asking everyone to consider four things before making a decision about doing something and at all times to evaluate the risk.

These four things are: Distance, Activity, Time and Environment.

Taking personal responsibility is a duty for all of us. It means exercising judgement and self-control for your own sake, but also for the collective good. As we return to the Sport of Judo, we must continue to act responsibly.

The Association will announce later this evening to all clubs about the guidance on how to Return to the Mat safely for our Judo Clubs.

Club Corner



This week we speak to one of our Dublin Clubs Paul Cummins School of Judo and the impact of Covid 19 on the club as a whole.

The Paul Cummins School of Judo has grown a huge amount since the beginning. Paul started Judo on the 2nd April 1978, developing his skills fighting abroad in many countries all over the world. He has won many international championships and several medals in the world masters. He was the youngest Judo player to receive his 3rd Dan black belt, and his 4th, 5th, 6th Dan and is now a 7th Dan. With his broad range of knowledge of Judo, Paul has given back his time to the Judo community within Ireland in so many ways and has coached many judokas over the years.

The coronavirus outbreak has severely impacted the club, along with the Judo community across the globe. The impact of the virus has put a stop to our weekly training sessions in the Greenhills Community Centre, due to Judo being a contact sport, we are unable to keep our social distancing. For health and safety purposes, the club has been closed since Thursday 12th March. We have kept close contact with all of our members through our What's App groups, for our kids, teenagers and seniors. Weekly home workout videos have been issued, done by Paul and other members for a wide range of ideas. Members have posted their home workout videos showing their training to keep up their fitness level. We introduced the "1,000 Rep Challenge" to all our members which brought a high engagement within the club group chat to see who could complete the challenge in the best time.

Our members are doing home workouts to keep themselves active, although it is a struggle to keep that motivation during these difficult times. Everyone feeds well off each other in the club, our members are very close and would have that friendly competitive attitude to beat one another doing different exercises. Without being in the club and unable to do our normal routine, the social interaction has been lost, it's very difficult to maintain via social media. We hope to return as soon as possible to our normal routine, everyone misses Judo, as this was their activity to keep a healthy lifestyle. Fingers crossed that we return soon to our club, see all our members again, build our fitness level and ready to tackle normality again! Stay safe all

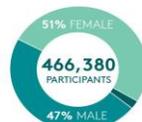
Thank you to Paul Cummins School of Judo for their input into club life at the moment



2019

LOCAL SPORTS PARTNERSHIPS

29



466,380 PARTICIPANTS

PEOPLE PARTICIPATED IN 1,427 LOCALLY DELIVERED PARTICIPATION INITIATIVES

163,608 GIRLS AND 74,526 WOMEN TOOK PART IN LSP PROGRAMMES

37,711 FEMALES TOOK PART IN 205 TARGETED WOMEN IN SPORT PROGRAMMES



94,270 additional participants took part in interventions supported by the LSP network, including Daily Mile, parkrun, Playground Markings, Chalk-free play, and Active Homework initiatives

24,488 took part in the Operation Transformation 5k Fun Run and Nationwide Walks

2,200 Clubs/Groups were provided with funding supports by LSPs

14,929 participants took part in initiatives targeting Older Adults

24,387

24,387 people with a disability took part in LSP initiatives with an additional 2,649 people trained across Cara's Disability Awareness, Autism in Sport & Disability Inclusion Training and Education programmes

- WHO WE TARGET
- > DISADVANTAGED AREAS
 - > OLDER ADULTS
 - > YOUNG PEOPLE
 - > PEOPLE WITH DISABILITIES
 - > WOMEN & GIRLS
 - > ETHNIC MINORITIES
 - > UNEMPLOYED



10,398 Sports Leaders and Volunteers completed 6,896 Safeguarding Courses

€7.3M Funding directly from Sport Ireland, accounted for 33% of total LSP funding

€2.3M Additional Sport Ireland funding also allocated for specific projects under the Dormant Accounts Scheme (10%)

€22.3M was invested in the LSP network (this includes benefit-in-kind funding)



1,214,746 visits to LSP Websites in 2019

152,662 social media followers across Facebook, Twitter and Instagram

110,196 people took part in 808 local events registered across the country for the European Week of Sport through the Sport Ireland website

47,000+ people took part in the flagship events during European Week of Sport, which included the Great Dublin Bike Ride, European School Sports Day and National Fitness Day

A Message from Sport Ireland



Question for our Members

Answers by Lucy Hickson

Why do you do Judo?

I started judo just over 7 years ago. I was doing karate for a few years when one day our coach was ill so he asked his friend to take the class in his absence. The coach apologised as he had no knowledge of karate, so instead he introduced us to the basics of Judo. I enjoyed the session so much that when we got home we googled to find the nearest judo club (Paul Cummins School of Judo) and needless to say we never returned to karate.

I have enjoyed every training session and I will never forget my first competition at the Portmarnock Mini Mon. I have competed many times since then, both at home and abroad. I was very pleased with the result of my last competition, the Scottish Open when I got to bring home a bronze medal. My favourite throw is O Uchi Gari but I use what ever throw gets me an ippon!

Thanks Lucy for sending us your answers.

Why not give us your answers as to why you chose Judo, it can be a few lines or a few paragraphs or a story – tell us why and send us your answers.

Email: admin@irishjudoassociation.ie

Message Heading – Why I do Judo



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.