



IJA NATIONAL SQUAD PRE-CADET, CADET & JUNIOR SQUAD SESSION

13th November 2021

FAO: Pre-cadet, Cadet, Junior Judoka (13 to 21 years)

Date: Saturday 13th November 2021

Time: 11.00am – 12.15pm & 12.45pm – 2.00pm

Venue: Portmarnock Judo Club, Portmarnock Leisure Centre, Portmarnock, County Dublin, D13 X662

Registration: Pre-Registration Required **before** 12th November 2021 4pm through Eventbrite – register here: <https://www.eventbrite.ie/e/national-squad-session-13th-november-2021-tickets-206179447277>

Registration on the Day: 10.00am – 10.30am

Mat Fee: No Mat Fee Applies

IJA Licence: Must be valid for 2021

IJA Coaches: Are welcomed on the mat, must have valid Vetting, Safeguarding & IJA licence for 2021

Lunch: All players will need to bring a packed lunch and water

Format: Technical & Randori Session (Ne-waza & Tachi-waza)

Covid 19: All participants who attend must be vaccinated, this includes judoka, coaches and spectators. An appointed Covid 19 Manager from the IJA will be on site to check vaccination certificates, so please ensure you bring same with you. Please note all attendees will be required to take an Antigen Test which will be provided to you by the IJA Covid 19 officer onsite.

Additional Inquiries 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.

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