

MAKE A PODCAST, MAKE 10!

What do we want?

We want a series of podcasts on interesting people in Irish judo, what they do, what is their story, what their dreams are.



What do you need to do?

Make a 15 - 20 minute podcast that would get others interested in judo.

Find an interviewee, set up your interview, record and send it to us at the Irish Judo Association.



Two of our young role models will judge the best and the top two winners will get to interview **Megan Fletcher and Lisa Kearney** - two legendary Judoka!

What are you waiting for? Get those ideas flowing, make us laugh, cry or run to join Judo!



Get your entries sent into admin@irishjudoassociation.ie before Friday 22nd of October to be in with a chance to interview Megan or Lisa!

00.00

20.00

