

CHANGE THE NUMBERS

Women In Sport



Our Role Models in Judo

To arrange a visit get in touch with me
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Yoroi Judo Club - Lucy Hickson

I had my first visit as a role model for Women in Judo to the Yoroi Judo Club in Navan. Sensei Anderson was so welcoming and invited me to attend all three classes which he was running that evening. After each class we had some treats and a question and answer session. It was obvious from their question that they had a real interest in Judo and that Sensei Anderson's enthusiasm for the sport is infectious.

Osa Judo Club

For my second visit, I had the pleasure of attending the newly formed Osa Judo Club in Newbridge. I could not believe that this club was open less than a month as the skills and knowledge which I observed was very impressive. Sensei Iwona asked me to bring along some medals to show the class, but I am sure that it will not be long before they are winning their own medals. Holding the medals helped the younger girls realise that achieving success in competitions is achievable.

Where have
they been?

Navan
Galway
Cork
Andersontown
Killarney
Kilkenny
Drogheda



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A Welcome in Drogheda

Robin Lowry

I really enjoyed my visit at Drogheda Judo club, on my visit I had the opportunity to train with three age groups all of whom who made me feel welcome. There is a lovely atmosphere at this club, and everybody is out to help and learn from each other, I was particularly impressed with coach Leo's approach to teaching in the younger age groups, he made this a very fun and enjoyable way of learning, which I think this age group was very comfortable with.

In the older age groups, I was given the task of the warm up, and also demonstrated my favourite techniques, and at the end of the class we had a great randori session and also enjoyed the Q&A at the end of each class, which everyone took part in and I think enjoyed. I would like thank coaches Leo and David and all at the club for the invitation to train, it was a great opportunity to meet new people and I am sure to return.

*Judo is for Life,
never stop!*

*Judo is for family,
everyone belongs*

*Judo for self
confidence and self
esteem for girls*

*Judo, fun, fitness,
friendships*
