

Irish National Development Training “INDT”



- Athlete Access

To be eligible for Irish National Development Training (INDT), athletes must be a current All-Ireland medalist at Pre-Cadet, Cadet & Junior age groups. Athletes who achieve an All-Ireland medal or have been successfully co-opted automatically form the National Squad for the following year and are expected to attend all INDT's. Registration for INDT's must be within the published timeframes. Any missed deadlines will not be accepted and this is a non-negotiable.

INDT's are compulsory for Cadet & Junior Pathway or Performance athletes. If you cannot make any of the sessions during each year through injury or any unforeseen circumstances, you must notify your provincial & national coaches prior to any event with a Dr's or Physio note.

For athletes who did not medal at the most recent All-Irelands and do not meet the standards to be co-opted onto the National Squad, can apply to be added to the athletes guest list. Athletes/ Parents or Guardians / Club Coach must request to be added by emailing the National Performance Coach prior to any INDT alongside the athletes last 12 months of competition results and training standards, with permission by your club and provincial coach. Guest athletes/ Parents or Guardians will be informed of acceptance the week before the INDT following the registration closure.

- Coach Access

All IJA qualified coaches are permitted to attend INDT's and are heavily advised. Registration for INDT's must be within the published timeframes. Any missed deadlines will not be accepted and this is a non-negotiable.

**Please see the "Irish Judo Association Performance Plan & Strategic Overview 2025-32" for further details.*