

1140 Cloverley Street
North Vancouver BC, V7L 1N6
t. 604 333-3513
info@judobc.ca www.judobc.ca

2019 JUDO BC CONFERENCE SCHEDULE

Friday, September 13th

7:00 pm – 10:00 pm

Coaching Workshop – NCCP PD Points

Presented by ANDRZEJ SADEJ

Location: [Steveston Judo Club, 4111 Moncton St, Richmond, BC V6Y 2C1](#)

This workshop will take place on the mats. Sadej will provide insight into what it takes to be an effective coach drawing from his vast experience from coaching visually impaired athletes. He will cover topics such as: warmup, ne waza, tachi waza, and randori.

Saturday, September 14th

8:00 am – 10:00 am

Breakfast Roundtable Workshop

Presented by – JUDO BC

Location: Executive Hotel, [7311 Westminster Hwy, Richmond, BC V6X 1A3](#)

This session will involve a quick review of the past 5 years, a brief presentation on the staff and board's strategic vision for the next 5 years followed up with round table discussions on how to make the vision a reality. This workshop will provide attendee with the opportunity to voice opinions, provide feedback, and help make the next 5 years even more successful than the past 5 years!

10:30 am – 12:30 pm

Provincial Training with Jeremy Le Bris

Location: Steveston Judo Club

10:30 am – 12:30 pm

Administrators Workshop

Presented by KATIE THOMSON

Location: Executive Hotel

What club doesn't need more money? Join us for a discussion on sponsorship, donations, grant applications & fundraising. Do your part to help support the judokas from your club and help give them the means to achieve their goals.

12:30 pm – 1:30 pm

Lunch for Pre-registered Conference Participants

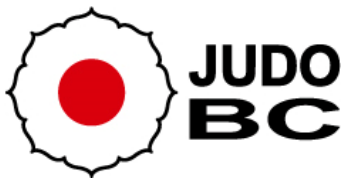
Location: Executive Hotel

1:30 pm – 3:30 pm

Guest Speaker: Andrzej Sadej – NCCP PD Points

Presented by ANDRZEJ SADEJ

Location: Executive Hotel



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We are honored to have Canadian judo icon Andrzej Sadej speak at this year's conference. Some of the topics may include: the professionalization of coaches, NCCP certification, recreational judo for adults, Judo Canada, LTAD, and the NCCP. He will also elaborate on his experience as VI National Coach, and talk about how to improve performance and prevent injuries. Don't miss out on hearing this legend of judo speak about his passions.

1:30 pm – 3:30 pm

Nutrition Workshop for Athletes

Presented by: GENEVIEVE MASSON
Location: Steveston Judo Club

Managing diet is a crucial part of any sport but it is especially important in judo. This workshop is designed to educate athletes and ensure that they have all the tools they need to make weight safely and to develop healthy habits that will allow their bodies perform at their full potential.

4:00 pm – 5:00 pm

Administrators Workshop

Presented by: JUDO BC
Location: Executive Hotel

Wondering what's new in the sporting world? This session will provide all head coaches, head instructors and club board & administrators the new information they need to be aware of including Safe Sport, updates to Trackie, and the new Judo Canada grading procedures. Time permitting; this will be followed by a discussion about the biggest risks facing Judo in BC and at the club level and how to practically minimize the risk. This session will end with a quick review of the governments and our funding partners priorities for Sport and Physical Activity in BC.

4:00 pm – 6:00 pm

Provincial Training with Jeremy Le Bris

Location: Steveston Judo Club

7:30 pm

Awards Gala Cocktail Reception – Casino Night!

Location: Executive Hotel

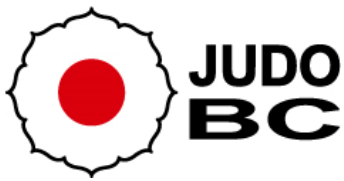
It's time for our Second Annual Awards Gala! Join us for a night of fun as we celebrate the incredible community that Judo BC is lucky to be a part of. This year's theme is Casino Night. Bring your A-Game; the best costume wins.

Sunday, September 15th

7:30 am

Provincial Team Information Session

Presented by: JUDO BC
Location: Steveston Judo Club



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Being on the Provincial Team is a serious undertaking for athletes, parents and coaches alike. This session will ensure that all parties have an understanding of Provincial Team funding, expectations, and all other important information.

9:00 am – 11:00 am

Provincial Training with Jeremy Le Bris

Location: Steveston Judo Club

9:00 am – 11:00 am

Tournament Organizers Workshop

Presented by: JUDO BC

Location: Steveston Judo Club

Calling all tournament organizers! Tournaments can very quickly go from well-oiled machines to total chaos. Attend this session to make sure that you are as well equipped as possible for any situation that may arise while hosting an event.

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