**Female Retreat Summary**

**What To Bring?**

1. Judogi
2. Sleeping Bag
3. Pillow
4. Personal Hygiene Products
5. Swimsuit
6. Flip Flops
7. Water Bottle
8. Change of clothes

**Overview**

This retreat is designed to engage and empower women through the sport of judo. It is open to all members of Judo Saskatchewan, provided they can follow the instruction given and can do so with minimal supervision. The costs for this event are covered by the Judo Saskatchewan Participation and Development Committee. Saturday Lunch, Supper, Snacks as well as Sunday Breakfast, and Lunch will be provided.

**Coach**

This year we are happy to announce our guest coach for this event is Sandra Geaves. Sandra brings a wealth of experience and is a pioneer of women’s judo in Canada.

2 x Olympian

Pan Am Games Gold

8x National Champion

Judo Canada Hall of Fame

Certified Level 3 Coach