

JUDO ONTARIO ANNUAL JUDO

Festival 2023

SESSIONS FOR ALL

Technical | Referee | Kata
Fundamentals & Games
Coaching | Nutrition Seminar



SEPTEMBER | 23rd & 24th | 2023

Toronto Pan Am Sports Centre
\$25 per seminar or \$50 for the full day
www.judoontario.ca



Judo Ontario

Our sport. Our life.

SOMETHING FOR EVERYONE!

Enjoy unique technical sessions from our High-Performance Coach or try something new with exciting seminars & workshops throughout the day.

Saturday, September 23rd

9:00 AM to 10:30 AM

Activity: FUNdamentals & Games

Who: U8 to U12

Belt: Yellow to Orange

Where: Field House

Instructor: Rick Koglin

9:00 AM to 10:30 AM

Activity: Technical Clinic

Who: U14 to U16

Belt: Orange & Up

Where: North Room

Instructor: An Jeong-Hwan

10:30 AM to Noon

Activity: Technical Clinic

Who: U18 & Up

Belt: Green & Up

Where: Field House

Instructor: An Jeong-Hwan

Lunch Break (Noon to 1:00 PM)

1:00 PM to 2:00 PM

Activity: Referee Clinic

Who: U12 & Up

Belt: Orange & Up

Where: Field House

Course Conductor: Anne-Laurence Chevalier

2:00 PM to 3:30 PM

Activity: Technical Clinic

Who: U14 to U21

Belt: Green & Up

Where: Field House

Instructor: An Jeong-Hwan

2:00 PM to 3:15 PM

Activity: Para Coaching

Who: Coaches

Belt: Any NCCP Level

Where: North Room

Facilitator: Tony Kelly

3:30 PM to 4:30 PM

Activity: Nutrition Seminar

Who: U16 & Up

Belt: Orange & Up

Where: Board Room

3:30 PM to 4:30 PM

Activity: Judo Development
Dojo Shus & Coaches Forum

Who: Dojo Shu's & Coaches

Where: North Room

Facilitator: Rick Koglin, Brian Kalsen
and Linda Maselli-Jackman

4:30 PM to 5:30 PM

Activity: Introduction to Kata

Who: U14 & Up

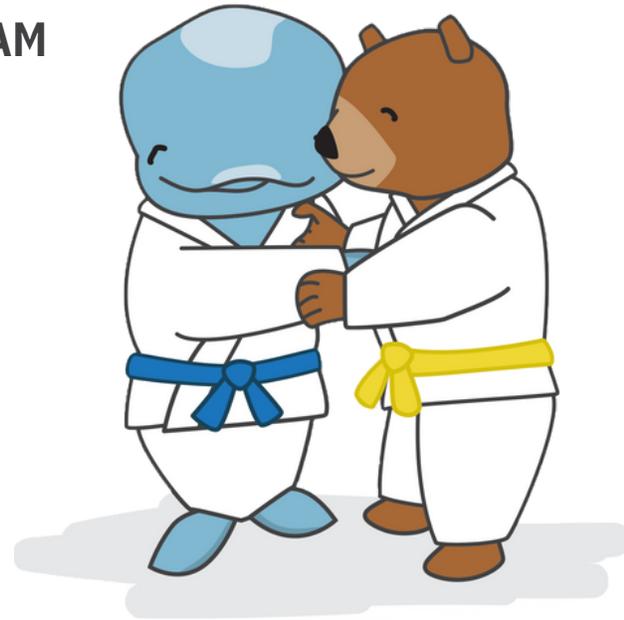
Belt: Orange & Up

Where: Field House

Instructor: Shane LeGros

Dinner Break (5:30-7:30 PM)

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2023 AWARDS CEREMONY

Saturday, September 23rd

7:30-9:30 PM

Toronto Pan Am Sports Centre

\$40 per person

(Award recipients - no charge)



Sunday, September 24th

10:30AM TO 1:00 PM



2023 ANNUAL GENERAL MEETING

TORONTO PAN AM SPORTS CENTRE