

Fall Novice Camp Moose Jaw October 7 & 8, 2023

These novice sessions are for **novice athletes orange belt and below** in the:

U16, U14, U12 & U10 age groups *There is no cost for this camp*

All ages fitting the belt criteria are encouraged to participate, as this is a great way to meet and train with judoka from across Saskatchewan.

The Sessions will be focus on grass roots judo; creating a judo plan, developing solid techniques, building a team sense with all Judo Sask athletes and having FUN!

*New/Young coaching learning opportunity: Coaches (**U18 Blue belt and up**) This is a great opportunity for our club coaches to assist our new provincial coach, Earn PD points and gain valuable experience not just coaching but interacting with youth athletes!*

Session Plan:

Saturday October. 7

Registration 9:30am - at the Moose Jaw Judo Club (801 Hochelaga St. E)

Session #1 10:00am - 11:30am Tachi-Waza Technical & Randori

Lunch 11:45am - at the Moose Jaw Judo Club

Fun Team Building Activity - 12:45pm - 2:15pm

Coaching Session 2:00pm - 2:30pm (While athletes are at Team Activity)

Session #2 2:30pm - 4:00pm Ne-Waza Technical & Randori

Athlete Pick-up - 4:15pm - at the Moose Jaw Judo Club

Session Plan:

Sunday October.8

Team Breakfast 9:00am - at the Moose Jaw Judo Club (801 Hochelaga St. E)

Session #3 10:00am - 12:00pm Technical Review & Randori

Team Goal Setting / Intro to Goal Setting 12:00pm - 12:30pm

Athlete Pick-up 12:30pm - at the Moose Jaw Judo Club

What to bring:

At Least 2 Judo gi	Judo Belt	Water bottle
Training Snacks	Gym Clothes	Running Shoes
Spending Money	Toiletries	

Please Note: this camp is not a sleep over camp

Trainings will be led by:

**JOSH HAGEN JUDO SASK
HIGH PERFORMANCE COACH &
DIRECTOR OF DEVELOPMENT**

Camp Director:

**GREG COOPER
CHAIR PARTICIPATION &
DEVELOPMENT.**

