

Judo Sask Summer Camp July. 10-16, 2024
Outlook, SK



WORLD SILVER MEDALIST
TOMMY MACIAS

2024 Judo Sask Summer Camp Guest Coach

World Silver Medalist -73kgs
5x Grand Slam Medalist
4x IJF World Tour Gold
European Champion
2020 Tokyo Olympian
Former Head Coach of Denmark

Judo Sask Summer camp is a week long training camp for Judoka **8 years of age and above who hold the rank of at least Yellow Belt.**

Full Camp Schedule will be released soon but there will be 5 Full days of Judo, team building, sport specific and non-sport specific training activities and sessions and most importantly **FUN** memories that will last a lifetime!

All food will be provided by the LCBI cooking staff, accommodations are included at LCBI.

What to bring:

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|-------------------|--------------|---------------|
| At Least 2 Judogi | Judo Belt | Water bottle |
| Training Snacks | Gym Clothes | Running Shoes |
| Spending Money | Toiletries | Towels |
| Swim wear | Games | Daily clothes |
| Pillow | Sleeping Bag | Tape, braces |

