

2025 Judo Sask Winter Camp

Date: January. 3, 4 & 5, 2025 • **Location:** Watrous Civic Center 127 Main Street Watrous, SK

Head Coach: Josh Hagen High Performance Coach & Director of Development

Guest Coach: Shady El Nahas

2 Time Olympian - 5th at Tokyo 2020 • 2024 Pan American Champion 🏆

2024 Vice World Champion 🥈 • 12 Time Grand Slam Medalist • Mens -100kg World Ranking #3

Arrival Time: 5:00 – 5:45 PM on Friday January 3rd, 2025

Departure Time: 12:00 PM on Sunday January 5th, 2025

Registration Fee: **\$150 if you register prior to December 15th, 2024**

\$175 after December. 15th and prior to December. 27th, 2024

\$75 single day (Single day registration open December. 15th - December. 27th, 2024)

Camp Schedule:

Time	Friday, January 3		Saturday January 4		Sunday, January 5	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
0730hrs			Wake Up	Wake Up	Wake Up	Wake Up
0730hrs			Breakfast	Breakfast	Breakfast	Breakfast
0830hrs			NEWAZA 8:30 - 10:00 AM	Activity	JUDO SESSION 8:30 - 10:00 AM	Activity
0830hrs			Activity	NEWAZA 10:00 - 11:30 AM	Activity	JUDO 10:00 - 11:30 AM
1000hrs			Lunch	Lunch	Lunch	Lunch
1030hrs					Parent Pick Up	Parent Pick Up
1100hrs			TACHNAZA 1:00 - 2:30 PM	Activity	LEAVE	LEAVE
1130hrs			Activity	TACHNAZA 2:30 - 4:00 PM		
1200hrs			LARGE GROUP PHOTO	LARGE GROUP PHOTO		
1230hrs			Q&A / Autographs with Shady	Q&A / Autographs with Shady		
1300hrs	Set up Mats	Set up Mats				
1330hrs	Athlete Arrival 5:00 - 5:45 PM	Athlete Arrival 5:00 - 5:45 PM	DINNER	DINNER		
1400hrs						
1430hrs	Full Group Session with Shady 6:30 - 8:00	Full Group Session with Shady 6:30 - 8:00	Group Trip to Bowling Alley 8:00 - 8:00 PM			
1500hrs	Snack	Snack	Movie & Snacks			
1530hrs	Activity	Activity				
1600hrs	Quiet Time / Bed Time	Quiet Time / Bed Time	Quiet Time / Bed Time	Quiet Time / Bed Time		
1630hrs	Lights Out 10:00 PM	Lights Out 10:00 PM	Lights Out 10:00 PM	Lights Out 10:00 PM		
1700hrs						
1730hrs						
1800hrs						
1830hrs						
1900hrs						
1930hrs						
2000hrs						
2030hrs						
2100hrs						
2130hrs						
2200hrs						
2230hrs						

What to bring:

Judogi (Multiple if Possible), Judo Belt, Water bottle, Running Shoes
 Training Snacks, Tape & other sport supplies, Gym Clothes, Toiletries,
 Spending Money, Sleeping Bag, Pillow, Towel, judo journals

Please Note: This camp is a sleepover camp but that is optional

Camp Director:
GREG COOPER
 CHAIR PARTICIPATION &
 DEVELOPMENT.

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Eligibility:

Minimum Age: 8 years old

Minimum Rank: Yellow belt

Member in good standing with your provincial association

All Meals Provided:

Snack Friday after practice

Breakfast, Lunch, Supper and snacks will be provided Saturday

Breakfast and Lunch will be provided Sunday

Accommodation:

Camp is designed to be an overnight event but staying at the venue is not

mandatory. If you wish to attend camp but have other sleeping arrangements;

please email Greg Cooper at gregorycooper@telus.net prior to the start of camp.

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