



Invermere Judo Club 2025/2026 Season

Welcome to a new season of Judo! Here is some important information.

Drop-off and Parking

- Please Park at Canadian Tire or North of the vet building. Absolutely no parking at South of building by our entrance door. This is reserved for Vet emergencies and compassion care for animals!
- For all 5pm classes; arrive 5 min before class time start! Do not drop-off unattended kids before 5pm.

Judogi

New Judogi basic \$60, Used \$40, Trade your used (if in good condition) for new \$25, Trade your used for used \$0

Etransfer: invermerejudo@gmail.com

Training and Events Schedule

(PTP) Provincial Training Program

Date	Location	Event	Club	PTP
Sept 26-28	Vernon	Interprovincial Training Camp	Optional U14+ Green belt+	Yes
Oct 18	Fernie	Post Turkey Show Down Throw Down	All levels	Yes
Oct 19	Fernie	Referee Seminar	U14+ Green belt +	Yes
Oct 24	Burnaby	Peak International	XXXXXXXX	Yes
Nov 8	Cranbrook	Regional Training	U14 Orange belt +	Yes
Nov 22	Lethbridge	Senda Cup Junior Tournament	U10-U16 Yellow belt +	
Dec 12-14	Lethbridge	Winter Camp	U14 Green belt +	Yes
Jan 10	Cranbrook	Judo Festival	All levels	Yes
Jan 23-25	Regina	Sask Open	XXXXXXXX	Yes
Feb 6-8	Abbotsford	BC Provincials	XXXXXXXX	Yes
Feb 7	Calgary	Rocky Mountain Invitational	All levels U10 yellow belt +	XX
Feb 14	Cranbrook	Regional Training	U14 Orange belt +	Yes
Feb 25-March 1	Fruitvale/Trail	BCWG	Only Winter Games Team	XX
March 6-8	Edmonton	Edmonton International	All levels U10 yellow belt +	Yes
March 13-14	Abbotsford	Pacific International	XXXXXXXX	Yes
April 11	Kootenay's TBD	Grading for Black Belts	Those who have met requirements	XXX
April 17-19	Fort Sask	Interprovincial Training Camp	Optional U14+ Green belt +	Yes
May 14-17	Calgary	Open Nationals	XXXXXXXX	Yes

Coaches/Sensei's

- Jeanette Riches – Club Manager and Head Sensei (NCCP Dojo Instructor Level 2)
(250) 341-5656 or invermerejudo@gmail.com
- Tomaz Stich – Club President and Head Sensei (NCCP Dojo Instructor Level 2)

Assistant Coaches/Sensei's:

Jay Lightfoot (NCCP Dojo Assistant Level 1 in training)

Trevor Roskewich (NCCP Dojo Assistant Level 1 in training)

General Judo Etiquette:

- Respect the Dojo – Put footwear neatly aside and hang up jacket. Take all belongings with you after every training. Only enter Dojo if Sensei is present.
- Cleanliness – Keep yourself and your judogi (uniform) clean. Trim nails and remove jewelry for safety.
- Where socks or slippers when leaving mat area so you don't bring dirt onto mats.
- Punctuality – Arrive ready to train on time (5 min before class starts).
- Safety – Always check mat space and respect partners wellbeing.
- Sitting Properly – Sit in Seiza (kneeling position or cross legged when waiting. Avoid leaning or lounging on mat.
- Listening – When the sensei gives instructions, stop, face them, and pay attention.
- Addressing instructors – Always show respect by addressing with Sensei followed by their first name.

Sensei Jeanette, Sensei Tomaz, Sensei Jay, Sensei Trevor.

- If you are sick refrain from training.
- During Practice – practice with control – do not use excessive force.
- If your partner is of lower rank or smaller, take care not to injure them.
- During Randori – no rough or dangerous behavior.
- End of Class- Line up according to rank and age, remain quiet and respectful until dismissed.

General Rule of Thumb: Show Respect, Stay humble and keep Safety First!!

And Have Fun!!

