

Tritton Training Camp

Judo and Wrestling (no gi Judo)

Who: U12 and above; yellow belt minimum

Cost: \$40. for all sessions or \$20/ day

Please register on Judo Canada -event- trackie calendar

<https://registration.judocanada.org/event/tritton-training-camp/1004233/>

Must be a member in good standing with your sport organization.

Save
the
Date

Dec. 4- 7, 2025

Tentative Schedule

Thurs. Dec. 4

6:30-9:00 judo focus/wrestling @ YRTC

Fri. Dec. 5

3:30 -5:30 wrestling focus/judo @YASC gym

7:00- 9:00 judo focus/wrestling @ GHES

Sat. Dec.6 (Bring lunch)

10:00- 12:00 Judo focus/wrestling @GHES

1:30 – 3:30 Wrestling focus/judo @GHES

Sun. Dec. 7 (Bring lunch)

10:00- 12:00 Wrestling focus/judo @GHES

1:30 – 3:30 Judo focus/wrestling @GHES

Introducing Nick Tritton

Nick Tritton is the owner and head coach of Tritton Performance in Montreal, Quebec. He has proven skills in the sports of Judo and Wrestling. Check out <http://trittonperformance.com>

Judo

2 x Olympian

5 x World Team Member

2 x Pan American Games medalist

7 x Pan American champion/medalist

2 x Francophonie Games medalist

13 x Grand-slam/ world cup medalist

Wrestling

9 x National Champion/medalist

Nick is certified as a CORE FIT trainer, Crossfit coach and NCCP National Coach in both judo and wrestling. He also specializes in strength and conditioning, weight loss and nutrition.

