

JUDO ON THE ROCK Training Camp Schedule 2014

Day	Wednesday	Thursday	Friday	Saturday	Sunday
AM	8:30-9:30 Registration 9:30-11:30 Camp Welcome Warm Up Technical Carousel <i>Tracy Angus, Ron Angus, Amy Cotton & Fred Blaney</i>	9.30-11.30 Warm Up Technical Carousel Ne-waza <i>Tracy Angus, Ron Angus, Amy Cotton & Fred Blaney</i>	9.30-11.30 Warm Up Technical Carousel Newaza <i>Tracy Angus, Ron Angus, Amy Cotton & Fred Blaney</i>	9.30-11.30 Warm Up Technical Carousel Ne-waza <i>Tracy Angus, Ron Angus, Amy Cotton & Fred Blaney</i>	9:30-11:00 Warm Up Technical Carousel Camp Closing 11-12 NL CWG Meeting
Lunch/ Break	11.30 – 1.30	11.30 – 1.30	11.30 – 1.30	11.30 – 1.30	
PM	1.30 – 3.00 General Mental Prep Training for competition - Mats <i>Fred Blaney – Nage-no-Kata sets 1-3</i>	1.30 – 3.00 Technique Review - Mats 1:30-3 PM – Sports Psychology – John Rowe Swilers Bldg <i>Fred Blaney– Nage-no- Kata – set 4</i>	1.30 – 3.00 Technique Review - Mats Nutrition – Jen Wood – Swilers Bldg 3:30 PM Fitness Testing for NL CWG team only <i>Fred Blaney–Nage-no-Kata – set 5</i>	1.30 – 3.00 Combining mental prep- relaxation and arousal for competition. Piecing it all together on the mat <i>Fred Blaney–Refereeing – Strategies to Win</i>	
Dinner/ Break	3:00– 7.00	3:00– 7.00	3:00– 7.00	3:00– 7.00 Sign up Camp Dinner – location TBA	
Evening	7.00 – 9.00 Warm Up Drills and a Theme - Gripping Randori <i>Fred Blaney– Referee general rules and scenarios</i>	7.00 – 9.00 Warm Up Drills and a Theme - Attaching Randori <i>Fred Blaney– Referee – new rules and scenarios</i>	7.00-9.00 Warm Up Drills and a Theme - Transition Randori <i>Fred Blaney– Kata judging methodology and certification process</i>	7.00-9.00 Warm Up Drills and a Theme – Ne-waza Randori <i>Fred Blaney – General review and discussion on Kata and Refereeing</i>	

1. Be on time for all trainings & meetings.
2. Respect all coaches, managers and therapists.
3. Should taping be available Please come 30 minutes prior to practise to be taped.
4. Report all injuries to coaches and medical staff – extra precaution with head injuries
5. Nutrition & Sport Psychology open to all coaches and parents – Location: Swilers Bldg