



**judo
alberta**
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association
11759 Groat Road NW
Edmonton, Alberta, Canada T5M 3K6
Office: (780) 427-8379
Toll-Free: (1-866) 919-5836
Fax: (780) 447-1915
Email: judo@judoalberta.com
www.judoalberta.com

MEMORANDUM

To: Judo Alberta Clubs
From: Fatira Merah, Judo Alberta High Performance Coach
RE: Provincial Training Camp, March 29-30, 2014
Date: March 05-2014

Provincial Training Camp, March 29-30, 2014

Division: U16, U18, U21, seniors, Masters

Address for training camp:

*Collegiate High School
1800 - 8th Ave.
Canmore, Alberta
TIW 1Y2.*

<i>SATURDAY 29</i>	<i>SUNDAY 30</i>
10h30-12h30 pm: All divisions Tachi waza.	8h30-9h15 am: Circuit Training All divisions
3h-4h00 pm: Sport Psychology Session	10h-Noon: Judo review, randori
4h-6h00 pm: All divisions, Ne waza	

Please bring running shoes and exercise clothing.

*Fatira Merah , High Performance Coach
Phone: 780-863-8379.
E-mail: hpcoach@judoalberta.com*



Government
of Alberta

