



**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](mailto:judo@judoalberta.com)  
[www.judoalberta.com](http://www.judoalberta.com)

### ITINERARY AND DEPOSIT

**To:** Junior, Senior, Masters, and Kata Provincial Team members

**From:** Provincial Coaching Staff

**Date:** March 12, 2014.

**RE: NATIONAL CHAMPIONSHIPS 2014**, (Seniors, U21, U18, U16, Masters, Kata, Saguenay QC ).

### DEPOSIT

A rough budget would be as follows:

Airfare	~\$800
<b>Le Montagnais</b> , hôtel et centre de congrès ,1080 Boulevard Talbot, Chicoutimi, QC G7H 4B6	~\$300
Tournament Entry Fee	\$105
Bus from Quebec Airport to Hotel return	\$85
Vans	\$ 25
Banquet	\$50
Training camp	\$40
<b>Total estimated cost</b>	<b>~\$1405</b>

A deposit of **\$ 900** will be required to travel with team Alberta, which will go towards the cost of the trip. **This deposit is due April 10<sup>th</sup>**. Please make cheques payable to Judo Alberta.

Please note that every effort will be made to ensure the trips are accurate. However, if you cancel the flight or make last minute changes that affect the group bookings we will have to **charge \$200** to cover the administration and change fees.

Please send the deposit to:

**Judo Alberta**  
c/o Garry Yamashita  
150 Sandarac Drive NW  
Calgary, Alberta T3K 3V2



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### ITINERARY

Date:	Itinerary:
<p>Tue, May 13<sup>th</sup></p> <p><b>TEAM U18-Sen</b> Tue, May 13<sup>th</sup></p>	<p><b>Depart 1:</b> Edmonton @ 07h00am: meet coaches at check-in counter by 5:30am Calgary @07:15am: meet coaches at check-in counter at 05:45am Arrive in Toronto Airport Edm: @12h40pm, Calg: @12h59pm Meet all team in Airport Toronto at 1hpm. Depart Toronto@ 2h00pm <b>Arrive in Quebec</b> at 3h38pm, go to the hotel Le Montagnais by bus (2h30 trip). (Le Montagnais, hôtel et centre de congrès 1080 Boulevard Talbot, Chicoutimi, QC G7H) • Room check-in • Rest day</p>
<p>Wed, May 14<sup>th</sup></p>	<ul style="list-style-type: none"> <li>• 2h-6h00pm Accreditation</li> <li>• 4:00pm Referees meeting</li> <li>• <b>3:30pm Training session (tentative)</b></li> <li>• 5:00 – 6:00pm Unofficial Weigh-in</li> <li>• 6:00 – 7:00pm Official Weigh-in; U18</li> <li>• <b>7h-9hpm Coaches meeting &amp; draw in hotel Senior; U18; U16; Masters</b></li> </ul>
<p>Thur, May 15<sup>th</sup></p> <p><b>U18 Competition</b></p> <p><b>JUNIOR TEAM</b> U16-U21-Master</p>	<p><b>Competition U18</b></p> <ul style="list-style-type: none"> <li>• 10:00 Preliminaries start for all U18 weight divisions.</li> <li>• <b>7h– 8:00pm Official Weigh-in; Senior</b></li> </ul> <p><b>Depart 2:</b> Edmonton @ 10h05am: meet chaperones at check-in counter by 8h05:am Calgary @10:15am: meet chaperones at check-in counter at 08:15am Arrive in Toronto Airport Edm: @3h45pm, Calg: @3h59pm Meet all team in Airport Toronto at 4h15pm. Depart Toronto@ 6h10pm <b>Arrive in Quebec</b> at 7h48pm, go to the hotel Le Montagnais by bus (2h30 trip). (Le Montagnais, hôtel et centre de congrès 1080 Boulevard Talbot, Chicoutimi, QC G7H) • <b>Room check-in</b></p>
<p>Friday, May 16<sup>th</sup></p> <p><b>SENIOR Competition</b></p>	<p><b>Competition Senior</b></p> <ul style="list-style-type: none"> <li>• 10ham Preliminaries start for all Senior weight divisions.</li> <li>• 4h00pm Official Opening</li> <li>• <b>7h00- 8:00pm Official Weigh-in; U16, Masters</b></li> </ul>
<p>Sat, May 17<sup>st</sup></p> <p><b>Kata TEAM</b> <b>U16 TEAM</b></p>	<ul style="list-style-type: none"> <li>• <b>Competition U16/ Master/ Kata</b></li> <li>• 8:00– 12:00 All Kata events concluded with medal presentations</li> <li>• 12:30 Preliminaries start for all U16 and Masters divisions.</li> </ul>



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<b>Master TEAM</b>	<ul style="list-style-type: none"> <li>• 7:-8:00pm Official Weigh-in; U21</li> <li>• Draw for the U21 age division</li> </ul>
Sun. May 18 <sup>th</sup> <b>U21 TEAM</b>	<p><b>Competition U21</b> and Banquet.</p> <ul style="list-style-type: none"> <li>• 10:00 Preliminaries start for all U21 weight divisions.</li> <li>• 7:00 pm Banquet</li> </ul>
Mon. May 19 <sup>th</sup>	<p><b>Check out for whole team on Monday</b></p> <p><b>Depart 1</b> from hotel Le Montagnais by bus @ <b>1h30am (no choice)</b></p> <p>Edmonton group: Quebec -Toronto@ 6:45am -8h33, Toronto-Edmonton 10h15-12h19pm</p> <p>Calgary group: Quebec -Montreal@ 6:00 -06h47am, Montreal-Calgary 08h40-11h18am</p> <p><b>Training camp team leaves at 7h30am in the lobby with luggage (change hotel)</b></p> <p><b>Training camp for second group, May 19-20-21 @Jonquiere club</b></p> <p>U16 Men &amp; All Women <b>9h00-10h30</b></p> <p>U18 &amp; U21 Men <b>10h30-12h00</b></p>
Thu. May 22 <sup>th</sup>	<p><b>Depart 2</b> from hotel Le Princess &amp; Delta hotel @ <b>1h30am (no choice)</b></p> <p>Calgary group: Quebec -Toronto@ 10:10am -11h58, Toronto-Calgary 2h-04h09pm</p> <p>Edmonton group: Quebec -Montreal@ 6:00 -06h47am, Montreal-Edmonton 08h10-11h44am</p>

**Hotel Information :**

**Competition site:**

<p><u>May 13<sup>th</sup>-19<sup>th</sup>, 2014</u></p> <p><b>Le Montagnais</b>, hôtel et centre de congrès 1080 Boulevard Talbot, Chicoutimi, QC G7H 4B6 , (418) 543-5042 <a href="http://lemontagnais.qc.ca">lemontagnais.qc.ca</a></p>	<p><u>May 15<sup>th</sup>-18<sup>th</sup>, 2014</u></p> <p><b>Quebec University in Chicoutimi</b> 555 Boulevard Université Chicoutimi, QC, G7H 2B1 &amp; <b>Delta Saguenay hôtel</b> 2675, boul. du Royaume Saguenay, (Québec) G7S 5B8 Canada</p>
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**Hotel for training camp:**

**Training Camp site:**

<p><u>May 19<sup>th</sup>-22<sup>th</sup>, 2014</u></p> <p><b>Motel Princesse</b> 2166, des Étudiants, Jonquière, QC, G7X 9E1.</p>	<p><u>May 19<sup>th</sup>-21<sup>th</sup>, 2014</u></p> <p><b>Club de judo Jonquiere</b> 2166 Rue des Etudians, Jonquière, QC, Canada.</p>
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**Coach's Phone list:**

Fatira Merah	1(780)863-8379	May 13-22-2014
Garry Yamashita	1(403)870-7197	May 13-22-2014
Trevor Hazell	1(403)831-2935	May 13-19-2014
Laurie Wiltshire	1(403)923-6358	May 13-19-2014
Russ Gallant	1(403)330-4398	May 13-22-2014

**Chaperone's Phone list:**

Keith Bibbey, Edmonton	1(780)975-4722	May 15-19-2014
Steve Norris, Calgary		May 15-19-2014
Denise Morgan, Calgary	1(403)679-8160	May 15-22-2014
Theresa Yamada, Edmonton	1(780)691-1352	May 15-22-2014
Franz Lennarson, Edmonton	1(780)952-4656	May 13-19-2014

**NOTE RE: AIR CANADA:**

On the website right now they allow 1 checked bag with a maximum weight of 50lbs, and 2 carry on (1 standard article 10kg and 1 personal article 10kg).

But just to be sure, please check [www.aircanada.com](http://www.aircanada.com) before you pack your bags. If one of your checked bags is over 50lbs expect to pay a fee.

All flight Itineraries will be sent to the club sensei who will then give it to you.



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## Doping Control

All athletes (including kata) will be subject to doping control by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program (CADP). To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, it is highly recommended that athletes/coaches check the CCES website at [www.cces.ca](http://www.cces.ca) for more details on medical exemptions and the Global DRO ([www.globaldro.com](http://www.globaldro.com)) for potential prescription or over the counter medications that could be banned by the WADA Prohibited List. Additional resources and information can be obtained by email: [info@cces.ca](mailto:info@cces.ca) or by phone toll-free: 1-800-672-7775.

## Things to bring:

1) Money: you need enough for food for 8 days, we will try to go to a grocery store, to save money, but we suggest at least \$30.00 a day.
2) Canadian Passport or Equivalent you must keep in your carry-on, do not pack in checked luggage
3) Judo Canada passport and membership card ( <b>you have to bring it for weigh-in</b> )
4) Judogis minimum 2 gi's 1 white and 1 blue. We suggest 4 in total 2 for training camp and 2 for tournament; you may not have access to laundry machines. Do Not forget your belt!
5) Belt, zoris, water bottle, plain white t-shirts (for female athletes)
<b>6) Judo Alberta Track suit</b>
7) Clothes for 9 days, nice dress for banquet ( no Jeans)
8) Bathing suit
9) Running shoes and workout clothes

Thank you  
If you have any questions please do not hesitate to ask any of the coaching staff.

Good luck!  
*Coaching staff.*



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