

SPECIAL POINTS
OF INTEREST:

- **President's Report**
- **Grants and Funding available**
- **Athletes Profile**

KEY
DATES

January 2014

JVI Membership
Fees Due

February 16th

1st JVI Tournament
for 2014
Springers,
Keysborough

March 22nd,23rd
JMIM
Judo Masters in
Melbourne

For more details
about these events
see website

Happy New Year to all members of Judo Victoria Inc.:

I hope that all of our members had a happy and safe Christmas and New Year. I wish all of our clubs a very successful year in 2014.

JVI starts the year with a strong and cohesive committee and newly refreshed sub committees in line with our own rules.

Many clubs have already started training as part of the lead up to the 2014 Nationals in June in Wollongong. We have an excellent team of managers and coaches in place and I look forward to a strong performance by Victoria again this year.

2014 is a Commonwealth Games year and Victoria will have a very strong representation at the Games.

To reflect for a moment, it is a shame that the JFA wasn't able to have Judo included in the next games at the Gold Coast.

This is surely an issue that the JFA will have to address.

We need to make the most of the opportunities to promote judo that will come out of this year's games.

Extreme Heat:

I encourage all clubs to have plans on how to deal with extreme heat.

As our venues are all so different it is impossible to have a *one size fits all policy*. I encourage clubs to modify training and to have regular drink breaks.

In extreme circumstances, clubs might even consider cancelling training or moving training to an air conditioned venue. As always, common sense should prevail.

Trudy Walker promoted to Continental Referee grade:

I am pleased to announce formally that in December last year, in an International tournament in China, Trudy Walker was promoted to the IJF Continental Grade.

This is a great achievement.

Congratulations Trudy.

President's Report Neville Sharpe



New Year's Resolutions for Coaches:

Many of us have created NY resolutions to improve ourselves personally— losing weight, exercising more. (if you are like me they lasted a few hours!) We should also take a few minutes to consider how we can improve our coaching. Here are some ideas-

I will attend one NCAS course this year.

No matter how experienced we are we can always learn from sharing ideas with others. The courses in 2013 were stimulating and well run and I would encourage you to attend the sessions planned for this year.

I will read a book on coaching.

Your local library or internet will have options for books on coaching. There will always be ideas that you can take from these books.

I will reflect on my personal coaching philosophy in 2014.

It is healthy for coaches to reflect on their coaching philosophy and review coaching plans. If we keep doing the same, we keep getting the same results.

(Neville's Report continues on Page 3)



There are a number of grant and funding opportunities available for JVI members and affiliated clubs.

Currently available:

Sporting uniforms

The **Sporting Uniforms** program provides clubs grants of up to \$1000 to assist in the purchase of sports uniforms.

www.dpcd.vic.gov.au/home/grants/all-grants/sporting-uniforms

Closing date	Notifications anticipated by
4 February 2014	5 May 2014

Victalent

Victalent provides a \$500 travel assistance grant to community sport organisations in rural and regional Victoria to assist athletes, coaches, officials and teams with the travel costs of engaging in training and competition.

www.dpcd.vic.gov.au/home/grants/all-grants/victalent

Closing date	Notifications by
4th March 2014	3 months after closing date

Country Action Grant Scheme

The **Country Action grant scheme** aims to increase the capacity of sporting clubs in regional and rural Victoria. Grants of up to \$5,000 are available to successful applicants.

<http://www.dpcd.vic.gov.au/home/grants/all-grants/country-action-grant-scheme>

Closing date	Notifications by
4th March 2014	3 months after closing date

Elite Athlete Travel Grants

The **Elite Athlete Travel Grant Program** provides grants to assist elite Victorian athletes to travel to compete at national championships or international events.

<http://www.dpcd.vic.gov.au/home/grants/all-grants/elite-athlete-travel-grants>

Closing date

1 April 2014

(Please contact the JVI Secretary if you are applying for this grant.)



ASC Local Sporting Champions Grant

The **Local Sporting Champions** program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships.

http://www.ausport.gov.au/participating/schools_and_juniors/local_sporting_champions

Opening and Closing date

1 Nov 2013 - 28 Feb 2014

Look out for the new JVI website coming soon! In the meantime 'like' JVI on Facebook to keep up to date.

This month we profile Michelle Matthews, one of the new members of Judo Victoria Inc. Committee.

Profile

Michelle Matthews
Lilydale Judo Club



How did you become involved in Judo?

I was living in Papua New Guinea and, as a 6 year old female, was not allowed to play football or cricket. We discovered the local judo club which trained three days a week. I was quickly given the nickname of Tiger. I earned my junior black belt at the age of ten but had to only train in the school holidays for the next four years while I was a boarding school. After shifting to Australia, I took over Hawthorn as a 15 year old when the instructor didn't turn up, as I was the highest rank, and have been teaching ever since.

What is your favourite technique ?

My favourite technique is Mune Gatame. Anything to get my opponent on the ground was all I needed so I could finish them off on the ground.

Do you have any spare time and what do you do in it?

I work full time as a primary school teacher and teach judo 5 times a week: Lilydale on Mondays and Fridays, Hawthorn on Wednesdays, AASC on a Thursday and my school on a Friday. I visit my daughter with my three grandchildren every Tuesday for dinner and then go off to church and visit my son with my one grandchild every Thursday for dinner. I play Softball on a Saturday for the Lilydale Ejas. I am the pitcher. I try and attend Church every Sunday. I am treasurer of the Lilydale Community Youth Club and have just been elected onto the JVI Committee. In my spare time I love to work on my stamp and coin collections as well as doing jigsaw puzzles. In the holidays I love painting on stones at my caravan in Porepunkah.

What is it you love about coaching Judo?

I love the positive influence you can have on children by sharing my passion about judo. The children, who stick at judo, come to love the sport and become very responsible members of the community.

Why should athletes become referees?

Athletes should give something back to the sport when they have finished competing. The athletes who have competed at a high level can pick up refereeing very quickly as they know the rules and can see what is developing in a contest.

(Neville's Report continues)

I will help a younger coach become a better coach.

Take time to help an inexperienced coach survive coaching !
We all know we need more coaches if Judo is to grow.

I will spend less time worrying about coaching details and focus more time coaching life skills.

At the end of the day, what athletes will remember and what you will get the most satisfaction from, are the skills that your players will take with them for the rest of their life.

Did you teach them honour and respect....that hard work can overcome talent and ability?

I will learn to referee.

Two huge benefits from this are that you learn more about your sport which improves your coaching, as well as getting a healthier perspective on how difficult officiating really is. We have shortages of qualified officials and without officials, there won't be any competitions.

I will take time to practice 1 on 1 communication with players.

Talk to your athletes in breaks and before and after training. Talk to them about their Judo, areas to improve on and give lots of positive feedback. These conversations are the foundation for a lasting relationship.

I will update my First Aid and refresh my CPR.

Learning these skills should be a priority for adults especially those working with children. You may never have to use these skills but the one time you do—you and a lot of other people will be grateful. JVI will be running both these workshops during the year.

Best Wishes for a successful 2014 Coach!

Neville Sharpe

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