

JVI Newsletter

VOLUME 2 NUMBER 7

AUGUST 2014

JUDO VICTORIA
INCORPORATED

SPECIAL POINTS OF
INTEREST:

- **President's Report**
- **Commonwealth Games experience**
- **Athlete Profile (held over)**

KEY DATES

September 14
Spring Tournament
Springer's
Keysborough

October 5
Strategic Planning
Session

October 26
World Judo Day
tournament

November 9
AGM

For more details
about these events
see website

President's Report Neville Sharpe

Welcome to the August Newsletter.

Southern Cross International Open Championships -a success.

The Southern Cross International Open was a success on many levels.

The judo was great. If you want a reminder of how good it was look at the highlights packages on the JVI Facebook page.

With the help from our friends from Canberra, Neil and Robyn Hayes, and Colin and Midge Hill the event started on time and ran very efficiently across three mats.

The feedback from the competitors was very positive. Our number of competitors was higher than last year and we want to continue to grow SCIO in the future.

I was amazed by how many people that I have spoken to since the SCIO that were watching the live streaming.

Thanks to Kevin Knox's team for organising this for us. Kevin was still travelling back from the Commonwealth Games.

The SCIO was attended by a record number of interstate competitors and our international referees who all enjoyed the event. The only down side was that our brand new CARE failed us, causing Stan Ashley some stress. In the true spirit of Judo everyone just got on with the job.

Four days of Judo doesn't happen without a lot of hard work from our tournament director Sandy Hollingworth and a large team of volunteers. The efficiency with which the event ran is a tribute to Sandy and all of the tournament committee. Now we start the planning for next year.



Respect and Bowing in Judo:

Marek Augustynek has shared this reminder of the importance of bowing in Judo.

KANO ON RESPECT & BOWING

"BEFORE AND AFTER PRACTICING JUDO OR ENGAGING IN A MATCH, OPPONENTS BOW TO EACH OTHER. BOWING IS AN EXPRESSION OF GRATITUDE AND RESPECT.

IN EFFECT, YOU ARE THANKING YOUR OPPONENT FOR GIVING YOU THE OPPORTUNITY TO IMPROVE YOUR TECHNIQUE."

.....DR. JIGORO KANO

WWW.FACEBOOK.COM/JUDOTRAININGDEVELOPMENT

We bow to show respect to the dojo, those who take the time to share their knowledge and experience, and to our training partners for helping us perfect our techniques. Bowing sets the tone for a well run dojo.

Senior World Titles 2014:

Congratulations to Maria Pekli on being appointed as the Australian coach for the Senior World titles in Russia.

The three members of the Australian team are all from Victoria.

Best of luck to Jake Bensted, Jake Andrewartha and Hannah Trotter.

Strategic planning day 5th of October.

Adrian James is leading our strategic planning day on the 5th of October. JVI will be inviting a cross section of key stakeholders in our sport to help us to set our goals and priorities for the future. If you receive an invitation to participate it means that we want your input and we want you to attend.

Neville Sharpe President

My Commonwealth Games Experience - Jake Bensted



When Neville asked me to write about my Commonwealth Games experience I wasn't really sure where to start. A lot goes into preparing for a competition like this behind the scenes that not a lot of people see. So I'll go back about 6-7 weeks before the Games to give you a little bit of insight into the whole trip. It started for me about a week after nationals.

Unlike most of the rest of the team I wasn't tied down by work or schooling so I decided to head over to Europe earlier. I headed over to England, to train at The Camberley Judo Club, a place I've visited a few times before.

What makes Camberley different is the accommodation right next to the dojo, where a group of about 20 judo players live and train together (3 of the members of England's Commonwealth Games Squad were from Camberley.)

It makes for a really good training atmosphere. There I was able to train 3 times a day, 5 or 6 days per week a mixture of Strength, conditioning and judo sessions.

4 weeks before it was time to go meet the rest of the team in Barcelona. We went to Barcelona for the Olympic Training Camp, being held on the very edge of Castelldefels beach.

The Dojo itself had about 8 full size mat areas and was less than a stone's throw away from the beaches edge.

It's an amazing setting for a training a camp.

The standard of players this camp attracts is of the highest quality with full strength teams from judo powerhouses such as Russia, France and Japan, as well as many other strong European judo nations.

For each of the Men's sessions, there would of been about 200 people on the mat, which included many World and Olympic champions. We spent just over a week in Barcelona, doing two, 2 hour randori sessions a day.

It was very tough and demanding training and not all the Australians came away unscathed.

Fellow Victorian Ivo dos Santos, unfortunately suffered a knee injury at this camp and had to withdraw from the Games.

After Barcelona we still had 2 weeks till the start of the judo, so we went from sunny Spain to 'not so sunny' Walsall, England.

In Walsall we stayed at the recently opened British National Judo Centre. They have a great set up there with access to everything we needed to get ready. The Commonwealth Games were just lurking around the corner so it was time to start getting the body and mind right.

We spent the best part of a week in Walsall, recovering and sharpening up on our skills.

Then it came time to move into the village- a quick hour's flight from Walsall and we were there.

The Village itself is like a small city, with about 6000 athletes and support staff staying there, from every corner of the globe.

It had its own food hall, gym, salon, laundry service and medical facilities that were all available for free 24/7.

The Australian Judo team had its own block with about 10 twin bed rooms, bathrooms and living area. It was quite unreal. It was now less than a week from the start of the competition so we were all busy with our final preparations, making weight and getting ready for comp day. We were still doing about 2 sessions a day, but the sessions were a lot more short and intense.

This was just to sharpen up and make sure we were at our peak come fight day.

Day 1 The competition fell the morning after the Opening Ceremony.

The venue itself had 2 mat areas and seating for about 6000 people. It sure was loud whenever a Scottish player was up. We were lucky to have quite a few Aussie fans in the stands cheering us on. The Hall was always filled which made for an absolutely buzzing atmosphere. We had 5 Australians competing including 2 Victorians -Tom Pappas and Hannah Trotter. Unfortunately Tom and Hannah had pretty tough draws and were unable to come away with a result. But Australia on the whole did well winning 2 Bronzes in Woman's U/48kg division.

Day 2 We had 5 Australians competing including 3 more Victorians Katharina Haecker, Sara Collins (almost Victorian) and myself.



After winning 3 of my 4 fights I was able to come away with the bronze medal. That day Australia also had 2 hard fought 5th places, one of them from Katharina.

Day 3 It was the heavyweights turn with the last 3 Aussies getting their chance to fight. Out of those 3, 2 were well known Victorians Jake Andrewartha and Mark Anthony.

Big Jake had some great fights and managed to claim a 4th bronze medal for Australia. Mark had a hard fought day fighting some of the Scottish Locals and could only manage a 5th place. The Judo program was finished and we were given some time to rest, recover and relax. I had decided earlier on that I would fly home prior to the closing Ceremony so that I'd be over my Jetlag in time to fight in the SCIO and the World Championships.

So that was the end of my Commonwealth Games experience but just the start of many things to come.



Invitations out soon.

JVI Strategic Planning session

October 5th. 9.30am

'Be part of it!'