



SPECIAL POINTS OF
INTEREST:

- **President's Report**
- **Athlete Profile**
- **Coach recognition**
- **Treating Ankle Sprain**

Important
information
regarding coach
recognition
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KEY
DATES

July 6

Coaching workshop
8.45am– 4.00pm
Venue: TBC

July 20

JVI Winter
Tournament
Springers
Keysborough

July 23

Glasgow
Commonwealth
games start

August 9-12

SCIOC
Springers,
Keysborough

For more details
about these events
see website

JVI Newsletter

VOLUME 2 NUMBER 5

JUNE 2014

President's Report Neville Sharpe

Nationals Wrap up and more:

2014 was another very successful year for the Victorian Judo team.

Victorians won 65 medals compared to a haul of 45 medals last year.

Once again the Victorian team stood out for its cohesion, sportsmanship and for excellent judo skills.

I know that every member of our team did his or her best and no matter how well you did I encourage all of our athletes to aim to do even better next time.

Performances like this just don't happen without excellent leadership from our manager and team of coaches. They were supported by many other volunteers who gave their time at training and nationals.

Doing well at the national titles is the result of players getting great training at their own club and from the extra training with the state team every Sunday morning for six months!

I want to especially thank all of the parents who gave up their Sunday mornings to take our team members to training.

It was great to see so many of our over 30 "masters" players do so well at the nationals. Our coach, David Nabulsi showing the way by winning gold in the U100 masters division! It was also great to see so many Victorians performing strongly in the Kata competition.

As the President of Judo Victoria Inc. I am very proud of all of you.

Peter Herman awarded 9th Dan:

Everyone at the nationals had the privilege of seeing Peter Herrman awarded Australia's first ever 9th Dan.

Peter has had an illustrious judo career that has included winning a Silver medal at the World Titles representing Germany and being the French national coach during one of its golden eras!

For the past 30 years Peter has worked in Australia and has made a major contribution to Australian judo. Olympian, Gavin Kelly spoke of Peter's contribution to Judo.

Peter is now working one day per week and will retire after the Commonwealth Games in July.

Judo Victoria wishes Peter a long, happy and healthy retirement. Peter's shoes will be hard to fill.



National Insurance Update:

All members of Judo Victoria Inc. are covered by the JFA National Insurance scheme. The National Insurance covers the following:

- Public & Products Liability
- Professional Indemnity
- Personal Accident
- Group Travel
- Association Liability

The National Insurance was renewed on the 31st of March after a lot of negotiation between the JFA and the insurance brokers. This has resulted in three major changes to Association Liability. (The other coverage areas remain the same.)

Initial advice from the JFA on the changes was not clear and it has taken some time to investigate the impact on Victorian Judo.

- 1. A significant increase in premiums that will force states to increase fees.**
- 2. From now on claims forms can only be obtained on application from the JFA office, and must be submitted through the office**
- 3. The Association Liability which affects the State and clubs now has a \$25,000 excess. Association insurance replaces what used to be called Directors insurance and covers claims where the State or clubs are defending legal action on criminal or civil matters.**

The last change came as a shock to all of the states.

Judo Victoria Inc. is putting a number of risk management strategies in place to minimise the risk of a claim. JVI will be briefing all coaches and answering questions at the coaches forum on the 6 July that will be held with the coaches course. I encourage all coaches to attend.

[Neville's report continues on page 2](#)

Athlete Profile :

Garry McPhee

Sandan

JVI Volunteer of the Year



How did you become involved in Judo?

I have 2 younger brothers and I had to drive my youngest brother to Judo. I thought I would give it a go. I really enjoyed it especially the fighting. I started as a 16 year old and have been doing it since then. I was in the State Squad between 1985–95.

You coach at Lilydale with Michelle Matthews. Do you have a coaching philosophy?

I first started coaching as a Blue belt at Mooroolbark but now coach with Michelle at Lilydale. I enjoy coaching. My coaching philosophy is “just enjoy it”. I like seeing my players do well and getting better. I would describe the way I coach as strict but not too strict.

Why do you compete in Kata?

Kata is a new phase of competition for me. It is hard but I really like working with someone else in a team to perform well. We were pretty happy with how we performed at Nationals last weekend.

Do you have a sporting hero?

I don't have a particular one but I do have a series of sports people that I admire. Two of them are Mark Richards, the World Champion surfer and Roscoe Tanner, the American tennis player.

You have another sport that you are passionate about. What is it?

I am passionate about surfing. Surfing and Judo compliment each other. You need to be fit and flexible to do both. What I love about surfing is the freedom.

* Garry was awarded **Judo Victoria Inc.- “Volunteer of the Year”** at Judo Nationals at Wollongong. Congratulations Garry and thank you for all your work

Judo Victoria

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President Report continued from Page 1

Victorian Referees and officials play key roles at the nationals:

Victoria was very well represented by the following referees; Stan Ashley, Malcolm Slade, Trudy Walker, Chris Legaud and Suzette Bezuidenhout. Peter Alway and I were on the Referees Commission.

The JFA was supported by a large number of Victorian volunteers who gave their time freely so that the tournament could happen. Well done to everyone involved.

Gail Galea recognised for many years of service to Judo:

At the nationals, long term JFA employee, Gail Galea, who retired earlier this year, was also honoured for many years of dedicated service to the JFA, first as a volunteer and later as an employee. Judo Victoria also wished Gail a long happy and healthy retirement.

Southern Cross International Open:

Information has recently gone out to clubs advertising the Southern Cross International Open tournament that takes place from the 9th to the 11th of August. JVI wants to grow this event so that it becomes the premier International Open. We will be having a Masters competition on the Friday night and will be using three mats during the tournament so that we can get through all of the events efficiently.



What I am asking is for all of our clubs to encourage as many members as possible to compete at the Southern Cross, especially in the junior divisions.

We want to grow this event so that it again becomes a major points selection event for national points!

Please get behind Sandy and her team.

On the Monday the 12th August, JVI will be holding a schools competition and we would like as many school students to represent their schools. This event has been going for over 30 years since it was started by Akira Yamada and we want to make this year's event bigger and better than in the past.

We are getting great interest from interstate.

Garry McPhee named JFA Victorian Volunteer of the Year for 2014:

Garry McPhee attended the nationals to compete in the Kata competition where he did very well. He was also recognised as the Victorian Volunteer of the Year.

This honour was in recognition of Gary's tireless support at all of our tournaments and at our annual camp. Well done Gary!

Advertising space for rent.

Promote your business within the Judo community.

Contact : development@judovictoria.com.au



Victorian Coach Development Program 2014

JVI is taking a proactive approach to Coach Development and the accreditation of our coaches.

- As part of our insurance risk management policy all coaches need to be “Recognised Coaches”.

We will maintain a register of JVI Recognised Coaches.

- We want all of JVI coaches to engage in coach education to increase their skills and improve the capacity of our clubs.

Judo Victoria would like all of our coaches to be NCAS accredited . All currently recognised NCAS coaches are automatically recognised by Judo Victoria.

A JVI Recognised Coach will only need to complete the newly re written OnLine ASC General Principles to be NCAS accredited.

A **JVI ‘Recognised Coach’** will

- be a current JVI member
- attend a JVI Coach workshop and forum
- be currently coaching or wanting to coach in a JVI affiliated Club
- will have a Working With Children Card
- will have a current First Aid qualification

JVI Recognised Coaches will -

- be listed on the JVI website (with NCAS accreditation)
- be provided with an identification card
- have further development opportunities

Sempai to Sensei Coach Development Program

With funding from the Department of Transport, Planning and Local Infrastructure (SRV), JVI will be supporting potential new coaches from nikyu to attend and obtain their NCAS accreditation and the JVI Recognised Coach Recognition through the **Sempai to Sensei** program.

Potential new coaches will have fees waived to attend the 2 JVI Coaching forums and a First Aid course.

A special Sempai to Sensei coaching session with JVI Elite coaches will also be offered.

The **Sempai to Sensei** Program participants must complete the ASC Online General Principles program (or can show that they have completed it already)

This Online General Principles course has recently been redeveloped and takes approximately 3 hours to complete. It does not have to be done in one sitting.

Link : <http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

JVI is asking all clubs to nominate potential applicants for this program.

Nominations can sent to the Development Officer:

development@judovictoria.com.au
Further information will be distributed to clubs



Kata at Nationals



The National Kata Championships started in a desultory manner with the need to find judges (they couldn't) and set up the mats for kata (done by Victoria).

The Victorian team of 4 pairs would be contesting in 3 of the 5 contest kata: Nage-no-kata, Katame-no-kata and Ju-no-kata. Victorians spanned the age range of cadets to masters and two of the pairs were first time entrants.

The difficulty of kata is in the mental pressure of maintaining order and position as well as performing strenuously under competition stress, not just the physical performance. Nevertheless the pairs performed well and generally it came down to the opinions of the random selection chosen to judge.

Janet Lambert (tori) and Jenny Beaton (uke) improved on last year's performance to achieve a silver medal in Ju-no-kata; and first time kata entrants Corey Leckie (tori) and Zacary Eyssens (uke) achieved a bronze in novice Nage-no-kata.

Rod Cox

Ankle sprain – treatment and prevention

The ankle is a common, and possibly even the most common joint to sprain. The outside of the ankle is mostly affected.

One or more ligaments are partially or completely torn.

Prevention is of course the best. We can look at supportive foot-wear, ankle supports, and taping, depending on the surface we play, work or ambulate on.

In case of such an injury, you immediately apply R.I.C.E.

R Rest.

I Ice. Frequently applied for 10 minutes at the time.

C Compression. A moderately firm bandage to limit swelling.

E Elevation. The old table comes handy to help drainage.

Avoid H.A.R.M.

H Heat. Heat will aggravate the bleeding.

A Alcohol will make the swelling worse.

R Running or other activities too soon are detrimental.

M Massage and other active tissue manipulation within 24 hours will often increase the bleeding and swelling.

These measures apply in general to all acute injuries, including bruises and muscle tears. It is important to exclude a fracture.

The Ottawa ankle rules are (http://en.wikipedia.org/wiki/Ottawa_ankle_rules) commonly used to determine whether an X-ray is warranted.

The therapy after an ankle sprain comprises of RICE initially, crutches for ambulation if necessary, followed by other forms of treatment as deemed appropriate for the severity of the injury and the stage of recovery.

A homemade wobble board is, at a later stage, an important training tool to train the proprioceptive system to respond adequately on varying positions of the ankle to prevent another sprain. This minimises the chance of a recurrence.

Last but not least, it is important to know that soft tissue injuries do take a long time to heal. Even when the pain has gone, the ankle ligaments will still be weak. So use some form of external support and prevent a recurrence.

By: Dr Adrian Schoo, Physiotherapist,
Professor of Health, Flinders University Nidan

