

State Squad Training and Nationals 2019

I hope all had a good Xmas/New Year and that you are all ready to get back in to serious training with a view to competing at National 2019 in Gold Coast.

WHO CAN TRAIN? To train with the squad you have to be ELIGIBLE to compete at Nationals – Junior & Senior Boys/Girls **must turn 9 – 14** in 2019 (born 2005-2010) and be of a standard that would allow them to be graded to at least Orange belt by the beginning of June 2019. For Cadets and older (born 2004 & earlier) you must be of a standard that will allow you to be graded to Green belt by the beginning of June 2019 (except for Special Needs, no specific grade required). Players who want to train but not nominate for the team are welcome as long as they are sufficiently advanced in Judo to cope with heavy competition-oriented training (mostly hard randori, not suitable for relative beginners). **Squad Training is Hard Yakka**, so be prepared.

WHERE AND WHEN? Squad sessions will be held at **RESILIENCE TRAINING CENTRE, 86 Buckley Street, Footscray**, on Saturdays from 1.00-2.30pm for the Boys & Girls, and 2.30-4.30pm for the Cadets and older. **First session is Feb 2nd 2018**. No training on Sat Feb 16th as normally a large number of Squad players/coaches go to ACTIO. This year Sydney IO is on the following weekend – when we have an idea of numbers intending to compete there we will decide if there will be training that Saturday. We don't have training the weekend of MIJO (end March) or Easter Saturday (20th April)

U15's MUST train with their age group – U15's coaches need to get to know all their players properly, so they can do a good job coaching when we get to Nationals. If some of the older/bigger players don't have sufficient training partners of their own size we will look at having them do some randori with the Cadets in the second session.

ELIGIBILITY TO NOMINATE FOR NATIONALS TEAM You MUST attend at least 60% of the scheduled training sessions (if there are 16 sessions, minimum to do: 10) to be able to nominate for the team – each year a handful of people don't make this because they miss too many of the early sessions, then get an injury which means they can't make enough of the later sessions, and have to request special consideration to nominate. Come to the early sessions and this won't be you! (and you will be better prepared not only for Nationals but ACTIO, MIJO and the JVI comps!).

You also need to have competed at States Dec 2018 and at least 2 other comps – Cadets and older should try to get to one of ACTIO/Sydney IO and need to enter MIJO, at the end of March 2019, to get exposure to their interstate opposition, especially if you didn't compete at Nationals 2018.

If you didn't do States 2018 because you were injured, overseas or not yet deemed proficient enough by your coach (Boys & Girls) make sure you bring your medical cert/other explanation along to Squad and talk to me please.

COSTS? Squad Training Fees were \$110, (capped at \$220 for 3+ immediate family members – siblings/parents) in 2018 – because JVI has had to register for GST we will have to charge 10% GST on these fees this year so squad will cost \$121/single/\$242 family/\$16.50 casual.

JVI will supply new players with two backpatches for their competition gis (white and blue gis required by all); others who require a new set of patches will be charged a fee, probably about \$20-\$25. New players will need to purchase a uniform (Jacket, pants and teeshirt, with optional extras – singlet, shorts, beanie, etc) – cost approximately \$120 for players buying a replacement, subsidised by JVI for new players, who will have to pay approx. \$60 (amounts to be confirmed later). Last year entries cost \$60 per division, \$120 per Kata pair.

COACHES

HEAD COACH Daniel Kelly

JUNIORS Coach: Nao Taketani, **SENIORS** Coach: Miki Mayer

Assistant Coaches will be notified to you later

WHO TO CONTACT I am Jean Poole-Coughlan, State Team Manager.

Email address clannpc@netspace.net.au (secondary email chaoticshodan@yahoo.com) mobile 0413341587 (if you need to get in touch urgently – otherwise use the email.)

If you are new to squad/changed your email since last year I will get your email from the registration form you will all fill in – please print so I can read it properly (**very important** as I send out LOTS of emails with information during the season!) – or you can send me an email asking to have your email address changed and I can copy it straight in to my Address Book. Multiple email addresses are fine! The form is attached to this email – try to print it off and bring it to the first squad session already filled in – so much easier than a hundred people trying to fill a form in before training starts.

NEW RULES FOR 2018

Players aged 15+ (Cadets and older) have to finalise their weight division TWO WEEKS before Nationals so I will try to have a set of JVI scales available at the gym for weight checks in the couple of weeks before that time

BOYS AND GIRLS only have until 12.30pm on the day of weigh-in to change their weight division – that means you MUST make your flight arrangements bearing that in mind (if I hear otherwise I will let you all know ASAP!!)

ACCOMODATION FOR NATIONALS Sandy Hollingworth has reserved pretty well the whole of Ashmore Palms Holiday Village, close to the comp venue – please contact her directly (sandy-h@bigpond.com) for details on unit types/costs and to make a booking – first in best dressed. We would like as many people as possible to stay there so that we have a Team base. In 2018 we hired a bus to help people get from the Gold Coast airport to Ashmore/from Ashmore to the comp venue; I would anticipate that we will be doing the same this year. Sandy will organise a schedule for bus journeys closer to the time!

COMP SCHEDULE for planning flights/accommodation: I am attaching the currently published schedule for Nationals 2019. There are several differences from last year.

Kata will be on the Friday evening (7/6/19)

All U15's will be on Saturday 8/6/19 – WEIGHT DIVISION CHANGES MUST BE DONE BEFORE 12.30PM on Friday. BEFORE THE OFFICIAL WEIGHIN.

ALL Cadet/Junior/Senior divisions will be on Sunday 9th June.

Kyu, Masters and Special Needs will be on Monday 10/06/19

Please feel free to forward this email to anyone in your club who hasn't been at Squad before and who might like to try it out.

Looking forward to seeing you all back at Squad 2019

Jean Poole-Coughlan