



SPECIAL POINTS
OF INTEREST:

- **President's Report**
- **Athlete Profile**

KEY
DATES

May 22nd
The 15th K.I.C Cup

Katsumata Centre,
Geelong

June 6th– 9th

National
Championships
Wollongong

August 8,9,10th

Southern Cross
International Open
Championship
Springers

For more details
about these events
see website

JVI Newsletter

VOLUME 2 NUMBER 4

MAY 2014

President's Report Neville Sharpe

Michael Briers resigns as the President of the JFA:

This week the news has come through that Dr Michael Briers has resigned as the President of the JFA due to family, work and other pressures.

I have written to Michael to thank him for his work on behalf of judo and especially for his efforts to address some of the many governance issues facing the JFA Inc. In the final analysis he was not able to complete all of the reforms that he started, but he did try to steer the JFA in the right direction.

The JFA has announced that it has appointed Michael Picken as the Acting President of the JFA until the next Annual Congress when the position is up for election.

The JFA has appointed Fiona Iredale from Perth (via NZ and Scotland) as its first female director since the new constitution came into being.

The JFA is under huge pressure from the Australian Sports Commission to have gender equity in its leadership positions and this is a step in the right direction.

The ASC target is for 40% of the board to be female. Judo Victoria will certainly be encouraging more women to nominate for the JFA board when nominations are called for.

The new board has a lot of major issues to address, not the least of which is improving communication with all stakeholders.

It is a promising sign that Michael Picken has promised to publish a report every two months to let us know what is happening. I wish Michael and Fiona success in their interim appointments.



Susie Moorshead being presented with an acknowledgement of her nomination for the Julius Patching Sport Official of the Year by his son, Bruce Patching, at the Victorian Olympic Council Awards night last month.

Feedback Requested :

Thank you to everyone who participated in our combined state training and tournament on Sunday, 18th. Clearly this format was a compromise reached to allow our state team to train, and to allow us to hold tournaments to also cater for our wider membership. Like all compromises it didn't meet the needs of everyone.

The JVI tournament committee led by Sandy Hollingworth, is in the planning stage for next year and would like to have feedback from members on whether we should try this again next year. I encourage members to give feedback to the JVI committee and we will be asking this question when we hold a Coaches Forum.

Glasgow Judo
mascot- "Clyde"



Commonwealth Games

2014: Following the recent Oceania Championships in Auckland, there are a number of Victorians in line for Commonwealth Games team selection. The team has to be finalised by the end of May and we will publish the team when the JFA informs us of the outcome. Best of luck to all those in contention.

Neville's Report continues on Page 2

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Athlete Profile :

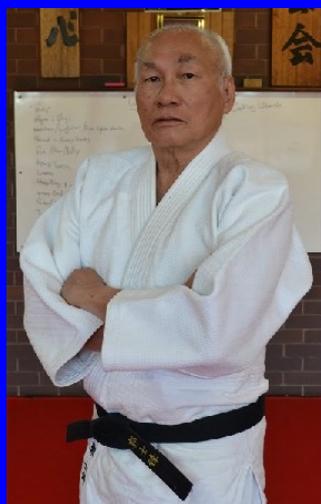
Pat Quek

Go-dan

JVI Committee 2014

Why have you been invited to the Singapore Judo Clubs 60th anniversary celebrations?

I am a founding member of the Singapore Judo Club and was coach there for 10 years. I have been asked to be Technical Advisor to another club in Singapore, the Yawarra club. This club was recently formed in February and it draws its members from school leavers and during the transition period where they are no longer attached to school and looking around for a club, Yawarra Judo Club offers them the place to continue their training and furthering their judo interests under the same coach or instructors. I am very



humbled to be asked to take on that role.

Good friend Peter Florenni, a JVI Dan grade and student of Arthur Moorshead and I will be travelling to Singapore next month for the celebrations.

Is Judo a sport or a martial art?

It can be a martial art or taken as a sport discipline whereby it would be constrained by its rules as a sport and not a martial art. I have always viewed it as the finest fighting style. It is the hardest of all the 'martial arts' though. It requires good discipline, personal dynamics, agility— fluid agility, a high fitness level....

You never talk about your very successful competitive career. Why? I enjoyed my time as a athlete but I don't like to talk about my fighting career. (When pressed. Pat spoke of his 9 National titles and 3 South East Asian titles . Check the archives of the 'The Strait Times' - Singapore's main newspaper, for some great podium photos)

What Is your involvement with Dando Sports Academy? I am on the school council and I have coached judo at the school with Frank Dando every Wednesday for 10 years.

I enjoy working with the students at the school—they really challenge you mentally and I like seeing the difference Judo makes to them. The Angelin triplets came from this school, and they took 1st, 2nd and 3rd placing in the Vic State Titles 2012 for under 66kg. It was great

achievement for them and I am proud of them because they have shown what they could do and can do with a WILL to do it. We shouldn't be judgemental of these kids.

What is your coaching philosophy? I don't think there is enough emphasis on the mental aspects of Judo. Coaches and athletes become slaves to repetition. *Good learning does not come only from repetition.* The mind must be linked and lead the body. Coaches need to teach focus, how to connect the mind to the body. They need to show their students how to study Judo and analyse their experiences. I also think there should be emphasis on strategy. Athletes need to be thinking Judoka to succeed. I find a lot of Judo unspectacular at the moment - lot of physical strength and lack of personal dynamics. Bodies should move with a fluidity similar to ballroom dancing! It takes a long time to learn these principles, fluidity and dynamics. Garbage in, garbage out.....reflects on good foundations that a judoka should have when starting on their judo career. A good start is important to build your judo career, and a good coach or instructor is important. Needless to say, a bad instructor who passed on his skills will reflect in the career of the judoka who learn these "skills". Practice does not necessarily make perfect, only perfect practice makes perfect.

(Presidents Report Cont.)

National titles:

The Queen's Birthday weekend is rapidly approaching and Victoria is sending a large and very well prepared team to Wollongong.

I can't praise highly enough the work of our coaches and managers. The whole of the Judo Victoria Committee and community are 100% behind Maria, Daniel, David, Doug and the rest of the coaching team. It is great that the officially appointed coaches are supported by a great team of volunteers all wanting to support our players. Special thanks are due to Jean Coughlan for doing an amazing job as our manager.

I would also like to thank the many volunteers that support Jean both at training and at the nationals.



At this year's nationals Stan Ashley, Suzette Bezuidenhout, Trudy Walker, Malcolm Slade and Chris Legaud have been appointed as referees for the event.

Peter Alway and I will be in Wollongong as part of the National Referees Commission. The JFA will be using the new IJF system of having only one referee on the mat with the back up of two replay systems on each mat. Additionally a group of Victorian volunteers will be in Wollongong for the running of the event.

I wish all of the Victorians going to Wollongong every success for the event.

Sandy's other work recognised:

A small token of appreciation was presented to Sandy Hollingworth at the start of medal presentations at Sunday 18th May tournament. This was to acknowledge Sandy's work in Foster Care. Sandy had been invited to attend a special function and be presented with an award for her 30 years in Foster Care but declined so that she could come to Melbourne to prepare for our tournament! Sandy has fostered 240 children!