



December News



Welcome to the JVI December 2019 newsletter.

From the President - Daniel Kelly

State Titles 2019 were successfully completed with a record number of entries. Thank you to all the volunteers who helped make this tournament one of the best we've held.

Congratulations to our **2019 Volunteer of the Year Award** winner, **Faye Bensted**. We couldn't get a photo of Faye because she didn't stand still for the whole day.

I would also like to thank the Chairs and members of our 2019 Sub-Committees for the contribution they make to our organisation.

In High Performance, Victorian judoka had a strong 2019. **Aoife Coughlan** is now ranked in the top 36. She fought for 3 Grand Prix medals this year and won a bronze at the Asian championships. Aoife leaves shortly for China, to train and compete. 5 other Victorians will attend a JA training camp at Budo University in Tokyo, in January.

Next month, JVI officially moves into an office at **Sports House**, Albert Park. The JVI Committee of Management see this as an important step in the administration of JVI. There is also the opportunity to raise the profile of Judo within the Victorian sport sector and share resources and knowledge with the other sports there.

Merry Christmas and a Happy New Year

Upcoming Dates December January

December 2019

Committee Meeting - rescheduled to January

January 2020

5th January - Club Membership due

28th January - School Term 1 commences

6th Dan to two of our Legends- *Congratulations*

JVI would like to congratulate Janet Lambert and Neville Sharpe on obtaining their 6th Dan. Janet and Neville performed the katas at the 2019 National Championships on the Gold Coast in June. We also wish Neville a speedy recovery from a shoulder reconstruction.



We know you want to!
Well here's your opportunity!



"Ask

a Ref "

If you have a question about a rule, if you have a query about how a rule is applied or interpreted or want to find out more about becoming a Referee, send your question to office@judovictoria.com.au and we will publish the question with an answer in the future editions of the newsletter.

Screen time?

How much should we be having? Children? Teens? Adults? Just released New [Australian Government Department of Health](#) guidelines recommend limiting children's recreational screen use to a maximum 2 hours per day. Read the 24-Hour Movement Guidelines and find the right balance of sleep,

physical activity & sitting to help children's healthy development.

www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines



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State Sporting Association, Member of Judo Australia

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