

# WOMEN AND GIRLS TRAINING SESSION

28TH AUGUST 2010

ANGLIA RUSKIN UNIVERSITY

COMBERTON JUDO CLUB



Anglia Ruskin  
University



Emanuela Pierantozzi

#### OLYMPIC GAMES

Sydney (AUS) 2000 BRONZE  
Atlanta (USA) 1996 Participant  
Barcelona (ESP) 1992 SILVER

#### WORLD CHAMPIONSHIP

1997 Bronze  
1991 Gold  
1989 Gold

#### EUROPEAN CHAMPIONSHIP

1996 Silver  
1995 Silver  
1993 Bronze  
1992 Gold  
1991 Bronze  
1989 Gold  
1988 Silver

Comberton Judo Club and Anglia Ruskin University have paired up to deliver a women's only training session led by Emanuela Pierantozzi.

This session will be led by 2 times world champion and double Olympic medallist Emanuela Pierantozzi who will be in the UK to deliver on the European Judo Union Level 4 and 5 coaching awards.

0945 Arrival and sign in

1000-1200 Technical session

1200-1pm Lunch (Please bring a packed lunch)

1-3pm Technical Session

3-4pm Randori

4-430pm Question and Answer session.

Cost: £10



Bob Challis

**Judo**

EJU Level 5 high performance coach  
Head Coach Comberton JC  
Head Coach Anglia Ruskin JC  
Technical & Matside coach to British Army  
British Judo Schools Commission

**Academia**

Lecturer Sports Coaching and PE

**Specialist areas:**

- Long-term Athlete Development
- Performance Analysis
- Coaching Pedagogy

## Entry Form

### In addition

In addition to the training session for the women/girls we will be delivering a session for parents titled “the developing female athlete” the aim of this session is to educate parents (and coaches if they wish to come) on how female athletes develop, what training they should be doing and when they should be doing it. We will dispel some of the myths surrounding female training regimes, we will consider overtraining and how to avoid it. This session will be led by Bob Challis.

A brief profile of Bob is on the left hand side, he is also currently studying a PhD investigating the dynamics of lightweight women’s judo from a tactical, technical and time-motion perspective.

### Please fill in this section and send it to:

Bob Challis  
18 Bridgacre  
Cambridge  
CB4 1JU

For more information:

Email: [combertonjudoclub@yahoo.com](mailto:combertonjudoclub@yahoo.com)

Call: 0845 196 2044

### Location:

The Session will take place at  
Comberton Judo Club:

Comberton Leisure  
West Street  
Comberton  
Cambridge  
CB23 7DU

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I would like to attend the training session on the 28th August 2010

Name \_\_\_\_\_

Grade \_\_\_\_\_ Judo Club \_\_\_\_\_

Age \_\_\_\_\_ License number \_\_\_\_\_

My Parent (s) would be interested in the “developing female athletes” session YES/NO

Please Enclose a Cheque for £10 for the judo session made out to “Comberton Judo Club”

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