

2011 England Talent Development Squad Selection- Cadet and Junior (Under 17 and 20 years)

It is critical that young English Judo talent is clearly identified to be nurtured and developed to maximise potential as an Elite British athlete. To accomplish this, resources will be focused on an elite group of players selected from the England Cadet and Junior Squad talent pool.

1. Eligibility

- England Squad Cadet or Junior player as per England Squad Identification document.

2. Evaluation weekends

As we are identifying an elite group of players to develop, simply being eligible is not enough to secure selection. Players will therefore be assessed during training over a weekend period in consideration of the following factors:

- Tachiwaza, Newaza and Transition skills
- Attitude towards training, Technical progression
- Basic physical attributes of :
 - Flexibility (Sit and Reach)
 - Lower Body Power (Vertical Jump)
 - Aerobic Fitness (Multi Stage Fitness Test)
 - Upper Body Strength Endurance (Press Up Bleep Test)

Full information on these assessment benchmarks is available on the England Squad website in the 'ETD Assessment information', if you require hard copies of this information please send your request to Trevor Sitlinton.

CONTINUED INCLUSION ON THE TALENT DEVELOPMENT SQUAD IS SUBJECT TO COMMITMENT TO PROGRAMME AND PROGRESSION