

The British Judo Association  
ENGLAND JUDO

**To All Medallist  
From the BSJA  
Championships:**

27<sup>th</sup> April 2010

Dear Player,

Firstly may I congratulate you on taking a medal at the BSJA Championships in March 2010.

I would like to take this opportunity to invite you to our Regional Training sessions ( which are held in each of our English Regions once a month) and an open invitation to our newly set up Excell Performance Cells (where these are run – they run one day a week – for 2 ½ to 3hours each).

I have attached for your information a copy of our England Regional Planner, along with dates and venues for our Excell Programme.

Excell Programme:

- A) North West – Wigan Judo Club – every Tuesday.
- B) Midland Area – Wolverhampton University – Walsall Campus – every Wednesday
- C) South East – Redbridge Judo Club – Pinewood JS – Tonbridge JC, all these sessions are run on Wednesday evenings.

All these sessions are run by nominated England support coaches, the sessions are technically based and structured towards the development of our talented youngsters.

To get a comprehensive view of all the excell performance cells & the regional sessions, check the BJA web site (<http://www.britishjudo.org.uk/highperformance/ExCellHome.php>) or please don't hesitate to contact Matt Divall – England Excell co-ordinator, tel: 07701211137, email: [matt.divall@britishjudo.org.uk](mailto:matt.divall@britishjudo.org.uk).

For information on the England Regional Sessions – please feel free to contact me – 07875325364, email: [trevor.sitlinton@britishjudo.org.uk](mailto:trevor.sitlinton@britishjudo.org.uk)

Again congratulations – I hope that you feel able to come along and participate in our programme, all the best.

Yours sincerely

Trevor Sitlinton

E.I.S  
Coleridge Road  
Sheffield  
S9 5DA