



ETD & GB Junior Squad Training Camp 2



Training Phase : COMPETITION

10-Apr Sunday	11-Apr Monday	12-Apr Tuesday	13-Apr Wednesday
	7:15am TRACK	7:15am <i>Active Recovery Session</i>	7:15am TRACK
BOOKING IN Weigh-in/Height Check 8:45 - 9:45am	8:15am Breakfast	8:15am Breakfast	8:15am Breakfast
Newaza <i>Technical and Randori</i> 10 - 12:15pm	10 am : Newaza <i>Technical and Randori</i>	10 am : Newaza <i>Technical and Randori</i>	10 am : RANDORI
Lunch	Lunch	Lunch	12noon Finish
Technical Session 1:30 - 2:40pm	1:30pm Girls : Technical	1:30pm Boys : Technical	<div style="border: 1px solid black; padding: 5px;"> <p>Track Sessions</p> <p>7am : Boys meet out side of the hotel</p> <p>7:15am Girls meet outside of the hotel</p> </div>
Randori Randori and Conditioning 2:45 - 4:30pm	2:45pm Boys : Technical	1:30pm Girls : GS and Planning	
Dinner	Dinner	2:45pm Girls : Technical	
<i>Free Time'</i>	Dinner	2:45pm Boys : GS and Planning	
	Open Randori 7 - 9pm	Open Randori 7 - 9pm	<div style="border: 1px solid black; padding: 5px;"> <p>Goal Setting and Planning Workshop</p> <p>Tue 12 Apr : 1:30pm GIRLS</p> <p>Tue 12 Apr : 2:45pm BOYS</p> </div>
	Supper	Supper	

NOTE : ALL PLAYERS : Make sure you arrive on time and **NO LATER** than **9:45am on SUNDAY 10th APRIL**
Ensure you bring Judogi, Running Kit and Running Shoes, Water Bottle & First Aid Kit

**** Players must be changed into Judogi, taped/strapped up and READY TO TRAIN 15mins prior to the START of EVERY session**

Contact Numbers : Trevor Sitlinton	07875 325364	Darren Warner	07989 591713
Nigel Donohue	07801 721942	Kate Howey	07834 222531
Jamie Johnson	07929 305766	Yuko Nakano	-
Matt Divall	07802 289465	Paul Jones	07880 703116

'Nil Satis Nisi Optimum'

NOTHING BUT YOUR BEST IS GOOD ENOUGH

