



Memo

To: All Players, Coaches & Parents
From: Trevor Sitlinton
Date: 27/11/2009
Re: England Squad Programme Area Sessions – **DECEMBER 2009**

Below are the England Area Squad Sessions taking place this month around the country. It is compulsory for All England Squad and England Talent Development Players to attend at least one of these sessions this month.

Should you not be attending your England Area session, please inform the coach or email me direct: trevor.sitlinton@britishjudo.org.uk, stating the training session you are missing and the reason for your non-attendance.

Date	Day	Area	Venue	Time	Coach
2 DEC	Wed	NW	kendal JC	7:30 – 9pm	Jamie Johnson
7 DEC	Mon	MID	Walsall Uni	8:00 – 9:30pm	Jamie Johnson
8 DEC	Tue	EAST	Happi Dojo	8 – 9:30pm	Dave Southby
9 DEC	Wed	NHC	High Wycombe JC	7pm : Pre Cadets 8pm : Cadets & Juniors	Chris Doherty
9 DEC	Wed	Y & H	York RI	7:30 – 9pm	Seth Birch
9 DEC	Wed	NW	Launch of NW ExCell programme : Wigan JC	7:00 – 8:00pm Technique Session 8:00 – 9:30pm Open Randori	NW ExCell Coaches, plus Matt Divall, Nigel Donohue, Jamie Johnson & Trevor Sitlinton
16 DEC	Wed	North East	Lampton Street JC	7:30 – 9pm	Chloe Cowan
17 DEC	Thu	London	Redbridge Judo Club	7 – 8:30pm	Matt Divall
21 DEC	Mon	South	Tonbridge Judo Club	7 – 8:30pm (Pre-Cadet/Cadet)	Matt Divall
24 DEC	Thu	South	Tonbridge Judo Club	CANCELLED	
28 DEC	Mon	West	Bath Uni.	CANCELLED	

Coaches Contact Numbers

Nigel Donohue Mobile : 07791 074883
 Matt Divall Mobile : 07791 211137
 Jamie Johnson Mobile : 07929 305766
 Chloe Cowan Mobile : 07967 778114
 Dave Southby Mobile : 07967 781646

Trevor Sitlinton

England Squad Administrator

Contact : 07875 325364

Visit : www.britishjudo.org.uk >> High Performance >> England Squad for more information