



Memo

To: All Players, Coaches & Parents
From: Trevor Sitlinton
Date: 16/12/2009
Re: England Squad Programme Area Sessions – **JANUARY 2010**

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
6 Jan	Wed	MID	*Launch of MIDLAND ExCell programme : Wallsall Uni	7:00 – 8:00pm Technique Session 8:00 – 9:30pm Open Randori	MID ExCell Coaches, plus Patrick Roux, Matt Divall, Nigel Donohue, Jamie Johnson & Trevor Sitlinton
12 Jan	Tue	NW	kendal JC	7:30 – 9pm	Jamie Johnson Mike Liptrot
12 Jan	Tue	EAST	Happi Dojo	8 – 9:30pm	Dave Southby
13 Jan	Wed	NHC	High Wycombe JC	7pm : Pre Cadets 8pm : Cadets & Juniors	Matt Divall
13 Jan	Wed	Y & H	York RI	7:30 – 9pm	Jamie Johnson
17 Jan	Sun	Y & H	Goole	10am – 4pm	TBC
18 Jan	Mon	South	Tonbridge Judo Club	7 – 8:30pm (Pre-Cadet/Cadet)	Matt Divall
20 Jan	Wed	North East	Lampton Street JC	7:30 – 9pm	Chloe Cowan
21 Jan	Thu	South	Tonbridge Judo Club	8 – 9:30pm	Matt Divall
25 Jan	Mon	West	Bath Uni.	7:00 – 8:00pm Technique Session 8:00 – 9:30pm Open Randori	Matt Divall
27 Jan	Wed	MID	Walsall Uni	8:00 – 9:30pm	Nigel Donohue
28 Jan	Thu	London	Redbridge Judo Club	7 – 8:30pm	Matt Divall

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