



## MEMO

To: All Players, Coaches & Parents  
From: Matt Divall – England Excel Co-ordinator  
Date: 18/01/2010  
Re: ExCell Midlands Programme launch – Wednesday 20<sup>th</sup> January

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Due to the adverse weather conditions at the beginning of this year, we are pleased to launch the ExCell Midlands session on **Wednesday 20<sup>th</sup> January 2010** at the Walsall Campus of the University of Wolverhampton, Gorway Road, Walsall, WS1 3BD.

**Technical Session: 7.00pm – 8.00pm** (ETD & England Squad players only)  
**Open Randori Session: 8.00pm – 10.00pm**

**It is expected** that all England Talent Development squad players attend both the technical and open randori sessions

The launch session is to be led by the England Squad staff (Nigel Donohue, Jamie Johnson, Trevor Sitlinton and Matt Divall, England Excel Co-ordinator) with future sessions being led by the ExCell coaching team of Dennis Stewart, Bill Kelly, Fitzroy Davis, Dave Elmore and other key coaches from around the Midland Area.

On Wednesday 3<sup>rd</sup> February 2010, Great Britain Performance Coach, Jane Bridge, will be leading both technical and Randori sessions.

From this point on, the ExCell sessions will, once a month, host the England Squad Area Session on the last Wednesday of the month. For further details of these dates, please visit:

<http://www.britishjudo.org.uk/highperformance/documents/EnglandAreaSquadSessions2009-2010v2.pdf>

Any questions or queries should be directed to Matt Divall, England Excel Co-ordinator  
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### ExCell Midlands Open randori session dates (Up to 10th March 2010)

Wednesday 20th January 2010  
Wednesday 27th January 2010 (England Squad Area Session)  
Wednesday 3rd February 2010  
Wednesday 10th February 2010  
Wednesday 17th February 2010  
Wednesday 24th February 2010 (England Squad Area Session)  
Wednesday 3<sup>rd</sup> March 2010  
Wednesday 10<sup>th</sup> March 2010

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