

MEMORANDUM

To: All Players and Coaches
From: BJA Performance Directorate
Date: 28th October 2009
Subject: **London 2012 Pathway:** January- April 2010

As we come to a close with the Foundation Period and enter the Transitional Period of the Olympic cycle, we will now be putting an emphasis on preparation of players for the milestone event, the 2010 World Championships in September. The European Championships in April will serve as a benchmark. In view of this shift to the Transition Period, the next GB Trials will provide an opportunity to observe emerging players with potential, who could possibly reach a place in the elite group.

As in previous years the next GB Trials will also allow us to identify our full 2010 National Squad. It should be noted that the GB Trials are a domestic National selection event from which we can consolidate a strong Performance Training group, through Full and Select squad training.

The table below outlines the basic framework for the first 4 months of 2010:

2010- OVERVIEW

Main Objective:	World Championships – TOKYO, JAPAN
Benchmark for WC:	European Championships – VIENNA, AUSTRIA
Strategy:	Prepare 2 groups - Elite & Development

January	GB Trials / Domestic selection / Training at BJPI
February	International selection - Competition phase
March	Intensive period - Conditioning & randori
April	Intensive / Explosive period - final preparation EC VIENNA
