

MEMORANDUM

To: All Coaches
From: Patrick Roux, BJA Head Coach
Date: 1st September 2009
Subject: Elite Senior and u23yrs Programme: September to December 2009

Elite Senior Programme

Following the WC in Rotterdam, we want our elite senior players to maintain their focus by starting to train and fight again as soon as possible. The elite players will follow their individual programme in September and October for both Strength & Conditioning and Technical & Tactical development. Competition and training will be used to consider the improvements of players and will allow us to assess which players are now connected to the international level - physically, technically, tactically and mentally. The calendar for the next four months is as follows:

19th / 20th Sept: GB World Cup - Birmingham **SELECT MEN & WOMEN**
21st / 24th Sept: International Training Camp- BJPI **SELECT MEN & WOMEN**
3rd October: EC by Team - Budapest: **MEN ONLY**
5th/15th October: Training Camp and Competition Paris & BJPI **SELECT MEN**
5th/15th October: Training Camp and Competition Paris **SELECT WOMEN**
30th Nov / 19th Dec: Japan - **Select MEN**
30th Nov / 22nd Dec: Japan - **Select WOMEN**

U23 Programme

During this 4 month period we will finalise the u23yrs European Championship selection and preparation period. Our u23yrs judo players will be exposed to a higher level of training at home and abroad. This age group presents an interesting potential but our players need more international experiences. We must fast track the improvement of the young seniors to challenge the number 1 of their weigh category. The u23yrs EC is now a real marker for the senior major events, as proven at the World Championships in Rotterdam. The calendar for the next four months is as follows:

21st September Selection meeting
5th/15th October: Training Camp and Competition Paris & BJPI
31st Oct / 1st Nov: Swedish 'B' Tournament
2nd / 6th Nov: Training Camp in Sweden
9th / 14th Nov: Final Preparation for u23yrs European Championships
20th / 22nd Nov: u23yrs European Championships, Turkey
30th Nov / 19th Dec: Japan - **Select MEN**
30th Nov / 22nd Dec: Japan - **Select WOMEN**

At the GB World Cup in September, I would like to take the opportunity to deliver a presentation regarding the strategy of the programme to all coaches involved. This will be held at the Jury's Inn Hotel in Birmingham on Friday 18th September at 6pm. Please inform to Karen Roberts karen.roberts@britishjudo.org.uk if you are able to attend.