

# County Judo Training Sessions

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Dates for 2010 county training sessions have now been announced. All junior and senior BJA (or affiliated association) licence holders that either live in Leicestershire/Rutland or train at a Leicestershire/Rutland club are welcome to attend the training sessions.

We also welcome visitors from clubs outside of the Leicestershire & Rutland area, however please contact us first to register your interest.

Individuals regularly attending these sessions will be invited to represent the area at a small number of judo competitions taking place during 2010/11. Funding is currently being sought to subsidise the costs of participation in these events as well as funding guest coaches to run specialist sessions.

Monthly training sessions for juniors will take place between 2:00pm and 3:30pm on Saturday afternoons. Monthly randori sessions for seniors will take place between 8:00pm and 9:30pm on Friday evenings. Next year (2011) we hope to be able to run full day training sessions with "superstar" World or Olympic medallists as guest coaches.

Fitness and randori training sessions are also being held on the Friday evenings (between 8:00 pm and 9:30 pm).

All of the training sessions are being held at Vale Judo Club's dojo during 2010 unless otherwise indicated on the L&R Judo web site. Please do not hesitate to contact us if you need further information.



## Junior Training Sessions:

- ⇒ Saturday 4<sup>th</sup> September 2010
- ⇒ Saturday 16<sup>th</sup> October 2010
- ⇒ Saturday 20<sup>th</sup> November 2010
- ⇒ Saturday 4<sup>th</sup> December 2010

## Senior Randori Sessions:

- ⇒ Friday 3<sup>rd</sup> September 2010
- ⇒ Friday 15<sup>th</sup> October 2010
- ⇒ Friday 19<sup>th</sup> November 2010
- ⇒ Friday 3<sup>rd</sup> December 2010

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## **Address for 2010 Training Venue:**

Vale Judo Club  
29B Pillings Road, Oakham,  
Rutland, LE15 6QF

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