

The British Judo Association would like to invite club **coaches and young players** (10 years and over, 5th Mon and above), to participate in our new Preparation for Performance session. In conjunction with the England programme, we endeavour to help players develop the necessary skills, attributes and performance awareness that will ensure a smooth transition into the performance pathway.

On an annual basis there will be four block sessions delivered in your region – Yorkshire & Humberside. These blocks will be spaced out throughout the year with two to four months between them.

During each block Technical Officers and support staff will deliver technical, physical and educational sessions which are mainly mat based. Where appropriate, session content will be supported with the appropriate resources. It is hoped that club coaches will be actively involved in the delivery of these sessions.

If you would like to attend this event please contact Dermot Heslop, BJA Technical Officer on the details below. All Coaches are free.

- Date:** Tuesday 14th February 2012
- Venue:** York Railway Institute Judo Club, Queen Street, York YO24 1AD
- Coaches:** Dermot Heslop, 6th Dan, BJA Technical Officer
BJA Support Staff
- Time:** 11am to 3.30pm (Registration 10.30am)
- Cost:** £3.00 per participant



Prior registration is requested or for further information please contact Dermot on: - dermot.heslop@britishjudo.org.uk or mobile: 07976 216 447

