



GB ONST 1: British Judo Centre of Excellence



ACCOMMODATION:

PARK INN

Bescot Crescent
 Walsall, WS1 4SE
 Tel: 01922 639100
 5mins drive / 20mins walk
 Fri 28 & Sat 29 September
 Check-In from 2:00pm
 Bed & Breakfast included
 Free on-site Parking
 Free Wifi

25-Jan FRIDAY	26-Jan SATURDAY	27-Jan SUNDAY
	7:30am Full Squad Weight Check	7:30am Recovery Run - ALL
	8:00am Breakfast (Hotel)	8:00am Breakfast (Hotel)
	SITUATIONAL RANDORI (TW & NW) 10am - 11:30am	NEWAZA RANDORI 10:00am - 11.30am
	12noon "Light" Lunch (on Campus)	12noon "Light" Lunch (on Campus)
6:00pm Onwards: BOOKING IN	FIGHT RANDORI WOMEN + u55kg MEN 3pm - 5pm	RANDORI 1:00pm - 2:30pm
6:30pm-6:45pm: ONST Programme Briefing for ALL Coaches	FIGHT RANDORI MEN 5:30pm - 7:30pm	Clean & Tidy Up 2:30pm onwards: Departure
RANDORI 7:30pm - 9:30pm	*Dinner (Subsistence provided)	
Supper: 9:45pm - 10:30pm (on Campus)		

* = £10 Subsistence contribution provided for GB National Squad athletes to purchase their own dinner on Saturday evening.

NOTE : ALL ATHLETES : Make sure you arrive on time and **NO LATER** than **7:15pm on FRIDAY 25th JANUARY 2019**
 Ensure you bring JudoGi, Running Kit and Running Shoes, Water Bottle & First Aid Kit.

** Athletes must be changed into JudoGi, taped/strapped up and **READY TO TRAIN** 15mins prior to the **START** of EVERY session **

NOTE:
 All athletes must stay for the whole camp.
 Any athletes late for any session, will not train.



LOTTERY FUNDED

'Nil Satis Nisi Optimum'

NOTHING BUT YOUR BEST IS GOOD ENOUGH



The Home of the GB Judo WCPP