

Open National Squad Training 1
24th to 26th January 2020
British Judo Centre of Excellence, Walsall Campus

Please find below full details for the next Great Britain Open National Squad Training (ONST1) to be held from 24-26 January 2020, at the British Judo Centre of Excellence. All members of the GB National Senior & Junior, and VI Squads **MUST** attend for the **FULL** duration. Injured players should **NOT** attend.

To confirm your attendance, please complete the reply slip below and return to John Bramall, OR e-mail john.bramall@britishjudo.org.uk by: **FRIDAY 10th JANUARY 2020.**

Any absence through injury or illness **MUST** be supported by a doctors/physio note.
Players who fail to notify the GB Programme of any absence will **NOT** be invited to future ONST's or receive GB Kit.
Accommodation & Travel Expenses will **NOT** be provided for any replies received after the closing date!
Expense Claims for additional food/drink (including on travel days) will **NOT** be accepted.
Players will be charged for Accommodation & Meals if requested, and then not used without prior notification.

VENUE: British Judo Centre of Excellence, University of Wolverhampton, Walsall Campus, Gorway Road, Walsall, WS1 3BD.
PLEASE NOTE THE BEST ACCESS IS VIA BROADWAY (postcode: WS1 3EZ).

ARRIVAL/BOOKING-IN: Friday 24th January: **from 6:00pm onwards ready for 7:30pm Randori**
PROGRAMME: See attached/enclosed.
DEPARTURE: Sunday 26th October: **from 2:30pm onwards.**

ACCOMMODATION: B&B in Twin Rooms at **PARK INN** Walsall, Bescot Crescent, Walsall, WS1 4SE.
You may check-in anytime from 2:00pm onwards on Friday 24th January.

MEALS PROVIDED: Friday: Supper (on Campus).
Saturday: Breakfast (at Hotel), Lunch (on Campus).
Sunday: Breakfast (at Hotel), Lunch (on Campus).

SUBSISTENCE PROVIDED: Saturday: You will receive a £10 subsistence contribution towards your dinner.

IMPORTANT NOTES:

Judogi: You are expected to wear a clean complete judogi whilst training - No split kits!!
Please remove the GB Union flag from your judogi unless you have previously been selected to represent Great Britain at an International Event.

Preparation: Players must be changed, taped/strapped, and ready to train 15mins prior to start.
GBR Kit: GBR Adidas Kit (if you have it) **MUST** be worn outside session times.
Training Kit: Please ensure you bring your Running Kit and Running Shoes.
Physio: Anyone requiring physio attention must see the coach in the first instance.
Hydration: All players must remain fully hydrated.
Analysis: Performance Analysis may take place during this session, participants may be filmed.
Licence: Please make sure your judo licence is in date!!
Conduct: All players are required to adhere to BJA Code of Conduct (copy on BJA Website).

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NAME: _____ **SIGNATURE:** _____

I WILL ATTEND ONST at BJA CofE, WALSALL: YES / NO

IF UNABLE TO ATTEND, PLEASE STATE REASON WHY: _____

I WILL REQUIRE ACCOMMODATION FOR FRI & SAT: YES / NO If possible, I would like to share with: _____

I WILL REQUIRE ALL MEALS: YES / NO

PLEASE CIRCLE APPLICABLE ANSWERS AND REPLY BY FRIDAY 10th JANUARY 2020, AT THE LATEST.