



GB ONST 1: British Judo Centre of Excellence



ACCOMMODATION:

PARK INN

Bescot Crescent
 Walsall, WS1 4SE
 Tel: 01922 639100
 5mins drive / 20mins walk
 Fri 24th & Sat 25th January
 Check-In from 2:00pm
 Bed & Breakfast included
 Free on-site Parking
 Free Wifi

24-Jan FRIDAY	25-Jan SATURDAY	26-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 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: 9:15pm - 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 24th JANUARY 2020**
 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.



'Nil Satis Nisi Optimum'
NOTHING BUT YOUR BEST IS GOOD ENOUGH

