

British Judo Association, England Judo Programme



Regional England Development Squad (REDS) ID Day

Sunday 19th January 2020

Please find below full details for the REDS (North) ID day on 19th January, to be held at;

SKK Judo Club, Viaduct Street / Legh Street, Earlestown, Newton-le-Willows, Merseyside, WA12 9NH

- **Registration:** 09:15 – 09:45
- **Programme:** Training will begin promptly at 10:00am and will finish at 4:00pm.
- **Lunch:** All players will need to bring a packed lunch.

ATTENDANCE IS COMPULSORY FOR ALL REDS CANDIDATES

Club coaches are welcome and encouraged to attend the REDS training sessions.

There will be a variety of activities carried out by the Judoka and they will therefore be required to bring judogi as well as generic training kit (shorts, t-shirt, trainers, etc.)

IMPORTANT NOTES:

Training Kit	Players will need appropriate training kit (trainers, shorts, t-shirt, etc)
Judogi	You are expected to wear a clean complete judogi whilst training - No split kits
Zori	Must be worn to the edge of the tatami. No leaving the dojo without shoes on
Preparation	Players must be changed into Judogi, taped/strapped up and ready to train 15mins prior to the start of every session
Hydration	All players must remain fully hydrated
Analysis & Photography	Performance Analysis and photography may take place during this session, participants maybe filmed.
BJA Membership	Please make sure your BJA membership is in date
Conduct	All players are required to adhere to BJA Code of Conduct (Copy found on BJA Website)

- All players are expected to complete the full day's activities.
- Please arrange any travel home to accommodate the communicated training times

****Polite Reminder****

Please respect the training environment by ensuring that all phones are turned off or on silent in the dojo. Spectators are asked to keep noise to a minimum. Please refrain from filming and taking photographs whilst the session is in play.

Thank you.