

# British Judo Association, England Judo Programme



## Regional England Development Squad (REDS) ID Day

Sunday 19<sup>th</sup> January 2020

Please find below full details for the REDS (South) ID day on 19<sup>th</sup> January, to be held at;

**Dartford Judo Club, Cotton Lane, Stone, Dartford, Kent, DA2 6PD**

- **Registration:** 9.15 – 9:45am
- **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:

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