

England Development Squad & England Performance Potential Information Booklet

**Pre Cadet, Cadet, Junior Age Groups
September 2025 – August 2026**

This booklet serves as a supplement to the England Development Squad (EDS) Identification Policy and the England Performance Potential (EPP) Identification Policy for 2025-2026. It provides detailed information regarding training camps, international competitions, required commitment levels, communication protocols, and other essential topics for fighters, coaches, and parents.

Any queries please contact Head Coach Jason Parsons.

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1. Training Camps

The 2025/2026 annual calendar will be published on the England Judo webpage by 31st August 2025. This will be updated as necessary.

All training camps will take place at the British Judo Olympic & Paralympic National Training Centre in Walsall.

Camp Type	Date	Attendance
EDS Induction	Saturday 27 September 2025	EDS Group 1
EDS Induction	Sunday 28 September 2025	EDS Group 2
EDS Camp Group 1	Saturday 22 November 2025	EDS Group 1

EDS Camp Group 2	Sunday 23 November 2025	EDS Group 2
EDS Camp Group 1 / EPP	Saturday 10 January 2026	EDS Group 1 & EPP
EDS Camp Group 2 / EPP	Sunday 11 January 2026	EDS Group 2 & EPP
EDS Camp Group 1	Saturday 31 January 2026	EDS Group 1
EDS Group 2 / EPP	Sunday 1 February 2026	EDS Group 2 & EPP
EPP Camp	Fri 13 – Mon 16 March 2026	EPP
EDS Camp Group 1	Saturday 14 March 2026	EDS Group 1
EDS Camp Group 2	Sunday 15 March 2026	EDS Group 2
EDS Camp Group 1 / EPP	Saturday 4 April 2026	EDS Group 1 & EPP
EDS Camp Group 2 / EPP	Sunday 5 April 2026	EDS Group 2 & EPP
EPP Camp	Fri 1 – Mon 14 May 2026	EPP
EDS Camp Group 1	Saturday 2 May 2026	EDS Group 1
EDS Camp Group 2	Sunday 3 May 2026	EDS Group 2
EDS Camp Group 1 / EPP	Saturday 6 June 2026	EDS Group 1 & EPP
EDS Camp Group 2 / EPP	Sunday 7 June 2026	EDS Group 2 & EPP
EDS Camp Group 1 / EPP	Saturday 11 July 026	EDS Group 1 & EPP
EDS Camp Group 2 / EPP	Sunday 12 July 2026	EDS Group 2 & EPP

All scheduled training days may be subject to change in the event of clashes with other events. We will provide as much notice as possible.

2. Performance Pathway Training

It is recommended that EDS/EPP fighters participate in England Programme Additional Randori sessions as outlined below:

Age Group	England Judo Training Randori	Area or interclub randori/training
Pre-Cadet	Weekly (min. 2 x month)	Encouraged to attend
Cadet	Weekly	Encouraged to attend
Junior	Weekly	Encouraged to attend

Please click the link here for the England Judo Training Opportunities:
[England Judo Training Opportunities - British Judo Association](#)

3. EDS Training Groups

The EDS are divided into two training groups:

Group 1:

- ✓ All Pre-Cadets.

- ✓ 2011 born Cadets that attended and fought at English Closed Championships (unless finished top 4 with 2 wins at English Closed Championships).

Group 2:

- ✓ All Cadets who get top 4 places with 2 wins at the English Closed Championships.
- ✓ All Juniors who get top 4 places with 2 wins at the English Closed Championships.

4. International Camp and Competition Opportunities

Fighters will be required to indicate interest in participating in these international competitions. Information regarding the procedures will be communicated by England Talent Programme staff prior to each event.

Training Group	International Competition/Camp
Group 1	<ul style="list-style-type: none"> - Harnes, Antwerp, Venray - England Judo guarantee 2 out of the 3 opportunities for all Group 1 fighters.
Group 2 Cadets & EPP Cadets	<ul style="list-style-type: none"> - Harnes, Italy European Cup, Bremen/ Thuringia, Antwerp, Venray - England Judo guarantee 3 out of 5 opportunities for all Group 2 Cadet fighters. - 2 further European Cup internationals to be decided. Selection for these will be based on performances across the other 5 competitions.
Group 2 Juniors & EPP Juniors	<ul style="list-style-type: none"> - Bosnia European Cup, Bremen/Thuringia, Venray - England Judo guarantee 3 opportunities for all Group 2 Junior fighters. - 2 further European Cup internationals to be decided. Selection for these will be based on performances across the other 3 competitions.

EPP Part Funded Support:

England Judo is pleased to announce that a number of EPP athletes will be eligible for partial financial support to assist with their participation in European Cup events attended by England Judo and Bremen/Thuringia.

Fighters eligible for a financial contribution must demonstrate the following:

- the potential to qualify for the Cadet or Junior European Championships, EYOF, or Junior World Championships;

- b) good physical and mental capacity to undertake the necessary training volume at both domestic and international camps;
- c) receptiveness to accept and process constructive feedback;
- d) commitment to ongoing personal development; and
- e) continued professional engagement at England National training camps and competitions.

5. Squad Fees

Annual Fee	Due Date	Payable
£150	30 September 2025	Payments - British Judo Association

Late payments may incur additional charges.

Included with your squad fee:

- England Judo squad training days at the British Judo Olympic & Paralympic National Training Centre
 - o a minimum of 8 camps per year (EDS Groups 1 & 2).
 - o a minimum of 2 x 4-day camps and 8 x 2-day camps (EPP fighters).
 - o supported with England Talent Programme coaches.
 - o supported with an England Talent Programme physiotherapist.
- Education workshops across the year to include nutrition, safeguarding (including social media guidance), anti-doping and performance lifestyle.
- Access to support to coaches and fighters from England Talent Programme coaches in between national camps and competitions.
- Voucher for purchase of England Team kit – to be worn at all training camps.
- International competition opportunities with England Talent Programme coaches in attendance.
- England Judo support for your applications for grants or bursaries to help support the costs associated with training (i.e. local council bursaries)

6. Attendance & Communication

Regular attendance and professional engagement are the primary factors taken into consideration when selections are made for international competitions, training camps and additional training opportunities. They also support the aims of the England Talent programme of building strong foundations and future success.

Fighters invited to England Talent Programme camps will be required to respond to the 4 week calling notice as per the timelines given by England Judo – example below. Please note the only exception to this is where there will be 3 weeks between the English Closed Championships and the Induction Day.

Calling Notice sent by
email 4 weeks prior:

Friday 24 October

Date of National
Camp:

**Saturday 22
November**





Deadline For Replies
to calling notice 2
weeks prior:

Friday 7 November

If a fighter cannot attend a training camp, due to either injury or other valid reason (such as a family holiday), please ensure you respond by the 'Deadline for Replies' date with details of the absence.

Where calling notices are persistently not responded to, the England Talent Programme has the right to remove fighters from the EDS. Charges will apply for continued late replies, or no shows, which incurs additional costs to the England Talent Programme.

7. England Talent Programme Staff Contact Details

Jason Parsons		Head Coach jason.parsons@britishjudo.org.uk 07483 166645
Stefan Newbury		Senior Administrator stefan.newbury@britishjudo.org.uk 07907 438112
Further Associate Coaches to be announced.		

If the first instance, please contact Jason Parsons for all queries.

Appendix 1

2025-26 England Talent Programme Fighter Agreement

As a member of the 2025-2026 England Talent Programme the terms and conditions of your inclusion are detailed below. It is important that you **read this document and agree to behave accordingly** by acknowledging and accepting this agreement when signing up to the England Talent Programme.

As a member of the England Talent Programme, you will be expected to conduct yourself in a manner appropriate of a representative of England and comply with the rules and the bylaws of the British Judo Association (BJA), including the BJA Code of Conduct link here: [BJA Fighter Code of Conduct & Agreement](#).

DO:

- ✓ Demonstrate professional training behaviours on and off the mat.
 - Examples include always engage with coaches, respect your fellow judoka, stay on the mat until told to leave, tell coaches if you are injured so it can be assessed, give feedback when asked.
- ✓ Understand and follow the England Development Squad (EDS) expectations on attending training camps and process for absence.
- ✓ Follow good practice with relation to weight control management and injury management (see appendix 2).
- ✓ Exercise self-control, responsible behaviour, consideration of others, courtesy, good manners and adhering to the Judo Moral Code.
- ✓ Use social media positively to promote yourself, other fighters, and the England Talent Programme / British Judo Association
- ✓ Use social media and messaging platforms responsibly and respectfully.
- ✓ Wear the England Judo Programme clothing for all domestic training sessions/camps as specified in your selection letter (e.g., team tracksuit & t-shirt) for the duration of the camp/competition.
- ✓ Follow all instructions as laid out by England Staff, including all curfews and meeting times at all International Events and England squad training.
- ✓ Follow all rules and regulations of the competition organiser, IJF, EJU or IBSA.
- ✓ Report and call out any cases of bullying (all forms) and unprofessional behaviour to the England Talent Programme staff or British Judo's Safeguarding team.
 - BJA Safe Landings Policy is here: [Safelandings-Jun-24.pdf](#)
 - BJA Safeguarding team: call 0121 728 6920, email safeguarding@britishjudo.org.uk or use My Voice website: [MyVoice](#).
- ✓ Maintain a tidy living and training environment.
- ✓ Follow the laws and expectations/culture of the countries you are visiting.

- England Talent Programme staff will inform you about any cultural requirements prior to travel – please ensure you take responsibility for ensuring you follow the guidance.
- ✓ Comply with all anti-doping rules and regulations of UKAD and WADA.
- ✓ Download the 100% me Clean Sport App for everything you need to know about clean sport.
 - [Apple - App Store](#) [Google Play](#)
- ✓ Have a positive impact on the sport of judo by maintaining the behaviours outlined in the BJA Values and [GB Judo Way \(Code of Conduct\)](#)



DON'T:

- ✗ Take or share inappropriate images or videos. Always adhere to the British Judo Performance Programme Media Policy.
- ✗ Purchase or consume alcohol while at England Judo Programme events.
- ✗ Possess or use prohibited drugs/banned substances or participate in any other practice prohibited by the British Judo Association. Go into each other's rooms, especially boys in girls' rooms and vice versa.
- ✗ Go out of training/competition venue or players accommodation without permission of a member of the England Programme Staff (must be in groups of 4 or more).
- ✗ Wear casual clothing (e.g., jeans) unless permission given by England Programme staff.
- ✗ Engage in bullying or harassment of others.
- ✗ Bring England Judo or British Judo into any situation that impacts its reputation.
- ✗ Participate in any activity that is against the Laws of the United Kingdom

Additional Elements:

1. I will maintain my BJA License.
2. I agree to the BJA/England Judo using my name and image in promotional materials, marketing, advertising, and merchandising, during my involvement in the England Talent Programme, without charge. Further, I agree to the use of my name and image in a factual context, following the end of my involvement in the England Talent Programme.

Any breach of this Code of Conduct will lead to disciplinary action.

Please **tick the box on the EDS registration form to confirm you have read, understood and agree** to abide by the BJA Code of Conduct Policy and England Fighter Agreement (including Weight Control Guidance).

It is strongly recommended that ALL England Programme fighters have medical and travel insurance. This is your responsibility.

Appendix 2

England Talent Programme Weight Control Guidance

As a sport where competitors are categorised in weight groups the England Programme recognise that there may be the need for judoka to control their body weight at some stages of their performance judo career.

There are a few terms frequently used however we are going to focus on the terms:

- Weight Management
- Weight Cutting

Weight management is the phrase used to describe both the techniques and underlying physiological processes that contribute to a person's ability to attain and maintain a certain weight. Most weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity.

Weight cutting is the practice of fast weight loss prior to a sporting competition. It most frequently happens in order to qualify for a lower weight class.

At the **Pre-Cadet**, the England Programme **do not condone any weight management strategies** and advise that judoka compete in whichever category that they sit in naturally.

At the **Cadet**, the England Programme understand that players may use weight management strategies for a short period of time to maintain a healthy weight. Cadet athletes should not be undertaking any weight cutting practices in order to compete in a judo event. Any Cadet seen to be weighing over 5% above their fighting category will be expected to move up to next category and **will not** be considered for selection at the weight below.

At the **Junior**, England Programme understand that players may use weight management strategies to maintain their competition weight. Junior athletes are advised that any weight cutting practices should be restricted to a maximum of 5% of their category weight and should only be undertaken by athletes who are fully hydrated before any weight cutting process begins.

Please also be advised that the British Judo Association details that it is the responsibility of each player to manage their weight in a controlled and safe manner.

Excessive food & fluid restriction, training, heat stress and other methods to make weight before competition result in underperformance and place athletes' health at significant risk.

Short-term risks include (but not limited to):

- Underperformance, illness & injury due to fatigue and cardiac complications and increased risk of concussion both associated with severe dehydration.

Long-term risks include (but not limited to):

- Mental health issues, eating disorders, bone disease, reproductive disorders, impaired growth & development, impaired renal function and overuse injuries.

Injury management

All England fighters together with their personal coaches are expected to follow good practice in relation to their growth and development. If a fighter has an injury, they are expected to seek appropriate medical attention and follow the recommended rehabilitation programme.

In the case of more serious injuries, a fighter should also reach a certain level of match fitness before they may be considered for selection or take part in further training. Considerations will be made on a case-by-case basis, and the England coaching team will liaise with the fighter's personal coach as to the individual's current fitness level. The England coaching team will make an informed decision around selections and match suitability.

Appendix 3

England Talent Programme Travel Checklist

When travelling with the England Judo team, it is essential that participants have the following with them during travel (ideally kept all together):

- As a minimum ensure your passport is valid for at least three months after the day you are due to return to the UK. Make sure you check the Foreign and Commonwealth Office to for the country you are travelling to for passport/visa requirements, see website here [Foreign travel advice - GOV.UK](#).
- A valid EHIC/GHIC card.
 - Available from: [Applying for healthcare cover abroad \(GHIC and EHIC\) - NHS \(www.nhs.uk\)](#)
- Travel insurance to cover the following:
 - Losses incurred due to withdrawal from the event.
 - Losses incurred in the case of flight cancellations and delays.
 - Losses incurred in the case of luggage being lost.
 - Injury caused by participating in Judo.
 - This can be obtained very quickly and affordably at: [Judo Insurance - Get A Quote | SportsCover Direct](#)
- A completed and signed In-LoCo Parentis form: [England-Judo---In-LoCo-Parentis-Form \(1\).pdf](#)
- Suitable clothing: England or GB tracksuit and appropriate clothing for expected weather conditions.
 - Club or plain tracksuit may be worn if ENG/GB items are unavailable/out of stock.

If you haven't already, please upload your documents: [England Judo International Travel Documents - British Judo Association](#)

Failure to possess or provide any of these will result in you not being permitted to travel with the England team.