

DEVELOPING OUR FUTURE CHAMPIONS

The Olympians for the future are amongst us now, they are the young people in Hampshire Judo clubs today. For them to reach the highest levels of their potential they need to spend many years training first in their club and then extending out into Hampshire Squad and then onto specialist training centres like Camberley Judo Club and University of Bath; before finally being ready to represent Great Britain on the biggest stage in sport.

The Hampshire Judo Academy and the development camp have been devised to help Judo players from Hampshire to start towards these far off goals.

The camp aims to introduce the young players to the effort, time and energy required to reach their lofty goals. We aim to show them the level of commitment required whilst also letting them experience the uniquely rewarding experience that striving towards their dreams can be.

WHO SHOULD ATTEND?

The camp is aimed at young Judo players (12 - 18) from within the Hampshire Judo Association area. They should be of a reasonable level, but do not need to be competing at high level already.

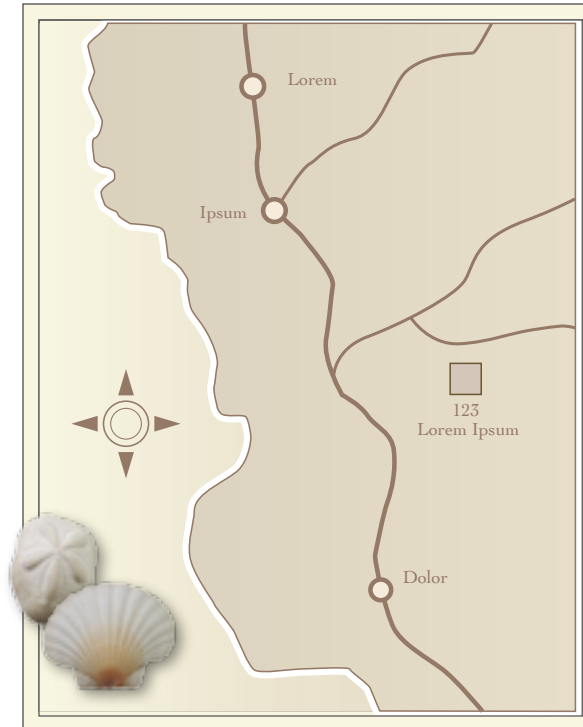
WHAT WILL IT BE LIKE?

The camp starts on Friday night with some light Randori, a meal and some conversation between coaches and players.

Saturday will start with a run all together within the grounds; followed by breakfast. The morning will then consist of Judo sessions, lessons and non-Judo activity before Lunch together.

The afternoon will consist of more Judo, more lessons and another activity. We will then have a meal and do more Judo before turning in for the night.

Sunday starts with another run around the grounds and follows saturday mornings rough schedule. After Lunch we will have a final talk before everyone heads home.



HOW CAN I HELP?

The Academy and the camp is looking for volunteers, sponsors and partners. If you would like to help us please consider what skills you or your friends and family have and how a project like this could benefit from what you can do.

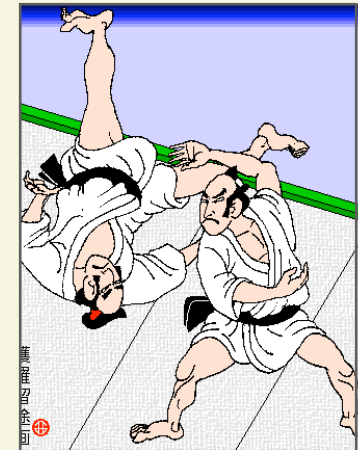
We will need volunteers on the weekend to help supervise the players (CRB checked please) both during the day and overnight.

In the longer term we are looking for enthusiastic people to help us grow the Academy project and help us provide support to young players in Hampshire whilst they transition from young club based players to young athletes ready to leave for elite training

WWW.HAMPSHIREJUDOACADEMY.COM

DEVELOPMENT JUDO CAMP

HAMPSHIRE JUDO ACADEMY



18 - 20 DECEMBER 2009

The development Camp is for young Judo players between the ages 12 and 18 who are hoping to start along the path to being a Judo athlete.

The camp will give the young people who attend an opportunity to learn about the pathway from club to Olympics.

The camp is officially supported by:
The Hampshire Judo Association



Development Camp 2009

INTRODUCTION AND INVITATION:

This camp is the first official event of the newly formed Hampshire Judo Academy. The academy project has been created to help give young Judo athletes all the assistance possible as they start along the path to elite performance.

The camp is an opportunity for the young players to learn about what the path to the highest levels in our sport looks like. They will leave on the Sunday with a better knowledge of themselves and the work required to make it to the top of the Judo world.

It is also an opportunity for players and coaches to meet and learn from and about one another.



You are invited to attend the camp and participate as a player, coach or volunteer.

Please contact Lance Wicks on 077875 65255 or email lancew@hampshirejudoacademy.com if you would like more information.

If you are interested in the future of the Academy Project as a volunteer, coach, athlete, sponsor in any other way, please also contact us or visit www.hampshirejudoacademy.com to learn more about the Hampshire Judo Academy.

*Regards,
Lance Wicks.*

OVERVIEW OF THE ACADEMY AND CAMP

The purpose of the Academy and camp is to introduce young Judo players to the pathway from club to international competition. The pathway from hobby to sporting career.

A majority of British Judo Athletes at the elite level are in their twenties (or thirties). The time required to reach this level has been estimated as ten years. It follows then that today's teenage Judo players are the elite athletes of the future.

To reach the elite level, the young Judo player needs to have a long-term carefully planned plan. As a youngster they need to be slowly introduced to challenges that will develop them as athletes.

This camp is a challenge; a weekend of Judo education, training and other activities designed to allow coaches to observe the players and for the players to learn from the experiences they enjoy.

By the end of the camp they will have had a great time, worked hard, and most importantly will leave with a vision of a future they can choose to strive for.

WHAT TO EXPECT ON THE CAMP

Over the weekend we have scheduled a mix of on the mat training, off the mat education and other activities which will be fun and challenging.

We will provide accommodation and meals from Friday night through to Sunday lunch.

The timetable and list of coaches is still being developed, but you can expect to see some morning runs, Judo Randori, Refereeing lectures, sport psychology lessons, career planning lessons, and of course individual attention from a wide selection of local and non-local coaches.

As all the Judo players will be staying together at the venue (Fairthorne Manor, Botley) the camp will also provide an opportunity to develop friendships with other young players from throughout Hampshire.

Players will also have the opportunity to meet and talk with players from all stages in their careers; be that retired champions or up and coming players looking for Olympic glory still.



HOW TO REGISTER.

TO REGISTER PLEASE COMPLETE THE REGISTRATION FORM AND SEND A CHEQUE FOR £80 MADE OUT TO:

“HAMPSHIRE JUDO ASSOCIATION”

PLEASE POST THE REGISTRATION FORM AND CHEQUE TO:

MR. PETER POWELL, 131 GREGSON AVE,
BRIDGEMARY, GOSPORT, HAMPSHIRE, PO13
OUR.

**** PLEASE REGISTER BY NOVEMBER 30TH ****