



www.judolangpark.org



Santa does Judo
He knows if you've been bad or good

I once fought Santa when my weight was a little out of control (Santa- 1 Rob -0) I did beat up an Elf though (Rob- 6 Elf - 0)

No Judo December 9th(*'cause of the footy*), so get to training this Wednesday!

PCYC Membership and Training fees

To train at the Lang Park PCYC, you must be a CURRENT financial member of the Lang Park PCYC and you must pay to train every time you come to the club. Thanks to everyone who does the right thing.

Lang Park Judo Club.....award winner!

At the JFAQ A.G.M held on Sunday December 4th, "Club of the Year" awards were presented to three clubs from all over Queensland. Lang Park was lucky enough to take out the award for "Club of the Year – Senior Division".

The other winners were Ishindokan for the Junior Division and Hills District PCYC for Overall.

Thanks to all the Seniors who regularly attend, train and participate in JFAQ events while representing the Lang Park club.

Overall training program, diet and nutrition.(Seniors mainly – but some points also valid for Juniors!)

For some of us Judo is our principal sport/interest, for others it is a bit of fun or a mild distraction from our daily life.

When you are going to Judo a couple of times a week, putting in a few gym sessions, road work (running), fitting in another "cross training" activity.....there are a few things you NEED to consider.

- Are you putting the right fuel in the tank? Nutrition.
- Are you putting enough fuel in the tank? Diet.
- Are you allowing sufficient recovery time? Rest.
- Are you getting good sleep?
- Are you hydrated? Drink water!
- Are you following an overall plan? Nope.

Continued from previous.....

For those of us wanting to do well at Judo we need to be following a proper plan.

The answer is NOT more Judo.....think quality not quantity.

If you are serious about your goals for 2012, you need to let me know so I can put you on the right track.

I am finding that some members at the club are not training to the max at the club because they are starving, hungry, exhausted, dehydrated or injured.

Team meeting planned for January to discuss your goals for 2012, your level of commitment, plan for 2012.

JUDO SUITS FOR SALE

The Club has some suits currently in stock for sale, and, can get out of stock items within a week. Please have a look through the following list of stock suits and see if we have what you need, or, tell me what you want and I can get it in for you.

ADIDAS J500 WHITE SUITS - \$90

1/160 2/170 1/180 1/200

SMAI BLUE SUITS - \$50

1/150 1/160

SMAI WHITE SUITS - \$50

1/150

SPARE PANTS - \$20

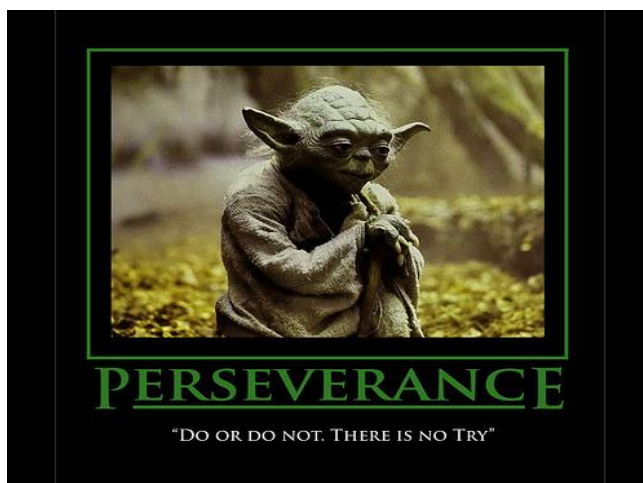
Various sizes, but limited number and size

SECOND HAND SUITS – WHITE – 1/180

SECOND HAND JACKET ONLY – WHITE – 1/130 1/160

PHOTOS ETC. FOR NEWSLETTER

I KNOW YOU GOT SOME PICCIES PEOPLE!



#This is where a picture of you should be.....unfortunately to fill space I had to include this picture of Ole. When Ole is not with us here on Earth, he sits amongst his fellow Jedi and monitors "The Force". You have **NO** idea of the immense power Ole has at his disposal.



Thanks to the parent who sent me in this piccie from earlier in the year. These are some of the Juniors who did a terrific grading. From left to right they are: Jack "Sparrow", Abbey "Abriacadabra", Anar, Alexi, Jarvis and Joshua. Great job guys, and keep it up for more another grading some time in the New Year!

UPCOMING EVENTS / IMPORTANT DATES

Please write these dates down somewhere rather than be disappointed later.

- No Judo at Lang Park PCYC Friday December 9th

- **Lang Park Judo Club Christmas Shutdown**

Junior Class

Last Class 2011 is Friday December 2nd, First Class 2012 is Wednesday January 25th

Senior Class

Last Class 2011 is Wednesday December 21st, First Class 2012 is Wednesday Jan 11th

- **Lang Park PCYC Christmas Shutdown**

Wednesday December 21st til Monday January 9th



Have a great Christmas !

Let's have a great 2012 together at LPJ!