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Lang Park PCYC Judo Club Newsletter.
JULY 2010.



Better late than never! Apologies for the lateness of this month's newsletter.

Use the club site – follow the links

Please keep up to date with what is happening at the Club and at Suncorp Stadium etc by following the Links on the website, and if you haven't already – join the Facebook Group.

www.judolangpark.org

Note: Newsletters, emails and website are where to get your info from – FaceBook is just for fun.

Australian Judo Union National Judo Titles – the other weekend at Tweed Heads

The other Judo Union, the AJU had their National Titles the other weekend, with competitors from Lang Park attending in numbers.

First time competitor Zac Denman did a great job showing some style far beyond his time in the sport.

Myles McKenzie also turned the corner with his competition Judo taking the fight to his competitors. Gareth Wogan and Dom Orth also fought well providing good competition for their division. Dom Pearl dusted off his comp suit and had a healthy return to comp Judo.

There was a UQ comp today where Lang Park did well, in the process assisting the UQ Club to raise funds for their players wishing to travel to the Uni Games in Perth shortly. Too many people with too many good stories to cover in detail, so all I can say is well done Daniele Kiyuna, Adam Kiyuna, Juan Sanchez, Heima Miyake-Dalrymple, Myles McKenzie, Gareth Wogan, Oliver Baumeister and anybody else who was there that I have forgotten.

There is another comp next week at Redcliffe PCYC for anyone interested (see flyer as attached)

Injury management

Soft tissue injuries take time to heal. Problem is if you don't go to the Doc and get them checked out, you may not be treating the injury correctly – you are not qualified to diagnose yourself! If you have an injury take the time to get it checked out and treated properly.

If you are not healing, and not doing something about it you may be causing long term damage to your body. You only have one bod so look after it.

PCYC Membership and Training fees

Everyone who trains at the club must be a member of the Lang Park PCYC and pay to train.

While our numbers have been good lately, the number of people sneaking in without paying is disappointing. We do not want to embarrass anyone publicly, so please do the right thing.

Gradings

We are getting through the gradings bit by bit and look forward to having a bit more colour around the place soon. Just a quick reminder that Seniors are required to record their own competition points and present them upon request as is required at grading time.

See you on the mat. Rob Close.

Hantokan Redcliffe P.C.Y.C Judo Club Competition

Sunday 1st August 2010

at

Redcliffe P.C.Y.C
Klingner Road, Kippa Ring 4021

Weigh In Times: All Age Groups From 8.00am

Under 10's close at 8.30am

Under 14's close at 9.00am

Cadets (*must be born 1994 or 1995*) close at 10.00am

Y/M, Y/W, Veterans & Senior Divisions close at 11.00am

Starting Time: 9:30

am approx.

Competition Fee:	U10's & U14's	\$ 8.00
	Cadets, Y/M, Y/W	\$ 10.00
	Veterans & Seniors	\$ 10.00
	** Extra Divisions	\$ 5.00

Divisions: - As per the JFA Sporting Code

- Novice Divisions (*White/Yellow Belts*) will be catered for

where possible.

- Weight Division adjustments at the discretion of the

Tournament Director.

- JFAQ Membership must be current.
- Current membership book/card must be presented on the day.

- Cadet Divisions are permitted to use strangling techniques but **not** arm bar/lock techniques.
- Under 14 players are **not** permitted to compete in the Cadet Divisions.
- Under 10 players may also compete in the Under 14 age group if they are 9 years old with a Brown Belt grade. The appropriate belt colour for the higher age group must also be worn - *i.e. 9 year old brown belt must wear a green belt when competing in the U14 age group.*

TOURNAMENT DIRECTOR: Darryl Keys

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**Spectators FREE - please support the Raffle
Available**

Canteen Facilities