



Lang Park PCYC Judo Club Newsletter.
MAY 2011.



www.judolangpark.org

PCYC Membership and Training fees

I know this is how I start every newsletter.....but it's important

To train at the Lang Park PCYC, you must be a CURRENT financial member of the Lang Park PCYC (or another PCYC) which will cost you \$30 for the year (cheap).

Then you pay each time you train at the front counter (also cheap).

*When we next book the club bus, it's members only

*When we go away as a club, and ask the PCYC for re-imburement or subsidy, it's members only.

JFAQ Membership

If you wish to compete at a Judo competition or have your Grading recognised, you need to be a member of the Judo Federation of Australia – Queensland (JFAQ). To join the JFAQ please go to their website, just follow the link from the Lang Park Judo Website.

FLAGS OF ALL NATIONS

We have people from all around the planet training at the club, and some of you may have noticed a few flags flying proudly in the Dojo. If you are from another Nation, bring in an A4 sized flag (there are plenty available via the web if you have a look) and we can get it up there.

Brazil is a noticeable absence boys!

JUNIOR CLASSES

We have a program in place, we have the people there to do the coaching.....all that is missing is YOU and your mates! There are a few Juniors who are turning up consistently and moving on well with what they are doing.

We just need a little more consistency from everybody to really get things humming along.

I know the Friday nights interrupted by footy closure are a disruption and sometimes little people are conked out after a big day at school.....but the benefits of improved core strength, better balance and co-ordination etc. Far outweigh the minor interruptions we all may experience from time to time.

NEXT COMPS ARE.....

Ipswich PCYC – Ipswich – May 22nd * see www.ifaq.com.au for a flyer

National Championships – Perth – Queens Birthday Long Weekend – Perth

Australian Judo Union Nationals – tba June/July – Tweed Heads

UPCOMING CLUB CLOSURES DUE TO FOOTBALL AT SUNCORP

Friday 13th May

Wednesday 25th May

Friday 27th May

Something to think about.....

Lang Park PCYC Judo Club strives to cater to all players of all abilities - always.

We encourage everyone to be their best, and we will not tolerate bad manners or behaviour.

See you on the mat. Rob Close.