



Lang Park PCYC Judo Club Newsletter.
November 2011.



www.judolangpark.org

The next Friday night affected by footy is December 9th, so get to training each Friday between now and then!

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.

To Join the JFAQ

Follow the link from the Lang Park website then click on JOIN A CLUB, then click on JOIN JUDO QUEENSLAND and fill out the relevant information.

If you are a parent or carer joining your child, it would be great if you could join as a Volunteer Member at the same time. This way you will receive information etc while at the same time increasing the membership, strengthening the association of the great sport of Judo in Queensland.

The importance of regular attendance

Attending Judo classes regularly is important for many reasons. Here are a few that are just as relevant to the Seniors as they are to the Juniors.

- Regular training helps individuals keep up with the rest of the group
- Confidence is built when skills are able to be demonstrated
- Jargon is more quickly and easily understood
- You can enjoy training when you can do the training
- Individuals are not always starting back at scratch
- Reactivity can be achieved (doing something without thinking about it)

There are heaps more reasons, but the main thing is to commit to Wednesday and Friday nights so that Judo becomes an even more enjoyable experience for everyone.

I understand that there are many things competing for our time, and we all have different priorities.....but Judo will enrich you (I am a little bias I know).

Managing Injuries

We have had a spate of injured players recently (not at training, but via competition and other activities). If you want to get down to it injuries are like accidents, they could have all been avoided.

If you are injured or seem to be injury prone, please think about this (then act on it!)

- What steps am I taking to be mentally and physically be prepared for training/competition?
- What steps am I taking to repair my injuries mentally and physically for training/completion ?
- Am I seeking professional advice for the management of my injuries?

Very rarely is the cure to injuries to just stop training all together. Easing off and modifying training is often a better strategy. Please do not rely on "Doctor Google". See a Doctor or Physio.

Something to think about.....

Are you stuck in a rut with your skill level? Have you plateaued? Can't seem to get things going to the next level?

I think you get what I am asking you to ask yourself.

Now ask yourself this question " Am I listening to what my coaches are instructing me to do?"

Be honest.....

Now here is the biggie. Ask yourself this "Am I **actioning** what my coaches are instructing me to do?"

Be honest.....

Judo is taught incrementally. You have to learn in little steps.....too much to take in if you try in big hits (trust me). Problem sometimes is that we learn some steps quickly, feel great about it and get comfortable there. After a while we get a bit dissatisfied with being stuck there. Before we get dissatisfied we need to listen, action and progress.

Students

Good luck to all of our student members (of all levels) in exams and assignments due in the near future.

Ease the tension with a Judo workout.

Plan your time now so that you can do it.

STILL GOT HEAPS OF 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! If you could email something to me that would be great. Same for the Seniors.



#This is where a picture of you should be.....unfortunately to fill space I had to include this picture of Gareth Wogan. As is the case on most weekends', Gareth is shown here sans pants. It is great to have Wogie around the place, and we wish him and Betty all the best. Say hi to Fred for us too.

UPCOMING EVENTS / IMPORTANT DATES

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

- 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 January 11th
- Lang Park PCYC Christmas Shutdown – Wednesday December 21st til Monday January 9th

Finally.....

Thankyou to all the parents and carers who get kids to and from Judo every week, or, whenever they can.

Thankyou to the senior students who find time to get to Judo regularly.

A massive thankyou to visitors who come from other clubs and live miles away (some people travel from the Gold and Sunshine Coasts to join us at Lang Park).

Thankyou to the people who help me train and steer the club to head where we want it to go.

Thanks to me for another awesome newsletter.

A big thankyou to Sharelle for not understanding Judo, but tolerating it.

See you on the mat. Rob Close.