



Lang Park PCYC Judo Club Newsletter.
September 2011.



www.judolangpark.org *IF YOU HAVE GONE TO A COMP AND COMPETED PLEASE SEND ME A PICCIE OF YOU AND YOUR TROPHY SO I CAN PUT IT IN A NEWSLETTER!*

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 for doing the right thing.

Blue Card Applications

Thanks to everyone who has dropped back the paperwork. Still waiting for a couple of Blue Card applications to come back in. It is important to keep this up to date yourself.

Then.....could you please start helping with the Junior Classes please.

Another Great Comp for Beginners.....

The Ohori Judo Club is having a Juniors Competition on Saturday September 10th.

Please check the flyer attached this newsletter for details including times and divisions.

Remember: you must be a member of the Judo Federation of Australia, Queensland to attend competition (do not confuse this with PCYC Lang Park membership – they are 2 separate things!)

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.

JUNIOR GRADINGS

My apologies for the JUNIOR GRADINGS taking this long to complete. For personal reasons I have been unable to be at the club for the Juniors for the last couple of weeks. Thankyou to the Seniors (Caitlin, Oliver, Gareth and Dom) who were able to take the classes in my absence.

I will complete the Gradings this week and award the new grades next week.

Please have \$25 at hand for the Gradings (this includes the grading, belt, certificate, copy of new jfa junior grades policy).

SENIOR GRADINGS

For seniors other than Brown Belts, gradings will commence this week.

Brow Belt candidates need to have counters, combinations etc at hand each session from now on, points cards need to be completed, NageNo Kata needs to be polished. If you have not already arranged for time off for the Grading at the "Festival of Judo" please do it now(all day Tuesday 27th September).

UPCOMING EVENTS

- **JFAQ Festival of Judo – see flyer and information attached**
- **STATE TITLES – SEE DIVISIONS OFFERED AND NOMINATE AND PAY ON LINE at JFAQ SITE !**
- **Ohori MONstars U8 to U14 - Saturday afternoon 10th September**
- **NO CLUB CLOSURES DUE TO FOOTBALL IN SEPTEMBER!**

See you on the mat. Rob Close.



OHORI DOJO



BAYSIDE JUDO CLUB

40 Mollie Road

Gumdale

Ohori Competition **Saturday, 10th September 2011**

All Weigh-in Times:

Cadets, Junior Men & Junior Women 10:30am to 10:50am

Competition Commences 11:00am

(This session will also include basic strangles training)

Anticipated Finish Time: 1:00pm

MONstars - Under 8s 12:30pm to 12:50pm

Junior Boys & Girls 1:00pm to 1:20pm

Senior Boys & Girls 2:00pm to 2:20pm

Competition Commences 1:00pm

Anticipated Finish Time: 5:00pm

Cost: \$10.00 per nomination

IMPORTANT MESSAGE:

Clubs are strongly encouraged to pre-pay & pre-weigh their players

Club Coaches are invited to submit their nominations to Cathy Brain by email cathy@sabreconstructions.com.au by 6pm on Friday 9th September

Those players who have pre-paid & pre-weighed can arrive at the competition up to 15 minutes after the close of their respective weigh-in time listed above.

Novice Players are encouraged to participate

Weight divisions may be combined to accommodate all players

Snacks and Drinks will be available from Canteen

ALL players must be financial 2011 - 2012





Festival of Judo



2011 PROGRAM

Sunday 25th Sept - Queensland State Titles

FOLLOWED BY THE **2011 JQ AWARDS EVENING**

Saturday 24th to Wednesday 28th Sept

Masterclass Judo Clinic (live-in) for

- 1) Boys/Girls Junior - 9 to 11 years
- 2) Boys/Girls Senior - 12 to 14 years
- 3) Cadets and older

NCAS Coaching (State Level 2) Course (live-in)

Monday 26th & Tuesday 27th

Day Judo Clinics for MONSTARS 6 to 8 years
NCAS Coaching (Club Level) Course (live out)
Dan Grading (live out)

@ Tallebudgera Recreation Camp - 1525 Gold Coast Highway,
Tallebudgera, Gold Coast, QLD 4228

QUEENSLAND STATE TITLES

Open to all JFA members

Divisions on offer

- Boys/Girls Junior
- Boys/Girls Senior
- Cadets and Men/Women Junior
- Seniors and Special Needs
- Masters
- Club/Team events TBA

\$30 per entry if paid after 2nd September 2011

2011 JUDO AWARDS EVENING

This will be held after the State Titles at on site at
Tallebudgera (TBC) - \$25 PP meal only

