



NORTHBROOK JUDO CLUB NEWSLETTER

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Northbrook's Mini-Mon Competition Held at White Oakes in Swanley, Kent

This was Northbrook's first major competition in three years. The venue was ideal for our event. A big "THANK YOU" must go to the London Area Committee for their assistance in running our show, along with all the officials that attended.

Nearer to home we must also give a massive "THANK YOU" to all of the club volunteers who gave their time and effort to help set the venue up on Saturday evening, and on the big day itself to the invaluable help in car parking, collection of admission fees and to all the ladies that played a vital role in supplying the refreshments throughout the day.

It was good to see the parental support and effort made to get the children to the event, even though it was an early start for you, lastly to the competitors themselves who gave it their all, a big "WELL DONE" to you all.

No1. It is important to remember that no judoka loses at a competition, you come away with the experience of competition at every event that you attend and an improved confidence in your ability to compete. **No2.** You give 100% effort when you compete. If you come away with a medal or trophy then this is a bonus for you.

No3. Medals and trophies



are the least important element in your own judo development but are part of what you want to achieve at some point

. Measure your improvement at each event that you attend, speak to Sensei Adrian.

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The black & white picture on page 2:

- * What is the man's name?
- * What did this man do?
- * His country was where?
- * What is the name of the club that he founded?
- * Put your answers on some paper and give it to Sensei Adrian asap

Northbrook's Feedback and Evaluation Forms

These feedback and evaluation forms are completed twice a year by parents for the good and benefit of the club. These forms give you the parents a voice on how you think things are run at our club, and also how you rate your own child or

children's progress in their judo. Each question asked on the form is answered by you circling of a number between 1-10 scale of approval rating, and making suggestions or comments as or if you feel it necessary. True feedback from

you is a must, remember you are still an essential-part of the club even if you don't go onto the mat. These forms also allow newcomers parents to see how we regulate and improve in the club.



**“ A rare sight at the club”
A DANATHON NIGHT**



Training and Development News

The range of judo training that you receive at the club is now going to be extended to cover the complete range of throws, counter throws and holds available for you to use in competitions. This will take the form of group specific training after a general warm up.

2010 COMPETITIONS AND EVENTS

7th March-Tsukuru Judo Academy Invitational Tournament

14th March -Clacton Championships

14th March -South of England Open Junior and Youth Championships

22nd March-Grading, Wed 24th March-Grading, Fri 26th March-Grading

28th March-Tsu-Mo-Kie Judo Club Competition (Pay on the day)

31st March-Northbrook Inter-Club Mini-Mon Competition (Wednesday evening starting at 1830 hours) **Note-No 2nd mat that evening**

10th April- Agglorex Trofee (Lommel, Belgium) (Minimum Orange Belt)

18th April-BJC(MAC) Southern Region under 8 years Open Competition

12th May-Northbrook Inter-Club Mini-Mon Competition (Wednesday

Evening starting at 1830 hours) **Note-No 2nd mat that evening**

16th May- Ipswich Age Banded Championships

22nd May- NHC Junior Referee Course (High Wycombe)

(Note that closing dates for competitions are usually 2 weeks before)

“Champions All” at International Competition at Heerle in Holland 30th January 2010

The Journey to the above competition went very well, apart from the booking in with Sea France, following the Owl signs!!, and a channel crossing with P&O!!! Sensei Adrian doing his command and control role, counting us on and off the various modes of transport etc to ensure that we all got there to compete. Lee (Harry’s dad) volunteered to drive the minibus both to and from Holland (a big “THANK YOU” Lee). Sensei Tim came along to do crowd control. Alan (Tane and Elena’s dad) along with Chris (Oliver and Erik’s dad) did co- navigation and ration distribution from one of the back seats..

Our Hosts Anny and Wim were there at the venue to greet us,, and ensured

that we had food and drinks made available to us along with showing us our sleeping area. The children found a ball in the main hall and continued to tire themselves out after the 3 hour minibus journey. The grown ups re-



The above photograph says it all

laxed and chatted , until about 2am!!
Lee kept on about eggs for breakfast!!!

All of the judoka gave 100% in their effort and were both a credit to themselves and our club. A big **“WELL DONE”** to you all. The results from the competition were:

Tane— 1st Place Gold

Luke— 1st Place Gold

Oliver—1st Place Gold

Elena— 2nd Place Silver

Harry— 4th Place Bronze

Erik— 3rd Place Bronze

This event was Elena’s, Erik’s and Harry’s first International Competition, so a **“BIG UP”** to you three. A great weekend and a great success..