

JUDO
SASK

JOIN US!
March 21-23



FEMALE RETREAT

Train



Spend the weekend training with olympian:
Ana Laura Portuondo Isasi

Laugh



Make memories with exciting activities and new friends!

Grow



Build confidence, strength, and empowerment on and off the mat!

FREE
FOR JUDO SASK
PARTICIPANTS



Register:

ACCESS THE TRACKIE LINK THROUGH
THE JUDO SASK EVENETS CALENDAR
[HTTPS://WWW.JUDOSASK.CA/EVENTS/EVENTS-CALENDAR.HTML](https://www.judosask.ca/events/events-calendar.html)



Join us for a weekend of judo, fun activities, and connection! Open to all ages and skill levels, this event offers exciting judo sessions, team-building activities, and the option for a fun sleepover or just join for the day! This is a no cost event. all food and activities will be covered!

Come improve your skills, make new friends, and enjoy a weekend of empowerment and fun. Don't miss out!



WHEN: March 21-23 **WHERE:** Moose Jaw SK - more info to come!

WHAT TO BRING:

- judo gi(s)
- judo belt
- workout shirts/shorts for under gi
- bathing suit
- hair ties/brush
- towel
- shampoo/conditioner and other toiletries
- medications
- water bottle
- indoor sandals
- t-shirt you don't mind getting wrecked (this will be worn during our craft!)
- pillow
- sleeping bag

See schedule: bit.ly/4fZuZX2

Questions?
contact Tallissa Edwards (tallissagedwards@hotmail.com)
or Dareth Woods (woodsdaeth@gmail.com)

Girls Camp 2025

3/21/2025

3/22/2025

3/23/2025

	3/21/2025	3/22/2025	3/23/2025			
7:00 AM						
7:30 AM						
8:00 AM		Wakeup	Wakeup			
8:30 AM		Breakfast	Breakfast			
9:00 AM						
9:30 AM			Judo Session - Everyone			
10:00 AM		Judo Session - Everyone	littles/rec bow off (1.5hrs)			
10:30 AM		1.5 hrs	Competative 30 mins (2hrs)			
11:00 AM						
11:30 AM			Clean up			
12:00 PM		Lunch	Lunch/Depart			
12:30 PM						
1:00 PM		Judo Hair class Taught by High Performance Team/ Swag Bags				
1:30 PM						
2:00 PM		Judo Session - Rec/ littles				
2:30 PM		1.5 hrs				
3:00 PM		Competatives- Activity				
3:30 PM		Judo Session - Competitive 1.5 hrs				
4:00 PM		Rec/littles- Activity				
4:30 PM						
5:00 PM		Supper				
5:30 PM						
6:00 PM						
6:30 PM	Arrive/Check in					
7:00 PM	Judo Session	Swimming 7-9				
7:30 PM						
8:00 PM						
8:30 PM	Activity					
9:00 PM		Movie Night				
9:30 PM						
10:00 PM	Lights out & TV Show					
10:30 PM	Bed time	Bed time				
11:00 PM						