



Team Sask Fall Judo Camp

Location: Moose Jaw Koseikan Dojo

801 Hochelaga Street East, Moose Jaw

Arrival Time: Friday, September 29, 2023 – 7:00PM-7:15PM

Departure Time: Sunday, October 1, 2023– 12:30PM

Registration: \$50 online at

<https://trackie.com/event/JudoSask2023FallCamp>

| Date | Time | Activity |
|-----------------------------|-----------------|--|
| Friday September 29, 2023 | 7:00-7:15 pm | Arrival |
| Friday September 29, 2023 | 7:30 - 9:30 pm | Judo : Tachi-Waza Drilling/Randori |
| Friday September 29, 2023 | 10:00 pm | Snacks |
| Friday September 29, 2023 | 11:00 pm | Lights Out |
| Saturday September 30, 2023 | 8:00 am | Breakfast |
| Saturday September 30, 2023 | 9:00 - 11:00 am | Judo : Newaza Drilling/ Randori |
| Saturday September 30, 2023 | 12:00 pm | Lunch |
| Saturday September 30, 2023 | 1:00 - 2:00 pm | Judo : Light Technical Session |
| Saturday September 30, 2023 | 2:00 pm | Snack & Down time |
| Saturday September 30, 2023 | 3:30 - 5:30 pm | Judo : Tachi- Waza Drilling/Randori |
| Saturday September 30, 2023 | 6:00 pm | Supper |
| Saturday September 30, 2023 | 6:30 - 8:30 pm | Swimming |
| Saturday September 30, 2023 | 8:30 - 9:00 pm | Snack Time |
| Saturday September 30, 2023 | 9:00-10:30 pm | Movie/Down Time |
| Saturday September 30, 2023 | 11:00 pm | Lights Out |
| Sunday October 1, 2023 | 8:00 am | Breakfast |
| Sunday October 1, 2023 | 9:00 - 11:00 am | Judo : transitions/randori |
| Sunday October 1, 2023 | 11:30 am | Lunch and Farwell |