



Judo Saskatchewan Winter Camp

Watrous, Saskatchewan

January 14-15th, 2023

A great opportunity for our Judo Saskatchewan athletes to get together and train!

This is also an important camp for athletes preparing for the season with Sask Open/Pacific International, Saskatchewan Winter Games and Canada Winter Games fast approaching!

Cost for the weekend including meals:

- \$75 if you register by January 2, 2023
- \$85 if you register by January 8, 2023 (That is the registration deadline, no later entries will be allowed)

Athletes can expect at least 2 x judo sessions Saturday and one session Sunday morning as well as fun activities and more! The sessions will be split into two groups:

- 1) Novice/Recreational Judoka: 8 Years and above.
- 2) Sask Winter Games athletes born 2007, 2008, 2009, 2010, 2011 will be the focus, but other athletes wanting to supplement their training are more than welcome to join this group.

The complete training Camp Schedule will be out in the coming weeks!

Athletes will need to bring:

- a sleeping bag and pillow to sleep on the mats
- Judogi x 2
- Flip flops
- Towel
- Indoor training gear
- Swim Wear
- Tape
- Toiletries
- Hand Sanitizer

Meals --- Lunch, Supper and snacks will be provided Saturday,
Breakfast and Lunch will be provided Sunday

Camp is designed to be an overnight event but staying at the venue is not mandatory. If you wish to attend camp, but have other sleeping arrangements, please email Josh Wiens at judo_josh@hotmail.com prior to the start of camp.

REGISTER ONLINE NOW!

https://www.trackie.com/online-registration/event/judo-saskatchewan-winter-camp/485039/?fbclid=IwAR25Bu-U1zCTAEQhAKYKT_LNEkjsvwS4UZSEVQLGARLRkpdVw0UVhXI9bIU#.Y5zU9RXMJ