

IPSWICH JUDO CLUB

FEBRUARY 2008

NEWSLETTER



Round up

Welcome to our first newsletter of 2008. Hot topic of the moment is how to deal with the large numbers of Juniors on the mat! In January a group of Kanos moved up to the Juniors, swelling the numbers even more. The coaches have discussed options for dealing with this. One possibility is to split the groups and run staggered sessions. For instance, on Mondays, we could start one group of juniors at 7pm alongside the Kano session. We would have to decide the basis upon which to split the groups (age/ability/size etc.?), and also arrange for coaching cover. This isn't straightforward so we have decided to review the situation during the first part of 2008 to see how the sessions go, before making any changes.

We have been encouraging the older and/or larger Juniors to join the senior sessions on Thursdays. This gives them a chance to mix in with some of the seniors, plus the opportunity to learn techniques that are only allowed in senior competition, such as armlocks and strangles.

Kevin Charlton is running a combined Judo & fitness training session on Wednesdays from 7pm to 9pm. It differs from the normal Monday and Thursday sessions in that the focus is on competition-specific skills and tactics, rather than on formal Judo theory and Randori. This is suitable for players that want to improve their competition ability. For more information speak to Kevin. Alternatively, you can ask the small core of players who have regularly attended so far such as Alister Topliss, Charlotte Stark, Jack Bentley, Tom Ayoola and Danny Majidian.

Visits by Dave Southby, BJA Eastern Regional Technical Officer

A number of parents have asked who the guest coach was that visited the club recently on Monday evenings. It was Dave Southby, who has recently been appointed as BJA Regional Technical Officer for the Eastern region (you may have seen

an article in the Matside Magazine?). He has been visiting some of the larger clubs in the region to get an idea of how they structure and run their sessions. He then plans to return to those clubs later to share best practice. His other reason for reviewing how clubs run their sessions is to prepare for rollout of the new Junior technical syllabus that is being introduced by the BJA.

Kano beginners course

We are running a Kano beginners course, starting on 14th April. Our Kano club is for 5 to 7 year olds and runs on a Monday evening from 6:30 to 7:30. As well as being fun, the Kano club helps to develop balance and coordination, as well as self-confidence. It also provides them with an excellent foundation in Judo prior to joining the Juniors. If you know of any youngsters who might be interested, please get their names on the list as soon as possible as places are limited. Contact the front desk or Anna Storey (Club Secretary) on 01473 712543, e-mail: buntree@btinternet.com

Senior beginners course

We are considering running a beginners course for Seniors (16+), possibly in May. If you are interested, or know somebody who might want to give Judo a go, please register your interest with the front desk. Better still, why not get a group of friends to all join together? If we get enough interest we will run the course. You can start at any age and it's a great way to get fit.

Eastern Region "Training together session"

The BJA Eastern Area are running a series of "training together" sessions at Thetford. These are targeted at more experienced players, mainly Juniors. They are an excellent opportunity, especially for our more competitive players, to find different training partners. The recent one was well attended and split into two groups - around 25 Orange belt and above players in one group, and roughly 20 Red & Yellow belts in another. Alister Topliss was the only Ipswich player at that

session and enjoyed the day. The next one is on 13th April, again at Thetford. If you're interested then please speak to the coaches or front desk.

Competitions

The 2008 competition season is now under way and some of Ipswich's more experienced Juniors have been in action.

Bristol Age Banded Under 16

Charlotte Stark represented Ipswich in the Bristol Age-banded competition on 27th January. This was a tough event with a high standard of entrants, and she found herself in the under 57kg category for the first time. She put in a good performance in both her fights. Unfortunately, no medals this time.

Midland under 20s competition

Alister Topliss was our sole representative in this well attended competition. Weighing in at 33kg, he was well within the under 38kg category. Unfortunately, nobody else was, and this led to his group being combined with the u42kg group! Not only did he have a weight disadvantage but his group included the u38kg and u42kg national champions! He fought well and did not look outclassed, but it was a tough day and he lost both his fights. His consolation was that he was awarded the u38kg Gold medal!

Help!

The club relies solely on volunteers: Coaches, front desk, website, the committee, folks who run and organize our events and so on. If you think you could offer some time and effort, no matter how small, please ask. You don't have to be on the committee and you don't have to know anything about Judo, as there are always a variety of other tasks to be done e.g. marketing, organization etc. Specific examples at present are:

- Kano club organizer: Stuart Heald has done an excellent job of administering the Kano club, but would now like to hand the role onto somebody else. This would suit somebody with good organizational skills, especially if you have a child in the Kanos. Essentially it involves managing the membership details and keeping the coaches organized so that they know when gradings are due! If you want to have a go at this, let the front desk know. Stuart will work alongside somebody to help them pick up the role and there are plenty of people to offer advice.
- Tuck shop organizer: Often Judo clubs have their own tea & coffee stall (with sweets and biscuits!) during the sessions. This is

something which we'd like to do as it would make the sessions more sociable. If anybody would be interested in running a tuck shop, then we'd be pleased to hear from you. Ideally we'd like a few people to jointly do this in order to spread the work and ensure that there is cover if somebody can't get along.

- Helpers for the Ipswich Senior Open competition on the 16th March. Our competitions are a major source of income for the club, allowing us to keep our fees to a minimum. If you can give up some time to help us with running the event we would be grateful. This could be mat laying on the evening of the 15th, serving teas & coffees, or helping to put mats away after the event.

Forthcoming Events

The main events in the calendar are:

- 24th February: Eastern region competitive grading for Juniors (6th mon & above) and Seniors at Thetford.
- 2nd March: Eastern Area Closed Age-banded Junior competition. This will be an excellent first competition, particularly as it has groups for under 10s, under 12s, under 14s and under 16s with a limit on grade.
- 9th March: Littleport under 12 mini-mon. This is an up to 6th mon event and is limited to 50 players. Groups will be sorted out on the day.
- 16th March: Ipswich Senior Open. Why not come along and see some senior Judo action.
- 13th April: Training together session for advanced players at Thetford.
- 27th April: Midland Area Senior Kyu and Junior Mini-mon, Walsall. This is a good event for players wishing to compete outside the region.
- 18th May: Ipswich Age-banded Junior. This has an under 12 category (up to 9th mon) and an under 16 category (up to 12th mon).

Your input?

We will gratefully accept your contributions to the newsletter & club website, whether it be information or photos from events. Either contact the front desk or send them via email to: andrew.topliss@btinternet.com

Mat Fees

Just a reminder that from 1st March 2008 Mat fees will be going up to £3 per junior session and £4 per senior session. This is mainly due to a rise in rental charges for the hall. We will also be introducing a pre-pay card for anyone interested. This will mean that you can buy 26 judo sessions in advance and you will get 4 sessions free (30 for the price of 26)