

Training times

Monday, Ashton 6.45pm-8pm

Tuesday, Patchway, 6.15pm-7.15pm

Thursday, Ashton 7pm-8pm **yellow belts** & below, including U8's, 8pm-9pm **Orange belts+** & Seniors

Saturday, Patchway, 9.30am-10.30am 5yrs-7yrs 10.30am-12, 7 1/2 yrs and above

Future Competitions

- Oct 5th Red belt Rumble & Under 8's Bristol Judo Hartcliffe
- Oct 5th "A" band Nationals birth year 97 & 98 Orange belt and above Walsall Campus, Wolverhampton Uni
- Oct 11th & 12th British Championships – "B" band Birth year 96 and older Sheffield Green belt & above
- Oct 19th Devon Open TBC
- Nov 8th Interclub Yate Star
- Nov 9th Plymouth Open TBC
- Nov 23rd Western Area TEAMS
- Dec 14th Interclub Long Ashton
- For more details please see the website or Speak to Lisa – **you** need to let Lisa know if your child would like to do a competition, *preferably a couple of weeks before!*

For regular updates about what is happening, please see the website or the large notice boards at both clubs! If you still don't see what you want to know, ask someone!!!

Contact us:

John Bath: 07970 744075 johnbath_judo@hotmail.com

Alison Finn: 07974 105179 alison.finn@tiscali.co.uk

www.nsbjc.com



Sept 2008

Welcome back to those of you who have been missing over the Summer! After a disappointing Olympics for judo, England won the team trophy at the UK school games, held at Filton College. Where are own Dan Peacock, Natasha & Rebecca Maslen & Jack Dymond were table officials. John even presented a medal as Chairman of Bristol!

Back to a busy competition time, with a biggy on Sunday 7th at National Indoor Arena, **good luck** to our players fighting there. If a player wishes to enter a competition please tell Lisa ASAP. Entries to the bigger competitions have to be in more than 3 weeks before the event, Lisa is good but she doesn't have a Crystal ball!

The **last competitive grading** was held in July, so all gradings will now be theory based. It is important that all players complete the in house theory sheets to help them with the new system.

It is a good time for everyone to be reminded of the **club rules**, for parents to look at the **code of conduct**, and as the new competition season starts good luck to all our competitive players, and we will look at our recreational players to set themselves personal development goals. **Most importantly that everyone enjoys their judo!**

Cattle Country – 6th Sept 2.30pm-5.30pm

Bring your own picnic! £3 each or £10 for a family, (Parents and children) other family members and friends are welcome at £3 each! Berkeley Heath Farm, Berkeley, Glos GL13 9EW

Saturday **HOT FOOD** – to help the Kitchen volunteers, could you please order all food by **11.30am** to be ready by the end of the Junior session- **THANK YOU!**

Competition reports are on the website, for details and photos check out

www.nsbjc.com

If you'd like to write a competition report for the website, please email it to Alison alison.finn@tiscali.co.uk

Dates for you diary – check out website or notice boards for more info.

Sept

Saturday 6th Sept 2pm-5pm Cattle Country – get your names down!

Saturday 20th Sept 11.50am-12.30pm Display Little Stoke Playing fields

May 2009

Fri 8th – Sun 10th - 10th Anniversary Western Area Judo Camp - Brean

If you are leaving your child at a session, can you please ensure that someone knows and how to contact you in case of an emergency. Please be back at least 5 mins before the end of the session. Don't forget **mat fees** need to be paid at the beginning of each session, so we know who is in the building! If you pay monthly then please still get your child marked in!

Club Merchandise -

Judo suits, includes club badge,

White 120, **£22.50**, 130 to 150, **£27.50**, 160 upwards, **£35**

Blue 130 to 150, **£30**, 160 upwards, **£38**

T-shirts 5-6 to 12-13, **£5** 14-15, **£6.50**

Adult Polo shirts, **£12**

Child's hoody, **£15** Adult hoody, **£19**

John - Area Coach

John is now the boys Western Area coach. It is his second area coaching role, the last one begin the girls coach.

John plans on holding sessions for Orang belts and below and Orange belts and above- watch the website for more details of training

JUDO DISPLAY

Saturday 20th September 11.50am at Aretians Rugby club, Little Stoke Playing fields

Gradings & Theory awards

Congratulatory to all the players who graded in June and July!

Check out the website for your names!

NB. *All players need to be doing the theory sheets.*

Yellow belts and above should have at least Theory 3.

Orange belts and above Theory 4.

Drinks bottles are needed all year round!