

Training times

Mon, **Sea mills** 7pm-8pm from age 6 upwards
Tues, **Patchway**, 6.15pm-7.15pm from age 7
Wed, **Sea Mills**, 8pm-9pm ages 12yrs to Seniors from
Sat, **Patchway**, 9.30am-10.30am 5yrs-7yrs
10.30am-12, 7 ½ yrs and above

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

Saturday & Sunday 4th & 5th July Stoke Lane AFC Fun Weekend & Fundraising launch to include judo display **2pm Saturday**

Saturday 11th July Patchway Festival – judo display **3pm set up 3.15pm-3.35pm display**

Saturday 18th July Parents Forum (Patchway) 10.35am

Sunday 19th July Patchway Community Sports Assoc – display 2pm-4pm

Saturday 25th July Blaise Castle family picnic from 1pm

Saturday 24th October Parents Forum (Patchway) 10.35am

Saturday 21st December Christmas Party at Patchway 10am-12.15pm – All

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

Club Merchandise

T-shirts 5-6 to 12-13, **£5** 14-15, **£6.50**
Adult Polo shirts, **£12.50**
Child's hoody, **£15** Adult hoody, **£19**
Wet Jackets **from £17**
Track suit bottoms from **£12.50**
Water bottles **£2.50**
Hold all Bags from approx **£18**. Smaller kit bags **£14**
Hats **£4.50**
Judo suits, includes club badge,
White 120, **£25**, 130 to 150, **£28**, 160 upwards, **£35**
Blue 130 to 150, **£30**, 160 upwards, **£38**
Other garments available- see Lisa or Julie M

Contact us:

John Bath:

Mob: 07970 744075

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Alison Finn:

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www.nsbjc.com

Drinks bottles are needed all year round!!



July 2009

Next Patchway Parent forum meeting 18th July 2009 10.35am

June saw many achievements; the most 1st mons we've every hard in one go! Congratulations to everyone who completed their gradings. Don't forget theory sheets can be done all year round! The more you do the easier your gradings will be.

Great achievements at competitions; well done to everyone who competed.

Two new junior referees, Reece & Myles. Brining our total to two Seniors & six junior refs!

New UKCC level 2 coach, Alison successful passed the new coaching certificate, after 50 hours practical and 30 hours of paperwork!

Check put the website for more details!

Well done to everyone who entered competitions in June; reports are on the website, for details and photos check out www.nsbjc.com

Future Competitions

July 5th Bedminster U 8 and interclub & kyu grade
** 25/6

July 12th Western Area Open
**12/6

Sept 6th Heart of England, NIA
**1/6

Sept 12th Western Trials for British
Championships – City Academy Bristol – more
info to follow.

October 18th Plymouth Open Junior & Senior 1/10

February 20th 2010 North West Area Age banded

For more details please see the **website** or Speak
to Lisa or Julie – **you** need to let them know if your
child would like to do a competition.

**Date to give names & payment to Lisa or
Julie.

Club Rules

Behaviour/ Etiquette

Last month we looked at **Respect**, this month we look at rules relating to behaviour / etiquette;

A good judoka should always....

..... practice judo only in the dojo with an instructor present and never elsewhere.

.....be careful not to step on to the mat when wearing any kind of shoe, but should always wear slippers or zori to and from the mat edge.

.....behave correctly in the dojo; not talking during instruction or shrieking or shouting during practice.

.....ask a coach before leaving the mat.

.....Bow correctly at the beginning and end of a practice session or contest.

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!

LICENCES – all players **MUST** have a licence after 4 weeks of judo, these licences MUST be renewed! Please ensure all licences are up to date! Let Lisa or Julie M. know expiry dates and numbers if you haven't already! NB. Patchway club no. 1138 Seamills club no. 2113. Forms can be downloaded from BJA website, or renew online.

Patchway 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!

There are lots of spaces on the rota – it's a great way to meet other club members and learn their names! Is your name on the rota? See Sadie to volunteer for your stint or add your name to the sheet on the bar. Remember the profits go towards paying for the Easter Eggs, Christmas presents & subsidising the annual day out trip! Many hands make light work!!!

County & Area training

County - Junior & Youths

Youths & Seniors -

£3 both

TBC – see website

Gradings & Theory awards

Congratulations to everyone who graded in June – October is the next one, so get on with those theory sheets!

Yellow belts and above should have at least Theory 3.

Orange belts and above, Theory 4.

HELP TUESDAYS – the change of times gas seen our regular help struggle to get to us! If you are about please don't be shy help put out the mats!

Who's who at Patchway?

Chair – Andy Phelps
Vice Chair – Julie Windows.
Head Coach – John Bath 3rd Dan.
Junior Coordinator & Secretary – Alison Finn, 1st kyu Minis coach
Treasurer & competition Secretary– Lisa Oram.
Assistant Treasurer & Assistant Comp Sec – Emma Peacock.
Kano Secretaries - James & Sharon Dougall
Kitchen coordinator – Sadie Hall
Assistant Kitchen coordinator – Julie Moore.
Public Relations officer – Luke Tavener 1st Dan, Juniors Coach.
Web master – Giles Norton. gilesnorton@hotmail.com
Welfare officer – Ian England ian@england8277.freeseve.co.uk
Fundraising Co-ord – Robert Chandler Robert.chandler@paprika.ro
Assistant Fundraising Co-ord – Jakki Button

Who's who at Seamills?

Chair – John Bath Senior Club Coach
Club Coach – Judy Maslen
Vice Chair – Alison Finn
Treasurer & Competitions Julie Moore
Subs – Dave & Louisa Nelson
Kano Secretary – Neil Jenkins
Welfare Officer – Pat Dymond
Webmaster – Giles Norton
gilesnorton@hotmail.com
Want to be more involved at Sea Mills? Then speak to Julie to see how you can help!

Fund raising for the new Dojo

We are really up and running now in our fundraising, both on short term projects to long term ones.

What is really appreciated is all the efforts of the NSBJCers, with this support we will achieve our target of 750,000 for our new Dojo.

So, here is a summary of recent achievements:

- Chris Button is about half way through his journey! Well done Chris, keep it up!
- Photo team have another session at Bedminster comp!
- Avon has been calling, Emma has been improving the clubs looks with the Avon orders! If your friends and colleagues buy Avon, convince them to order through Emma as all proceeds go to the Dojo fund.
- Swimming Pool has been booked for Saturday 24th October 7pm-8pm for Sponsored Swim!

Robert Chandler – Fundraising Coordinator.