

Drinks bottles are needed all year round!!

Training times

Mon, **Sea mills** 7pm-8pm from age 5 upwards
Tues, **Patchway**, 6.15pm-7.15pm from age 7
Wed, **Sea Mills**, 8pm-9pm ages 12yrs to Seniors from **3.6.09**
Thursday, Ashton 7pm-8pm **yellow belts** & below, including
U8's, 8pm-9pm Orange belts+ & Seniors **until 28.5.09**
Saturday, 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

Friday 8th – Sunday 10th May 10th Anniversary of West of England judo camp

Brean **NO JUDO ON SATURDAY 9th MAY AT PATCHWAY**

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

Saturday 11th July Patchway Festival – judo display

Saturday 5th September Annual trip – venue TBC

Saturday 24th October Parents Forum (Patchway) 10.35am

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

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**

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: 07970 744075 johnbath_judo@hotmail.com

Alison Finn: 07974 105179 alison@nsbjc.com

www.nsbjc.com



May 2009

Next Patchway Parent forum meeting 18th July 2009 10.35am

IMPORTANT - NO JUDO Saturday 9th May unless you are at BREAN JUDO CAMP!

Thank you to everyone who helped at our Inter club on 19th April. Overwhelming number of cakes! Thirteen under 8's took part in the morning training session, all trying their very best through out the morning. Well done to them.

Nineteen red and yellow belts took part in the afternoon winning a total of 20 medals between them!

HUGE THANK YOU TO ALL THE PARENTS AND SIBLINGS who helped make the day such a success. From baking to raffle prizes, from putting out the mats to selling food, toys, raffle tickets & photos! *Several families helped even though their children weren't competing! Others were there after or before their children fought, it was lovely to see the community support that there is at the club.*

We can't forget the Photography team! Well done to Giles and Patrick for fantastic photos! To Robert & Tom for the sales! If you didn't get a chance to buy photos, all is not lost click on the website to order your photos!

Well done to everyone who entered competitions in April – record number of medals; reports are on the website, for details and photos check out

www.nsbjc.com

Future Competitions

- May 17th - Western Area Closed - Kingsbridge
- June 6th & 7th Bedminster Minimon & Open, Ashton Park school ** 24/5
- June 27th & 28th Kent International, Crystal Palace ** 1/5
- July 5th Bedminster U 8 and interclub ** 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

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

• 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!

Club Rules

Hygiene

There has been a problem of late with a few of the rules relating to hygiene, it's not just about cleanliness it's about safety; we have had a couple of injuries from **long nails**. So here is a reminder;

A good judoka should always....

1. Keep their **body & judogi** clean; wash hands & feet before going onto the mat.
2. Be careful not to step on to the mat when wearing any kind of shoe; should always wear slippers or zori to and from the mat edge.
3. Make sure that **finger** and **toe** nails are **cut short**.

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!!!

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!

County & Area training

County – Junior & Youths
Saturday 2nd May Ashton 2pm-4pm
£3

Youths & Seniors Tuesday 5th May,
Ashton Park Schoole, £3

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 Ashton/Seamills club no. 2113. Forms can be downloaded from BJA website, or renew online.

Gradings & Theory awards

Next gradings will take place in **June**. Remember to be looking at the new syllabus for gradings, available on the website.

Don't forget our own *theory sheets*; **Yellow belts** and above should have **at least** Theory 3. **Orange belts** and above, Theory 4.

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!

**Volunteers welcome, 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!!!

Summer Fayres & School Sports Weeks

If your school would like us to do a demonstration or run sessions in Sports Weeks then please see Emma Peacock, who will be coordinating any that we do.

Goodbye to ASHTON

Sadly the last session at Ashton will be Thursday 28th May as we no longer have a lease on the premises. Sad day as Judo has been held on that site for over 15 years. Not is all lost as John & Julie have secured new premises, where Monday sessions have already started. Unfortunately Thursdays were not available but we have got Wednesdays, initially it will be an over 12's session from 8pm-9pm. We hope to have an earlier slot for Juniors very soon. – see back page for session times at all sites.

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 really cranking on in his Lands End to John O'Groats super marathon on a hand bike. Chris has travelled over 400kms now and has raised over £250. Fantastic effort Chris.
- Now who wouldn't want Roni to be quiet? Well it seems quite a few who sponsored her in her 24hr Sponsored Silence which raised over £100. I think Colin may have been the biggest contributor!
- Jakki Button has been active, motivating her community behind our fundraising and on the 20th of March her friend Jasia did a 12hr darts marathon.
- A big effort by our resident Lichfields Giles and Patrick who snapped some really amazing shots during the recent competition at Patchway. We sold over 40 photos on the day and expect more to be purchased via the NSBJC website. If you haven't seen the photos, go online now and click the "Photo Sales" button on the left hand side of the homepage.
- Our very own Avon lady Emma has been making everyone in the club look and smell more beautiful. In doing so she has raised over £120. So if your friends and colleagues buy Avon, convince them to order through Emma as all proceeds go to the Dojo fund.
- A big thanks to Reece who held a table top sale during the recent competition. Not only did he clean out his bedroom of some valuable gear, he made an impressive £43.20 for the club. Well done!
- Julie and co have been baking cakes and selling them on Saturdays. Great work :)
- A big thanks to everyone who helps sell and those who buy teams in the now bi-monthly football cards. So far we have raised approx £40.
- A group of 11 went to see the band "Doing Time" a fund raising event organised by Stoke Lane, this raised £55
- Looking a bit further ahead, 4 members of the club have entered into the Bristol Half marathon on September 6th. The four members will be announced soon and if anyone else wants to run, come and join in. There is time enough to train correctly.

As you can see there is a tremendous effort fundraising for our new Dojo. As big thanks to everyone involved.

If you have any further ideas, please email me robert.chandler@paprika.ro or see me at Patchway most Saturdays.

Robert Chandler – Fundraising Coordinator.