

## 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**

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 4<sup>th</sup> & 5<sup>th</sup> July** Stoke Lane AFC Fun Weekend & Fundraising launch to include judo display

**Saturday 11<sup>th</sup> July** Patchway Festival – judo display

**Saturday 18<sup>th</sup> July** Parents Forum (Patchway) 10.35am

**Saturday 5<sup>th</sup> September** Annual trip – Cattle Country

**Saturday 24<sup>th</sup> October** Parents Forum (Patchway) 10.35am

**Saturday 21<sup>st</sup> December** Christmas Party at Patchway 10am-12.15pm – All welcome

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**

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

[johnbath\\_judo@hotmail.com](mailto:johnbath_judo@hotmail.com)

Alison Finn:

Mob : 07974 105179

[alison@nsbjc.com](mailto:alison@nsbjc.com)

[www.nsbjc.com](http://www.nsbjc.com)

Drinks bottles are needed all year round!!



# June 2009

Next Patchway Parent forum meeting 18<sup>th</sup> July 2009 10.35am

**Western Area Closed – New Star boasts 6 Area Champions!** Well done to everyone who entered the competition. A team of 14 New Star players made the Bristol Squad a total of 24. Bristol won 12 gold medals in total, 6 being New Star players! Well done to Ben G., Rachael, Dominic, Mollie, Sam & David. Bronze medallists were Tom, Myles, Amy & Adriana. Well done to Connor, Cameron, Reece & Kieran who were all unlucky not to be in the medals.

**Patchway AGM – 2<sup>nd</sup> May** Thank you to everyone who attended! Firstly thank you to everyone who has held a role over the last year and welcome to the new post holders! As the club moves forward towards silver club mark along with our own Dojo challenge, it is important to have as many people as possible active in the parents forum! One of our strengths is being a family club. Any of you newer parents, don't be shy the kitchen rota is a good place to get to know everyone!

Well done to everyone who entered competitions in May; reports are on the website, for details and photos check out [www.nsbjc.com](http://www.nsbjc.com)

## Future Competitions

June 6<sup>th</sup> & 7<sup>th</sup> Bedminster Minimon & Open,  
Ashton Park school \*\* 24/5

June 27<sup>th</sup> & 28<sup>th</sup> Kent International, Crystal Palace  
\*\* 1/5

July 5<sup>th</sup> Bedminster U 8 and interclub & kyu grade  
\*\* 25/6

July 12<sup>th</sup> Western Area Open \*\*12/6  
Sept 6<sup>th</sup> Heart of England, NIA \*\*1/6

Sept 12<sup>th</sup> Western Trials for British  
Championships – Filton High Bristol – more info to follow.

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

### **Respect**

Last month we looked at **Hygiene**, this month we look at rules relating to respect;

A good judoka should always....

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

... **help** beginners and lower grades.

... respect coaches, instructors and higher grades.

... **obtain permission** from the instructor before entering or leaving the mat.

... **bow correctly** at the beginning and end of a practice session or contest and also at anytime the coach starts or ends a session or whenever he/she requires it.

...**behave** with courtesy and respect to others at all times.

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  
Friday 12<sup>th</sup> June 6.30pm-7.30pm &  
Youths & Seniors - Wednesday 3<sup>rd</sup>  
June 7.30pm-9pm Tuesday, £3 both  
at Bristol Judo Hartcliffe, Hartcliffe  
Gymnastic centre

## Gradings & Theory awards

Gradings will take place between **8<sup>th</sup> -23<sup>rd</sup> June**. If your child wishes to grade they need to know the theory from the new syllabus, available on the website. If there is anything they are not sure of, they should ask for help beforehand.

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

## 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.

### Who's who at Patchway? (new post holders in italics)

Chair - John Bath, Senior Club coach.  
Vice Chair minis – Julie Windows.  
Vice Chair juniors – Andy Phelps.  
Junior Coordinator & Secretary – Alison Finn, 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, Juniors Coach.  
Web master – Giles Norton. [gilesnorton@hotmail.com](mailto:gilesnorton@hotmail.com)  
Welfare officer – **ian England** [ian@england8277.freeserve.co.uk](mailto:ian@england8277.freeserve.co.uk)  
Fundraising Co-ord – Robert Chandler [Robert.chandler@paprika.ro](mailto: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  
Treasurer & Competitions Julie Moore  
Subs – Dave & Louisa Nelson  
Kano Secretary – Neil Jenkins  
Welfare Officer – Pat Dymond  
Webmaster – Giles Norton  
[gilesnorton@hotmail.com](mailto: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 well on his way in his Lands End to John O'Groats super marathon on a hand bike. Thank you Chris
- 
- Photographs – we have a new member to the photography team, Steve Field!
- At Brean Giles and Steve took some great shots and together with the sales team, Robert & Tom Chandler sold enough that we have now paid for all the equipment. All the profits now will go straight in to the Dojo fund! If you haven't seen the photos, go online now and click the "Photo Sales" button on the left hand side of the homepage.
- Emma is still working her magic making everyone in the club look and smell more beautiful. In doing so she has raised over £150. So if your friends and colleagues buy Avon, convince them to order through Emma as all proceeds go to the Dojo fund.

Roni made a fantastic effort writing letters and securing raffle prizes for the Brean raffle, raising approx £100!

Robert is planning a fundraising Variety show on 9<sup>th</sup> July at Westbury on Trym school, tickets will be £10, so if you can sell any tickets or would like to help please see Robert.

- Looking a bit further ahead, 4 members of the club have entered into the Bristol Half marathon on September 6<sup>th</sup>. 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.

We have several displays coming up so please see the website or notice board for details.

We have a joint launch of the fundraising on Saturday 4<sup>th</sup> July 2pm at Stoke Lane playing fields Little Stoke.

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 [robert.chandler@paprika.ro](mailto:robert.chandler@paprika.ro) or see Robert at Patchway most Saturdays.