

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 24th October Parents Forum (Patchway) 10.35am &

Sponsored Swim 7pm-8pm Bradley Stoke Pool

Saturday 19th December Christmas Party at Patchway 10am-12.15pm

– All welcome

Family disco TBA

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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alison@nsbjc.com

www.nsbjc.com

Drinks bottles are needed all year round!!



September 2009

Next Patchway Parent forum meeting 24th October 2009 10.35am

Welcome back after a wet and windy Summer! We are about to enter a VERY busy time, with ranking events and trials for the more Senior players and club gradings. (Don't forget theory sheets!) Amongst all this we are on the homeward straight to achieving "Silver" clubmark, BJA next level from the one we have already achieved.

As the clubs grow we do need more parents to get involved; everyone has skills that can be useful, don't be shy!

Don't forget to check out the website for up to date information, reports and photographs!

www.nsbjc.com

Future Competitions

- Sept 6th Heart of England, NIA **1/6
- Sept 12th Western Trials for British Championships – City Academy Bristol –
- Oct 4th "A" Band British Championships Dagenham
- Essex "B, C & D" British Championships Sheffield
- October 18th Plymouth Open Junior & Senior **1/10
- February 20th 2010 North West Area Age banded

Details of local inter clubs will be on the website soon

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

Hygiene

Last month we looked at behaviour & etiquette, this month we look at rules relating to hygiene; judo is a close contact sport, for the welfare of all players will all players please adhere to these rules.

A good judoka should always....

...Keep their body and judogi clean; ensure hands & feet are washed before going onto the mat (if appropriate deodorant is worn) & kits washed regularly.

...Make sure that finger and toe nails are cut short.

...Be careful not to step on to the mat when wearing any kind of shoe; should always wear shoes or zori to and from the mat edge.

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.

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?** WE ARE IN DANGER of wearing out our regular volunteers. If you can't make tea or cook, there is always the washing up – Please 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!!! 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!

Who's who at Patchway?

Chair – Andy Phelps
Vice Chair – Julie Windows (Juniors) Mark Taplin (Minis).
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
Volunteer coordinator – Sadie Hall
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

County & Area training

County – Junior & Youths

Saturday 19th September Patchway
10.30am-12noon

£3

Gradings & Theory awards

The next gradings will take place in October. NB. Not all players will grade every time we hold a grading. **However** theory sheets can be done at ANYTIME.

Yellow belts and above should have at least Theory 3.

Orange belts and above, Theory 4.

Still only a handful of players who have

HELP TUESDAYS – the change of times has 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 Seamills?

Chair – John Bath Senior Club Coach
Secretary – Alison Finn
Treasurer & Competitions Julie Moore
Subs – Dave & Louisa Nelson
Kano Secretary – Neil Jenkins
Welfare Officer – Kelly Jefferies
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

- Chris Button has 60 miles to do – if anyone knows how we can get the press to cover it please don't be shy!
- Photo team has had a quite time, hopefully we will get going with the new season of competitions.
- Bristol Half Marathon Sunday 6th September, whilst the more senior players are fighting in Birmingham at the NIA, Luke, Robert & John Llwyrych will be pounding the streets of Bristol in the hope of raising DOJO funds. I will be sending out the sponsorship form for them separately, if you can get neighbours, friends, work colleagues to sponsor them, it is easier than running it yourself!! Good Luck and thank you to them.
- Emma is still doing a sterling job with Avon – HOWEVER she needs your HELP, PLEASE PLEASE can you pass the books around your friends and families, there are loads of offers already for the holiday we have at the end of the year – I refuse to write the name of the festival in September!! All proceeds go to the Dojo fund.
- Swimming Pool has been booked for Saturday 24th October 7pm-8pm for Sponsored Swim, please come forward if you would like to be in one of the teams, we are going to have and under 12's and an over 12's team- come on mums and dads – every length counts!

Robert Chandler – Fundraising Coordinator.