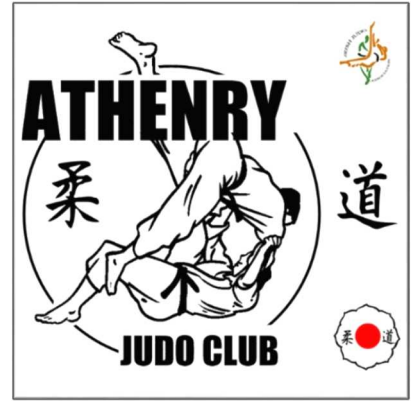


ATHENRY JUDO CLUB

District Health and Fitness, Raheen Business Park, Athenry
www.athenryjudoclub.com T: 0868252221



Dear Members,

We have reached the end of yet another great term in Athenry Judo Club. We'd like to say a huge thank you to all our members and their families for your continued commitment to the club and for helping make it yet another huge success both for our club and for the growth of Judo in Athenry and Connaught.

On behalf of the coaching team at Athenry Judo Club, we'd also like to say a special thank you and well done to all the students for their hard work and attention this term. We hope all the students have enjoyed their Judo this term as much as we've enjoyed teaching them.

Best regards

Ben Clayden 2nd Dan

Head Coach - Athenry Judo Club

Club Development

The club has made a significant investment in additional mats to increase our training area by 40% and accommodate new members.

From September 2014 we will be training in the larger gym area on both Wednesdays and Saturdays. This provides additional space for new members so please feel free to invite your friends and family to come along and try Judo. First class is free.

We are also delighted to report a significant increase in female participation in Judo in Athenry and we encourage all our members' families' and friends to take to the mat and give Judo a try. Judo is for everyone regardless of age, gender or ability.

Class Times

Wednesday Classes

Primaries (under 7 years of ages) 5.30pm to 6.30pm

Minors (under 12 years of age) 6.30pm to 7.30pm

Cadets and Seniors (over 12 years of age) 7.30pm to 9pm

Saturday Classes

Primaries and Minors (under 12 years of age) 11.30am to 12.30pm

Advanced Minors, Cadets and Seniors (yellow belt and above or over 12 years of age) 12.30pm to 1.30pm

Advanced Cadets (Over 12 orange belt and above) and Adults only. 1.30pm to 2.30pm

Important Announcement

The changes in class times and location take effect from 1st September 2014.

Contact 0868252221 or email admin@athenryjudoclub.com for more information.

Athenry Judo Club Basho Report

In May we ran our first Athenry Judo Club Basho (Contest). The event was designed to gently introduce students of all ages, sizes and abilities to the structure and rules of competition Judo. The main focus of the event was on participation and fun.

The event was very well attended and there were thirteen categories with four or five participants in each Category run on the day. Special participation medals were presented to all students and Gold, Silver and Bronze competition medals were presented to all competitors. There were also special "Spirit of Judo" trophies presented to students who showed the best understanding of the spirit of Judo through their conduct, courage and attitude rather than solely based their ability to win.



Without exception the students performed fantastically on the day, demonstrating clean, skillful Judo with a focus on winning fairly and looking after their fellow participants. We were particularly pleased to see the students supporting and encouraging each other, keeping a smile on their faces and showing excellent Judo etiquette regardless of the outcome of their contests.

There were some lovely moments in the primaries age group's contests and some great throws, and lovely hold downs in the Junior's categories. Our senior players also showed great skill and sportsmanship to round out the day on a high point and with a display of wonderful Judo technique.



Highlights of this Term

April 5

Athenry Judo Club Easter Grading

May 10

Athenry Judo Club First Basho

June 21

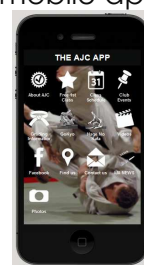
Connaught Area Mini Mons

July 16

Athenry Judo Club Summer Grading

AJC MOBILE APP

Don't forget to download our free mobile app.



<http://AJC.mobapp.at/>

Download Via QR code



Honored Guest

We were honored to have Sensei Harry McGuigan (6th Dan) in attendance on the day to support our event and to present the medals. Sensei McGuigan is the chairman of the National Grading Committee and one of Ireland's most respected Judo men. He is also one of Ireland's most successful international competitors having achieved numerous international medals including an IJF World Championship Silver medal and numerous European championship medals at Masters level.

A huge thank you to all of the people who helped set up the event and all of the families of the players for coming along and supporting the event.



Connaught Interclub

In June, Athenry Judo Club helped to organize attended the Connaught area mini mons competition. This event was hosted by our friends in Oranmore Judo Club and saw more than 60 participants from 3 clubs competing on the day. All the Judoka from all clubs showed great sportsmanship and were a credit to themselves, their families and their clubs, with all participants earning medals for their efforts and achievements. A big thank you to Tony Allen, Pete Wells, Richard Murphy and all at Oranmore Judo Club for your hospitality on the day from all of us at Athenry Judo Club. Thank you also to Marty Loughlin and John Martin who helped out on the day by refereeing and running the tables.

THE ONLY PERSON
YOU SHOULD TRY
TO BE BETTER THAN,
IS THE PERSON YOU
WERE YESTERDAY.

Upcoming Events

August 6

District Fitness Summer
Camp Judo Sessions for new
students

August 13

District Fitness Summer
Camp Judo Sessions for new
students

September 20

Connaught Area
Invitational Bashi hosted by
Athenry Judo Club

October 4

National Dan grading,
National training Centre,
Finglas, Dublin



Like us on
Facebook

www.facebook.com/JudoAthenry

Club Grading

The key tenants of Judo are to promote continual self-improvement and the wider goal of mutual welfare and respect within society. Athenry Judo club is committed to the continual progression and development of all of our Judoka. Whilst grades provide an indication of ability and progress, it is also important and expected that all AJC Judoka understand that we can all learn from each other regardless of grade, age or ability. With this in mind we encourage all students to understand that with their advance in ability and grade there comes a responsibility to help other aspiring Judoka on their journey.

This term we've awarded 11 new students their first Judo grade. More than 30 students across all of our classes and of all abilities have also progressed through the grades to their next level of achievement. The club is very proud of our students' progression and achievements this term and are delighted to see the confidence this brings with it.



District Summer Camps

DISTRICT
HEALTH & FITNESS
SUMMER Sports CAMPS
A FUN AND HEALTHY
SUMMER CAMP FOR YOUR KIDS
THIS JULY & AUGUST
4-7 years / 8-12 years. Boys & Girls.
Fees per week per family
1 Child €70
2 Children €130
3 Children €160
€10 discount per child, if they sign up for 2 weeks
ATHENRY, CO. GALWAY
Email: info@district.ie or call us on 091 844 098 / 087 653288
Alternatively sign up now online at www.district.ie

With the help of the team at District Fitness we've introduced 40 new boys and girls to Judo at the District Fitness Summer camps in July. Well done to all of the children who took part. We hope you all enjoyed your first taste of Judo and looking forward to seeing you again soon.

Athenry Judo Club will be back at the District summer camps in August and our Judo classes are running as normal every Wednesday and Saturday all summer.

Upcoming Events

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District Fitness Summer Camp
Judo Sessions for new students

August 13

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Judo Sessions for new students

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Basho hosted by Athenry
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October 4

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