



Fighting Fit

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Fighting Fit Elite Judo Squad

I am pleased to announce that Fighting Fit Judo Club has now formed an 'elite squad'.

You may or may not know that Fighting Fit Judo Club is made up of several school clubs as well as two evening clubs around the Great Yarmouth and Lowestoft area.

These clubs vary in size but at present the total number of students practicing judo is approximately around 200 and that number is growing all the time. From these students approximately 30 are selected to produce our elite squad, which consists of two smaller squads:

- **The Development Squad** – for younger players who may potentially become great judo players in the future but still need to develop the basic fundamentals of the sport while continuing to have fun.
- **The Competition Squad** – for slightly older players who have also shown some potential early on and appear to enjoy competing.

Goals for our elite squad

Immediate goal

- Run successful well-supported squad training sessions on a monthly basis.

Short term goals

- Invite other judo clubs to exchange visits in order to practice with new people.
- Invite top National/International players/coaches to deliver the occasional session.
- Arrange to compete in various levels of competition.

Long term goals

- Enhance the clubs reputation nationwide.
- Introduce Fighting Fit Elite Squad clothing (i.e. tracksuits, t-shirts, hats etc)
- Organise trips abroad to train and compete.
- Produce National medallists at junior and senior level.

Ultimate goals

- Produce World and Olympic medallists

I think it is very important for everyone to know why and how the 'elite squad' has been formed. Firstly, we all know that in life there are things that we are poor at, some things we are ok at, some things we are good at, and others we excel at. This doesn't necessarily mean that we should only participate in activities that we are good at or excel at if we enjoy a particular activity. This is why I am careful not to single out talented players for preferential treatment

during general club sessions, as I believe everyone should be given an equal opportunity to shine. However, talented players will not reach their full potential unless they are encouraged to move forward. This is where the 'elite squad' could benefit those players. Another major benefit is that all those with the most potential will be practicing along side one another, which will allow the group to progress much faster.

How to get selected

Selection for the 'elite squad' is completely my decision. It would be far too difficult to hold a selection competition or trials event as players vary so much in size, age and experience. There may be players selected who have only done judo a short time so it is purely about potential as opposed to who can beat who in a contest.

Players are normally sent confirmation of their selection to their home address along with a reply slip to return to my home address ASAP, either accepting or declining their place on the squad. Alternately, some players may be invited verbally. I appreciate that some parents may be apprehensive about allowing their child to participate, as the assumption may be that they would then be expected to take their judo too seriously. Please be assured that our main focus is still to have fun and nobody will be pushed against his or her will.

When and where did sessions start?

The first proper elite squad sessions began in January 2009 and the sessions will be on-going at roughly monthly intervals. They are held at the East Anglian Martial Arts Centre, 163 Bridge road, Oulton Broad, Lowestoft, NR33 9JU. (map to the venue can be found on our website)

Open sessions

The Elite Squad session will run from 10.00am to 11.30am which is exclusively for members that I have selected and also for any other players that I invite because I consider them to be of such a standard as to benefit the Squad members as well as themselves. This will be followed by an open training session open to all players. (including Elite Squad members who can take part free of charge) This open session also serves to give those keen players who may be very close to making the squad an opportunity to put in some extra training.

Times

ELITE SQUAD SESSION: 10.00am-11.30am
OPEN JUNIOR/SENIOR SESSION: 11.45am-1.00pm

Prices

ELITE SQUAD SESSION: £5.00
OPEN JUNIOR SESSION: £3.00/SENIOR SESSION: £4.00

Future selection

Once selections are made the squad remains unchanged for 6 months at a time except for special circumstances. Letters will be sent out again before the next 6 month period. Alternately, some players, especially existing squad members, may be invited verbally.

Finally I would just like to wish everybody good luck!

Regards

Dominic