



Camp d'Entraînement d'automne 2013

Fall Training Camp 2013

Dates: 4/7 November/novembre 2013
Lieu/Venue: Centre Pierre Charboneau (PC), Montréal, Québec

Heure/ Time	4 Novembre/ November	5 Novembre/ November	6 Novembre/ November	7 Novembre/ November
10:00- 11:30	Newaza (PC)	Newaza (PC)	Newaza (PC)	Newaza+ Tachiwaza (PC)
17:30- 19:00	U16 Men/homme & All Women/ Femmes (PC) Tachiwaza	U16 Men/homme & All Women/ Femmes (PC) Tachiwaza	U16 Men/homme & All Women/ Femmes (PC) Tachiwaza	Rest/Repos
19:00- 20:30	U18 & Older Men (PC) Tachiwaza	U18 & Older Men (PC) Tachiwaza	U18 & Older Men (PC) Tachiwaza	Optional Training at: Entrainment optionel: Shidokan Judo Club (19h30)

S.V.P. fournir une liste des athlètes intéressés à Judo Canada.
 Please send a list of athletes that are interested to in this camp to Judo Canada.

Personne contact: **Danek Nowosielski**
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