



# Ippon

Official Club Newsletter — Autumn 2013 - December - Issue 10

## Latest Club News and Information

**W**elcome to the latest edition of Ippon our Kingsley School Judo Club Newsletter. This edition is a little later out this term, so sorry for the delay, but it means we have lots of exciting news to talk about. I would like to welcome once again the many new comers to the club and wish them well as they start what I hope will be a fulfilling Judo experience.

**R**ecord breaking Kingsley Club. What an achievement by all those who took part in our fund raising THRO-WATHON event in September. We worked to hard for one whole hour and completed an amazing 7718 throws in total. It was truly an exhausting hour's work and many thanks to all who made it happen on the day.

**B**JA Licence updates for all our members. Please be aware that the rule from the British Judo Association is that when you start Judo we can allow up to 4 lessons before we need to look at taking out Insurance from the BJA. More details can be obtained from the Coaches. Judoka who already hold a licence please make sure its renewed on time, You should automatically be sent a renewal letter about 4 weeks before your licence expires.

**W**e are always trying hard to come up with ideas to keep the club fresh and exciting for all its members. To do this we would be grateful for ideas from you all, or even better some more people to join our support committee. A Lot of little jobs done by Volunteers **MAKES A DIFFERENCE** so please be a come volunteer your help is appreciated, and is so much needed.

**S**ummer camp held in August was yet again another huge success, with over 55 Judoka attending during the course of the 5 days of activities. We welcomed some top International Fighters who all took some time out from busy training schedules to join in and

help coach at this years John Davies Western Area International Training Camp. I was very pleased with the determination and excitement from some of our own club Judoka who attended some of the sessions and particularly those who lasted the whole hard 5 days, as the camp is not a fun holiday at all !!!! News and pictures can be found on the Camp group's facebook page. Next Year's Camp is already booked for 17th to 21st August 2014.

**K**ingsley's first British Masters Champion Steve Dean, fought well to win Gold at the British Masters Championships in Kidderminster in October. Steve threw a massive Ippon to win the Gold in the 30-35 year old heavy weight Group.

**B**uilding for the future our under 8yr old class at 5pm on Thursday evenings is now running at a regular attendance of approximately 15 Children each week. In recent weeks we have seen a huge increase in this group with many 5 year olds joining the class. This is great news with so many new children, but older children who wish to progress are also welcome to join in with the 6pm class if they wish to do so.

**C**oaching award. Steve Dean has now passed his UKCC Level 2 Coaching certificate and Simon Ward has now completed his UKCC Level 3 transfer from his old BJA Level 3 to the new system. Both have had to compile a huge amount of research and complete assignments to achieve these awards.

**N**orth Devon School's Judo Festival held at Kingsley proved to be a wonderful day's Judo for students from Bideford College and Ilfracombe Academy. The day was spent introducing judo to many students for the first time and then having a small team event at the end of the day, which Ilfracombe won 3-2. It's hoped this will build over time and many other local schools can

come along for a day visit.

**G**reat Britain performance ranking success for Kingsley Judoka. After a hard season three fighters finished the year inside the Top Ten, Michael Edwards Cadet -73kg finished in 7th, Chris Edwards Cadet -60kg finished in 8th while Andrew Serdega finished in 9th in the Junior -66kg class.

**A**nnual awards evening will be held in January. We will welcome 2013 European Open Silver medalist and 2011 World Junior Bronze medal winner Ben Fletcher as guest of honour. Ben will be running two classes as part of our Silver Clubmark award evening. Ben who trains full time at TeamBath will be joined by BJA Technical Officer Sandra Klinger. We are planning to hold this on a Tuesday evening and as soon as we have a confirmed date from Ben we will inform everyone. It will certainly be a wonderful evening as we also now have many awards to hand out as part of our NEW annual awards.

**C**hristmas training times will offer you the chance to not miss out on any Judo during the Holiday period. The last Thursday session will be on the 19th, this will be a combined 6pm-7:30pm class. Christmas Holiday Fun Judo Day on Monday 23rd 10am-3:30pm £12 per Judoka. The first session in 2014 will be Thursday 9th Jan with normal training times resuming.

**C**lub Captains for 2014. Each term next year we will pick two Judoka to hold the role of club captains. This will include coaching support, Festival event support, grading support and much more. These roles will be announced in January.

**A**dult beginners course due to start in February at last! Over the past few months many parents have been asking about starting Judo, so we are set to commence a new class which at first will be just for beginners from the age of 14.

### Kingsley Judo Club Events 2014

#### January

- Thurs 9th First Judo Session
- Tues 14th- Grading Seminar & Assessments 6:30pm start
- Wed 15th - England Excell Plymouth
- Tues 21st- NEW Junior Squad Session 7pm-8:30pm
- Sun 26th - Patchway Low Grade Open-Bristol
- Thurs 30th - Kingsley Judo Club Parents Night

#### February

- Sat / Sun 1st & 2nd - Midland Aged Banded Championships
- Wed 5th - England Excell Plymouth
- Sun 9th - Devon Individual and Club Team Championships - Kingsbridge
- Sat / Sun 15th & 16th- UKCC Level 1 Coaching Course - Kingsley Sports Hall
- Wed 19th - England Excell Plymouth
- Tues 25th England Training at Bath University

#### March

- Sat 9th - British Schools

### 2013 Kingsley Medal Results

- 28 Events Attended**
- 28 Judoka Competed**
- Gold Medals = 23**
- Silver Medals = 12**
- Bronze Medals = 37**
- 262 Contest Wins**
- 192 Contest Lost**

We have one more event to add to this data

## Kingsley School Team Profile

**Cameron Lavelle**

Yr 7 Age 12

**Judo Grade**

10th Mon—Green Belt

**His Favourite Throw is** = Harai-Goshi

**His Favourite Judoka is** = Winston Gordon



Your Best Judo Moment = Winning against a higher graded player at the Devon Championships

His Judo Ambition is = To Be an Olympian

His Favourite TV show = Big Bang Theory

His Favourite Music = Electronic

What is your favourite subject = Science

What Is Your Best Quality = Perseverance's

Find the Throw

O I O S T G A R O K

T E O G N E O A M



### A Look Back at the 2013 Competition Season

It's been yet another busy and well travelled season for many of our Kingsley Judoka. We started last January with the British Championships in Sheffield with our older fighters competing well but not coming home with any medals. Kitty Lavelle won the Bronze in the -28kg Girls category. At the Midland Area Aged Band Championships when she won the Bronze in the -28kg Girls category. At the Devon Junior event in March Kingsley won 3 Gold medals from Chris Edwards, Aaron Hastie and Joe Wicket. Back to Sheffield the week after and Andrew won Gold at the British School's Championships he then won a Bronze the following day at the English Junior Open. Louis Hughes produced an amazing performance to win a Bronze also at the British School's Event. Our younger players won 14 medals at the Tora Kai Event in Bristol and then a week later Cameron, Kitty and Zach won medals at the Devon Open Mini Mons in March. In May Andrew finished 9th in the European Cadet Cup in Berlin, this was an incredible performance as there were 82 Judoka in the group. Moving from Germany to Holland Andrew won Gold and Chris Edwards won a Bronze at the Ippon Trophy in Antwerp. In June we won a total of 14 Medals at the Bedminster Championships in Bristol with Chris Edwards winning 1 Gold and 2 Bronze after competing in 3 events. Michael Edwards collected a Bronze at the Western Area Open in Swindon and added to his National ranking points in his weight class. August saw 55 Judoka attend the International Training Camp at Kingsley, it was a brilliant 5 days of very hard training and it was very pleasing to see many Kingsley Judoka attend and train along side lots of top International Judoka. The new school term started with a trip to the Northern Home Counties Championships with Chris and Michael again winning Bronze medals and more ranking points. Steve Dean then fought hard to win Gold and become British Masters Champion in Kidderminster. The following day Mark Wild and Cameron Lavelle competed in the British Championships for the under 12's, It was a difficult event with both boys fighting well, and Mark just missing out on a Bronze medal. Andrew then travelled back to Holland to win another Gold at the Dutch Tournament in November, while our younger fighters were fighting at the Gloucester Open winning 4 medals. Mark Wild then travelled to Holland with the BJC National team and won a Gold at the Antwerp U13 in December. It's been a great year with many excellent achievements from our Kingsley Team. Its good to see so many younger fighters now competing regularly at different levels within the performance pathway. I'm sure this comes from the many club festival events which help to develop our competitive attitudes. I'm looking forward to seeing how well 2014 develops. A MASSIVE THANK YOU TO ALL THAT HELP KEEP KINGSLEY GOING STRONG

U	V	M	A	T	A	J
D	W	P	U	X	F	K
E	R	A	S	H	I	M
A	H	C	K	P	E	S
L	I	Y	D	T	K	T
V	Z	P	E	J	F	I
C	A	F	A	G	G	H
M	I	T	L	U	K	S
O	A	R	Y	E	S	O
K	T	B	I	B	U	K

Monday 23rd  
December  
2013  
Christmas  
Active  
Judo  
Fun Day  
Open To All  
10am—3:30pm  
£12.00  
With Family  
Discount



Josh Hunt Producing his best throw on Sam Foulser last year

