



ARUN SOUTHCOAST JUDO CLUB NEWSLETTER JANUARY 2009

Tel: 07860-445278

4 MONTH AND 12 MONTH TROPHY - DECEMBER 2008

4 Month Trophy : JUNIOR WINNER - CHARLIE WISE : JUNIOR RUNNER UP - JACK SHEPHERD

4 Month Trophy : PRIMARY WINNER - JOE GILBEY: PRIMARY RUNNER UP - JAMES SHEPHERD

4 Month Trophy U8 : WINNER : DOMINIC SPENSER-BRIGGS

12 Month Trophy : JUNIOR WINNER - KEYAHNOUSH PENNY : JUNIOR RUNNER UP - JOSH SMITH

12 Month Trophy : PRIMARY WINNER - CONNOR LEONARD: PRIMARY RUNNER UP - CHRIS JONES

12 Month Trophy U8 : WINNER : MARCO MARRA

CLUB COMPETITION - SUNDAY 1ST FEBRUARY 2009

The Club Competition is now FULL! NO MORE NAMES.

KENT COMPETITION - SUNDAY 15TH FEBRUARY 2009

The Kent Competition is now FULL! NO MORE NAMES. - GOOD LUCK TO ALL TAKING PART.

GRADINGS - 26TH APRIL 2009

The next Grading will take place at Ferring on the 26th April 2009. NO NAMES YET.

COMPETITIONS 2009

If you are interested in taking part in Competitions, please let me know. Because of the different levels of competitions I will only let you take part if i think you are ready for that certain competition.

Come and speak to me for more details.

JUDO SUITS

Please remember, if your Judo Suit is to small, you can be removed from any competition.

TRAINING

As most of you know i have got very few places in the club for new members or existing members who wish to do extra training at another club, i hope the following information might help you as I am always being asked about places at my other clubs.

MONDAY - FULL

TUESDAY - PLACES FOR U12

WEDNESDAY - FULL

THURSDAY - FULL

FRIDAY - FULL

SATURDAY - FIRST SESSION FULL, 2ND SESSION PLACES.

If you are 10yrs or above and would like to train at East Preston on a Tuesday 7pm - 8pm please speak to me

CLUB CLOSING

The clubs stay open throughout all holidays except Christmas. This means you can train 51 weeks of the year.

CLUB WEBSITE

A lot of time and work goes in to the clubs website to keep it up to date. Any information you need to do with the club will be on the site. Please check it if you need to find out about Competitions, Gradings of anything the club will be involved in. Remeber.....ITS THERE FOR YOU TO USE.

WELCOME TO THE CLUB

No new members were allowed to join the club in December - Names to appear next month.