

2021 SENIOR SQUAD TIMETABLE

CADET BOYS/GIRLS, JUNIOR MEN/WOMEN & SENIOR MEN/WOMEN

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
		8 th May 10.00 – 12.00pm 2.00 – 4.00pm	9 th May 9.00 – 11am
10 th May No Training	12 th May Men:7 – 9pm Women:7-9pm	15 th May 12.30 – 2.30pm Combined M&W	
17 th May No Training	19 th May Men:7 – 9pm Women:7-9pm	22 nd May 12.30 – 2.30pm Combined M&W	
24 th May No Training	26 th May Men:7 – 9pm Women:7-9pm	29 th May 12.30 – 2.30pm Combined M&W	
31 st May No Training	2 nd June Men:7 – 9pm Women:7-9pm	5 th June 12.30 – 2.30pm Combined M&W	
7 th June No Training	9 th June Men:7 – 9pm Women:7-9pm	2021 NATIONALS Friday 11 th June, Saturday 12 th June, Sunday 13 th June, Monday 14 th June Wednesday 16 th June National Training Camp	

Please note due to covid restrictions lunch will not be provided at camp on the 8th May.

BYO Lunch, local providers Armory Wharf Café or Newington Shopping Centre.

Womens Head Coach:

Kylie Koenig.....0404488075 Email: kwkoenig1@hotmail.com

Mens Head Coach:

Ivica Pavlinic0498199964 Email: ivicapavlinic@gmail.com

Managers:

Nigel Fricker.....0423692991 Email:nigelfricker@yahoo.com.au

Matthew Carpenter...0402838242 Email: mlc2020@gmail.com

Kirsten McDougall.0414677758Email:kirsten.mcdougall2@gmail.com

Senior Selection Criteria:

- **Country athletes defined by the Central Coast and Illawarra Regions must attend Saturday sessions. Separate arrangements will be made for athletes residing outside these areas.**
- **Athletes must attend 75% available weekly training sessions post NSW State Training Camp.**
- **Combined Medical and Athletes Agreements will be developed for 2021**
- **In 2021 Cadets will be required to attend Senior training session. Exemptions may be possible after discussion between Senior and Junior Coaches for athletes whose weight prevents them from realistically participating in the Senior session.**
- **Judo NSW Team 'Hoodies' required to be worn by all athletes at National Championships.**