

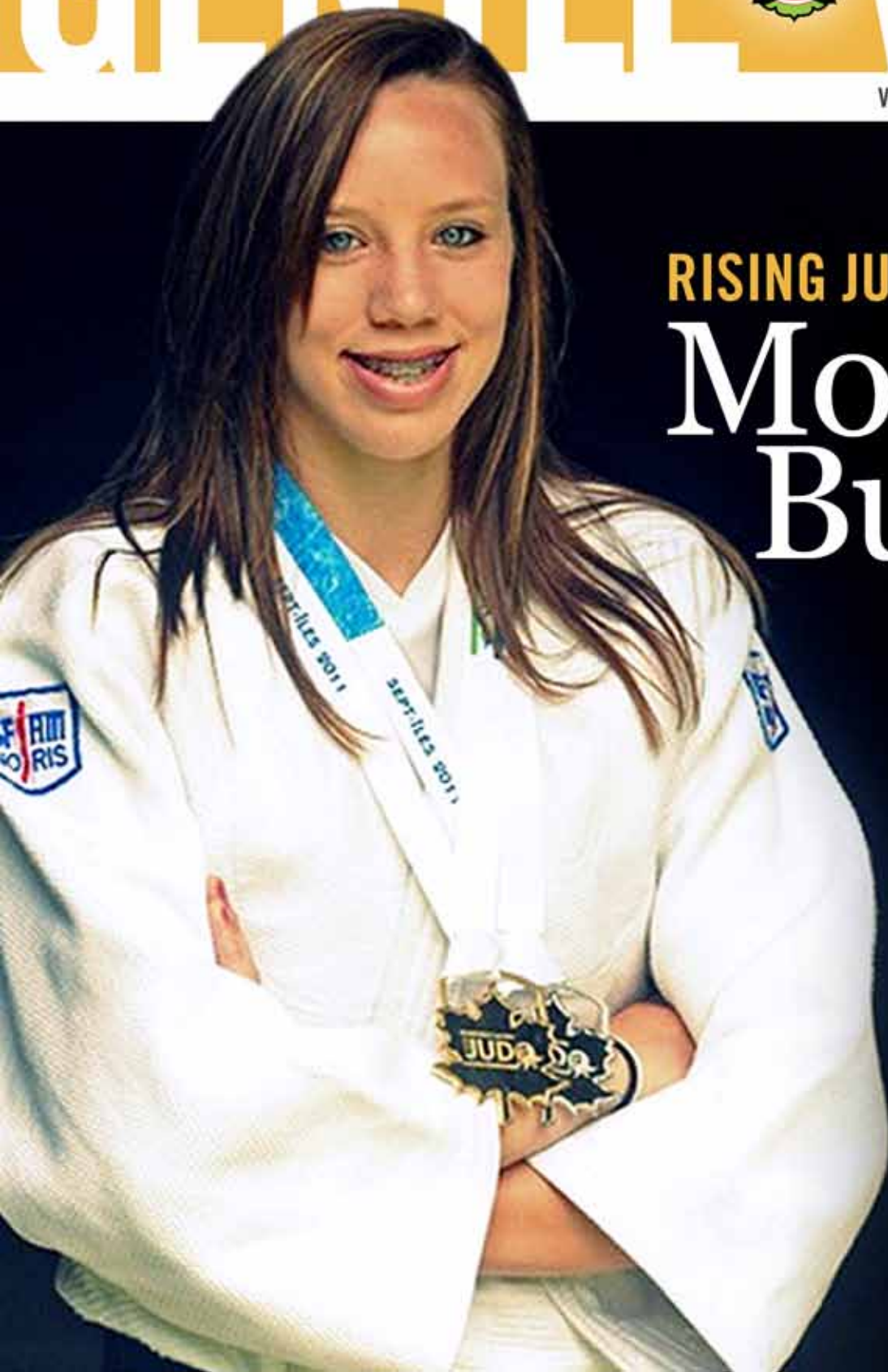
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The Official
Judo Ontario Newsletter

THE GENTLE WAY



Volume 8 Issue 2 November 2011



RISING JUDO STAR

Monika Burgess

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INSIDE
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Annual General Meeting Report

The Annual General Meeting of Judo Ontario was held September 18, 2011 at its head office in Toronto. Under the constitution that was adopted last year, one half of the Board must stand for election each year. Judo Ontario confirmed that it received no declaration of candidacy from any members other than from the four incumbents up for re-election. The four returning Board Members who were declared by acclamation were Mitch Kawasaki as 1st Vice-President, Tom Kasprzyk as Secretary General, Rudy Fischer as Vice-President Marketing & Promotions and Dave Robb as Vice-President Competitions.

“I am pleased to be working once again with this dedicated group of hard-working Board members,” said Brian Kalsen, President of Judo Ontario.

Below is the Board of Directors for Judo Ontario for 2011-2012 (title, name, hometown, and term):

| | | | |
|------------------------------|------------------|--------------|-----------|
| President | Brian Kalsen | Ottawa | 2010-2012 |
| 1st Vice-President | Mitch Kawasaki | Hamilton | 2011-2013 |
| Secretary General | Tom Kasprzyk | Smithville | 2011-2013 |
| Treasurer | Gary Boutillier | Ottawa | 2010-2012 |
| V.-P. Marketing & Promotions | Rudy Fischer | Uxbridge | 2011-2013 |
| V.-P. Competitions | Dave Robb | Guelph | 2011-2013 |
| V.-P. Operations | Doug Wilson | Newmarket | 2010-2012 |
| V.-P. Technical | Aartje Sheffield | Cedar Valley | 2010-2012 |
| V.-P. Regions | Mario Rodrigue | Thunder Bay | 2010-2012 |

Source: Allan Koyanagi

35th QUEBEC OPEN INTERNATIONAL JUDO CHAMPIONSHIP

Source: Bob Zettl

RESULTS

From October 8th to October 9th, 2011, over 800 athletes competed in the Quebec Open at the Pierre-Charbonneau Centre in Montreal. For results of the Quebec Open, go to www.judoontario.ca/events/results.

FOLLOW THE CANADIAN

PAN AM TEAM

ONLINE

The Pan American Games in Guadalajara, Mexico, opened on Friday, October 14, 2011. You can follow the Canadian Pan Am Team at Olympic.ca, Facebook (Canadian Olympic Team) and Twitter (@CDNOlympicTeam).

Source: Allan Koyanagi

The following is a list of the Judo Team at the Pan Am Games:

Participants on the Women's Team:

| | | |
|--------------------|--------|----------|
| Laurie Wiltshire | -52 kg | Calgary |
| Joliane Melançon | -57 kg | Montréal |
| Stéphanie Tremblay | -63 kg | Montréal |
| Kelita Zupancic | -70 kg | Montréal |
| Amy Cotton | -78 kg | Montréal |

Participants on the Men's Team:

| | | |
|------------------------|---------|----------|
| Frazer Will | -60 kg | Montréal |
| Michal Popiel | -66 kg | Montréal |
| Nicholas Tritton | -73 kg | Montréal |
| Antoine Valois-Fortier | -81 kg | Montréal |
| Alexandre Émond | -90 kg | Varennes |
| Stefan Zwiers | -100 kg | Montréal |

Coaches: Marie-Hélène Chisholm and Nicolas Gill

Physiotherapist: Isabelle Pearson

JUDO ONTARIO WEBSITE: KEEP YOUR ACCOUNT UP-TO-DATE

Written by: Chris Trubela

Over the last four years the Judo Ontario website has seen some pretty significant changes. From humble beginnings, Judo Ontario has grown the website into a behemoth of content and functionality, and the best is yet to come. Some of the future updates will provide club owners with more tools to manage their club members and market their dojo to attract new members. Other updates will focus on delivering better and more timely content to the general membership.

As we plan and implement these upgrades and improvements we should take some time to elaborate on some of our current functionality and how to effectively use it, specifically accounts.

Member Accounts

Maintaining accurate member profiles is most important. The event registration system and membership renewal system both use your date of birth, gender and your current belt rank to determine the membership type(s) you qualify for when renewing your Judo Ontario membership and the division(s) you qualify for when entering an event/shiai. Keeping this up-to-date and accurate

is your responsibility and is quick and easy to do. Simply log in to your account using the log-in area at the top of the website. Once in, click the "View/Edit my Profile" button on the right hand side of the page. You will see your current profile information. By clicking the "Edit my Judo Profile" button at the

bottom of the page you will be able to edit most of your information. Your gender, belt level and date of birth can only be changed by your club owner. A good idea is to write your Username and Password in your Blackbook, and keep your Blackbook safe.

LEAVE NO STONE UNTURNED

ONTARIO COACHES CONFERENCE February 24-26, 2012 Hilton Suites, Markham

www.coachesontario.ca/q4g

Logos: Ontario, YRAA, GOLF

WORLD JUDO DAY

Source: <http://www.intjudo.eu>



The International Judo Federation in its missions has the duty to develop judo in all sectors. When Master Jigoro Kano created judo in 1882, he wanted to create a means of education and he did it. This is the foundation of our discipline. Nowadays, I want this dimension to be better known by all the judoka and generally speaking by everybody.

Our discipline has values that grow naturally in the dojo and on the mat, particularly through the various exercises that all of us have learned in our club. These values must of course find a

favorable echo in everyday life and beyond that, in the society.

October 28, the birthday of Jigoro Kano, will from now on be an annual day of awareness about judo and its values. This day will be the one of all the judoka. I wish that all practitioners, clubs, national federations and Continental Unions rally to highlight the greatness of judo.

This year the value of respect was chosen as the main theme of the first World Judo Day. But this worldwide action is not limited only to a single day, now we need to work to ensure its success and I count on you to be efficient relays.

With all my friendship and respect for the work undertaken on a daily basis in all the dojos around the world.

Marius L. Vizer, International Judo Federation President

Canadian Paralympic Committee Announces Team for Guadalajara 2011 Parapan American Games

Source: *Allan Koyanagi*

The Canadian Paralympic Committee (CPC) on Saturday, September 17, 2011 announced its high-performance team that will be competing in the 2011 Parapan American Games. One of the largest teams in its history, a total of 213 members, will make up the Canadian team which will compete at the 2011 Parapan American Games in Guadalajara, Mexico, from November 12 to November 20, 2011. The Canadian delegation includes 126 athletes, seven guides and 80 officials (coaches, managers, support staff, mission staff).

Canada will compete in 11 of the 13 sports in Guadalajara: archery, athletics,

Boccia, cycling, goalball, judo, sitting volleyball (men's team), swimming, table tennis, wheelchair basketball (men's and women's teams) and wheelchair tennis. Canada did not qualify to compete in soccer (5-a-side) and power lifting.

Team Canada at the Guadalajara 2011 Parapan American Games includes the following in the sport of judo:

Justin Karn (athlete), Kitchener, Timothy Rees (athlete), Waterloo, Tony Walby (athlete), Ottawa, and Tom Thomson (Head Coach), Brantford.

WINNER

“Why everyone should choose Judo Life!”

Video Clip Contest

Congratulations to Jamie Claus who is the winner of Judo Ontario's Video Clip Contest—Why Everyone Should Choose Judo Life! Visit the Judo Ontario website to see the winning entry.

Judo Ontario extends thanks to our sponsor, Waterloo-based Hatashita enterprises (www.hatashita.com), who donated a Mizuno judo gi for the first place winner!

Source: *Submitted by Sandra Greaves*

Gold Medal Winner James Johnson

It is with a great honor to let you know that James Johnson won the Gold Medal at the IBSA (International Blind Sports Federation) World Youth Games in Colorado Springs. I will be writing a history about this experience when we get to Ontario. I really appreciate your commitment to help young judokas.

Source: *Lilliam Campos*



For all the latest Judo Ontario news and information visit www.judoontario.ca

Rising Judo Star

MONIKA BURGESS

Source: Mitch Belleau



Rising judo star Monika Burgess, a 16-year-old black belt who fights in the -63 kg division, shines brighter than her medals. Securing several of them recently— she won gold (under-17) and silver (under-20) at the Junior National Championships in Sept-Îles, Québec, and claimed a bronze at the Senior Nationals this past May in Edmonton. Her athletic prowess gives her a position and opportunity to compete at the World Cadets Judo Championship (boys and girls under 17 years) held in Kiev, Ukraine, on the 11-14 of August.

The Kitchener native and judo prodigy comes by her talent naturally with a strong competitive family background. The family trains at Kitchener's Asahi Judo Club together. Her dad Mark, a former national team judoka, holds a third-degree black belt, and is an instructor at the Asahi Judo Club. Her mom is a second-degree black belt and her 14-year-old brother Cameron is a judoka.

We asked Mark some questions about Monika and requested a quote from her on the latest experience at the World Cadets Judo Championships. This is what was said:

Judo Ontario: "As a father and former national team judoka what are your training and conditioning philosophies for a young judoka like Monika?"

Mark: "My training and conditioning philosophies echo those of the Judo Canada LTADM, and the NCCP Competition Development coaching model."

Judo Ontario: "What aspect of Monika's personality comes through when she is training and what sort of training partner is she?"

Mark: "Socially, Monika is a little shy but is genuinely happy for others when they succeed. Physically she has a willing break-fall, and a knack for working at whatever level her partners bring. Together these make her an excellent training partner."

Judo Ontario: "What gets Monika motivated?"

Mark: "Clothes' shopping! We usually take her shopping after the shiai if she does well. Lately we have found our way to a lot of Lululemon stores."

Judo Ontario: Could Monika quote or comment on her experience at the World Cadets Judo Championships?

Monika: "Well, it didn't start off great. I lost my phone on the bus, and the tournament shirts got sold out while I was cutting weight. In my first match I started fighting too defensively because I was really nervous, I wasn't confident enough. It was bad, I nearly got countered for an ippon. When the referees were waving that point down to a Wazari I was thinking about all my friends and family watching me from home on the internet, and that I didn't want them to see me lose. When the match restarted, I put everything into my gripping, and threw her quickly for Ippon with Harai Goshi. Then I had a really close match with the European Cadet Champion from Great Britain. I threw her late in the match with O Soto Gari but she spun out and I lost by Yuko. When that girl went on to win the bronze I realized just how close I was. The Cadet World Championships turned out to be a great experience! I am looking forward to the U17 Pan Am Championships in Santiago Chile in September!"

On behalf of Judo Ontario we would like to thank Monika and Mark for their time and we wish Monika and family continued success.

JUDO

MASTER

— makes —

10th DEGREE BLACK BELT



After 98 years, the phone call finally came. Last week, Sensei Keiko Fukuda of San Francisco became the first woman to be promoted to judo's highest level: 10th degree black belt. Only three people in the world, all men living in Japan, have ever reached that mark.

The martial arts promotion by USA Judo brought 98-year-old Fukuda to tears at the women's dojo where she still teaches in Noe Valley. (Fukuda was the subject of a Chronicle Datebook profile on July 25.) She gave up marriage and left her homeland to dedicate her life to judo, fighting gender discrimination that kept her at lower belt levels decades longer than men less skilled than her. "The time was right," said U.S. Judo Federation promotion board member Eiko Saito Shepherd.

Source: Article written by Meredith May and courtesy of the San Francisco Chronicle at <http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2011/08/06/DD181KHUV0.DTL>. Submitted by Frank Vossen. Also see <http://shine.yahoo.com/event/vitality/98-year-old-woman-becomes-first-woman-ever-to-earn-judos-highest-degree-black-belt-2523297>.

Submitted by Mitch Belleau.

Kitchener Judoka strikes double gold

Source: Article written by Josh Brown and courtesy of the Waterloo Region Record (www.therecord.com) at <http://www.therecord.com/sports/local/article/574128--kitchener-judoka-strikes-double-gold>. Submitted by Frank Vossen

Judo has always been there for Mara Markovic-Siladi. As a teenager, she ditched her ballet shoes to join the neighbourhood boys immersed in the sport in Novi Sad, in the former Yugoslavia. At 16, she used her skills to successfully fought off an attacker while walking alone on a dark street. When war broke out in her homeland in the early 1990s, a judo competition served as a springboard to relocate her family to Kitchener for a better life. And when her 19-year-old daughter Anamarija died tragically in a car accident, it was judo that helped her emerge from years of grieving.

“
I will
.....
compete as
.....
long as I can
.....
move
.....

”

Now, at 61, she is world champion. Markovic-Siladi recently returned from the World Masters Judo Championships in Germany with two gold medals dangling around her neck. "I will compete as long as I can move," she said. Markovic-Siladi is one of a handful of women in Canada with a sixth-degree black belt in judo, a Japanese martial art that rewards technique over power. She took gold in the Kata and Grand Masters world championships

in Frankfurt this past June. In Kata, she worked with teammate Malgorzata Dzierzowska of Hamilton, in some cases defeating challengers half her age. At the masters, a competition for judokas 30 and older, she claimed top spot in the under 52-kilogram category. "I never give up," she said of her strategy. "You have to train very hard. You have to have heart." And Markovic-Siladi has a tough ticker.

Just two years ago, doctors told her to retire after she suffered a heart attack. Undeterred, the fighter made it to Atlanta to compete in the worlds. "I barely got third place," she said. No matter. She has been crowned world champion so many times she has lost track. Medals are now kept in boxes because there is no room left in her display cases.

Markovic-Siladi works full-time as a restorative care assistant at Sunnyside Home in Kitchener but trains after her shift with her sparring partner, son David. She also teaches with him at the M&D Siladi Judo Club in Waterloo. "She is very motivated," her son said. "Just the fact, at this age, she's doing competition, for me, that's unbelievable." And there is no slowing down. Markovic-Siladi is already preparing for the Pan American championships in Brazil next month and an intercontinental tournament at Blue Mountain in November. It's not easy staying on top, especially against women in their thirties. "You have to be smart," she said. "As you get older, you get weaker and you must use your opponent's power against them. "I'm trying every year to change tactics and adapt my technique."



Boy Brings Home **GOLD** from International Competition

Source: Written by Mary Beth Hartill and courtesy of cottagecountrynow.ca, a division of Metroland Media Group Ltd.

Gold medalist James Johnson had a terrific experience in Sundridge, Colorado Springs last week (July 12-17) and he has the gold medal to show for it.

It was the competition of a lifetime and James Johnson, a legally blind athlete, brought home the gold. The competition was the 2011 International Blind Sports Association's World Youth and Student Games in Colorado Springs. He arrived at home in the wee hours on Monday, July 18, with less luggage but a gold medal in judo clutched firmly in his hand.

His coach from the Almaguin Highlands Judo Club, Lilliam Campos, is beaming with pride. "He's beautiful, that boy, just incredible," she said. Johnson, 13, was one of a delegation of 16 Canadians at the games and was the only one who brought home a medal. Just getting to the games was a challenge for Johnson. He learned in May that he was eligible to compete and the family, along with Campos, began to raise the funds to get him there. They managed to come up with about \$1,000 through fundraising and still need to raise an additional \$2,100 to pay it off. Campos is confident that they will raise the remainder of the money. "The community support is incredible," she said.

The beginning of the journey was a rough one. They met with a storm and their flight was rerouted. Johnson, along with his coach and his mother, made it to Colorado Springs in time for the competition, but unfortunately, his luggage did not. Thankfully, he had his blue judo gi in his carry-on and Campos lent him her white one. They stayed at Colorado College and trained at the Olympic Training Centre.

He not only brought home a gold medal, but wonderful memories and new friends from Mexico, he said. "They

invited me to go train with them," he said. "I couldn't talk to them because they don't speak English and I don't speak Spanish." But the language barrier didn't keep them from making friends. He was particularly fond of Jesus, a 14-year-old boy who was not only blind but a deaf mute. He is now learning some words in Spanish and can make basic introductions. He wrestled Jesus, who is about the same size as Johnson and in the same age category. "It was best two out of three. If I won two we wouldn't have to go to the third match," said Johnson. "I won both." He said, even above winning the gold, his favourite part of the games was meeting other visually impaired children from around the world.

It also proved to be an opportunity to broaden his horizons in competition. "I was invited down to the Paralympic Games in 2016," he said. "I think you have to be 16 or something to compete there."

He was also invited to attend a training camp in Sweden that would have him sailing to a private island for training. However, Johnson said he is not sure what is next for him, stating that right now he is focused on training. And Johnson is not the only member of the Almaguin Highlands Judo Club accomplishing big things. His teammate Priscilla Campos, 17, participated in the Canadian Judo Championships in Sept-Îles, Quebec. She is a member of the Ontario Judo Team and although she has faced competition at the national level before she found this year's competition to be quite challenging. She moved into the under 20 category this year making her one of the youngest and smallest girls in her age and weight group. Facing the challenge head-on, she managed to bring home a bronze medal.



Source: Aartje Sheffield

CADET WORLD CHAMPIONSHIP IN

KIEV

Head Coach: Marie-Hélène Chisholm (Assistant national coach)

Assistant coaches:

Fatiha Mehra (Provincial coach in Alberta)

Ernst Laraque (Club coach in Quebec)

Therapist: Marie-Claude Dion

Referee: Fred Blaney

This is the schedule for the Cadet World championship:

| | Athletes | Division |
|--------|---------------------------------|--------------|
| Day 1 | Darren Elcock | 50 kg |
| Jour 1 | George Poklitar | 55 kg |
| Day 2 | Gorge Lukas | 60 kg |
| Jour 2 | André Nogueira | 66 kg |
| | Abby Llord | 48 kg |
| | Josianne Gagné | 48 kg |
| | Alexia Piché | 52 kg |
| Day 3 | Jaquina Simao | 57 kg |
| Jour 3 | Monika Burgess | 63 kg |
| | Louis Kriebler-Gagnon | 73 kg |
| | Petro Poklitar | 81 kg |
| Day 4 | Analaura Portuondo-Isasi | 70 kg |
| Jour 4 | Willem Pops | 90 kg |
| | Tommy Hébert-Lemieux | 90 kg |
| | Tarek Elmayergi | 90 kg |

To watch the tournament on internet:

<http://worldjudocadets2011.org.ua/>

HP - Judo Canada

HP@judocanada.org

www.judocanada.org

<http://www.facebook.com/judocanada>

Bronze medal for Zupancic in Minsk

Minsk World Cup for Women:

-70kg Kelita Zupancic 3-1 3rd (Bronze)

W-V: Sordiya (Rus); Lisewski (Ger); Szabo (Hun)

L-D: Smal (Ukr)

Baku World Cup for Men:

-60kg Frazer Will nr (0-1)

Source: HP--Judo Canada, HP@judocanada.org, www.judocanada.org, <http://www.facebook.com/judocanada>

CANADA'S RISING JUDO STAR WILLING TO

PAY THE PRICE

Source: Written by Randy Starkman and reprinted with permission – Torstar Syndication Services. <http://www.thestar.com/Sports/Olympics/article/1043878>. Photo by Judo Canada. Submitted by Allan Koyanagi

It wasn't unusual for the merits of one's fighting skills to be debated in Kelita Zupancic's home growing up. Zupancic has three younger brothers, Anton, Ryan and Andrew, all of whom were drafted by the Ontario Hockey League. They'd verbally spar with their buddies on occasion about who was the toughest. "The boys were telling each other: 'I can beat you up.' . . . 'No, I can beat you up,'" recalled her father, Ed Zupancic. "And then one of my sons said 'My sister can beat all of you up.' And they all just nodded yes."

Kelita Zupancic wasn't a bully and didn't necessarily look like a fighter, but you sure didn't want to mess with the Whitby native, especially on a judo mat. That hasn't changed since she was 5 and followed father, a fourth-degree black belt and former national champion, into the sport at the Formokan Judo Club in Oshawa.

"I knew right away," said Kelita Zupancic. "I have my Grade 1 autobiography that says I'm going to the 2012 Olympic Games and it has a picture of me on the podium. So, I've known my whole life. It's not something I just thought of. I've known I would be an Olympic athlete, didn't know what sport, but I drew myself in a judo gi."

Now 21, Kelita Zupancic is Canada's rising star in the sport and competes this week in the under 70kg class at the world championships in Paris. She's an athlete who will likely be at her peak when the 2016 Rio de Janeiro Olympics roll around, but she is determined that youth will be served at next summer's London Games.

"I think my chances are actually good for a medal," she said. "If I'm on and I fight the way I can and I'm on a roll and I get the first win going, it's going to be hard to stop me, I think."

There aren't a lot of Canadian success stories in judo for a reason. The sport's barely on the radar here and the physical and mental price you have to pay to be among the world's best is far too exorbitant for most.

You've got to be a rare bird like Canada's best-ever judoka, two-time Olympic medalist Nicolas Gill, who coaches Kelita on the national

Kelita Takes Home

Bronze in Minsk

Montréal, October 9, 2011--Thanks to a victory by ippon versus the Hungarian Franciska Szabo, Ontarian Kelita Zupancic took home the bronze medal in the under 70 kg category, Sunday, at the Judo World Cup competition being held in Minsk, Belarus. The Canadian judoka, ranked 11th in the world, easily won her first two bouts of the day, taking down both the Russian Irina Sordiya and German Anne-Kathrin Lisewski by ippon. Her only loss of the day came at the hands of the Ukrainian Nataliya Smal, 22nd worldwide, a defeat by ippon in the semifinals.

"My goal is always to win gold, but I'm still pretty satisfied with the result. Even more so when you consider that I haven't really adjusted well to the jetlag. I managed to get the job done and it feels great to find my way on to the podium. It's a really good primer for the Abu Dhabi Grand Prix coming up this week," Zupancic pointed out.

Things didn't go nearly as smoothly for Frazer Will, in action Saturday, at the Baku World Cup in Azerbaijan, in the under 60 kg weight class. After benefiting from a first round bye, the Quebecer was dropped by way of ippon against the Iranian Ehsan Bahramian Khayat.

"I felt pretty good during the warm-up. My section of the table was quite wide open, but I wasn't able to take advantage. I'm pretty disappointed with my result and also how I was beaten. I hope I can turn it around and put together a good performance in Abu Dhabi next week," explained the Quebecer, currently ranked 29th in the International Federation of Judo.

Source: Judocanada.org

team and believes the competitive level is much tougher these days. “She has what it takes, but it’s years of dedication that will create that,” said Gill. That she’s tough enough is evident by the fact she just spent a year in Japan training and competing with one of the top company teams, industrial machinery giant Komatsu, which has two world champions in its impressive stable. This is something Gill did during his climb and is not for the faint of heart. “Everyone told me I was crazy for going, but I think it was a good challenge and I couldn’t say ‘No,’” said Kelita.

“
**My skin at the end
of the days would
just be raw from the
training (in Japan).
You were just dying.**
”

The regimen often included four hours of combat, twice the usual amount, grueling mat exercises and a two-hour running drill that pitted athletes against each other. “You’re running for your life basically,” she said. “It’s a race. The person who wins can go back to their room. But if you keep losing, you’ve got to keep running.”

Still, she learned so much and plans to return at some point. “They’re just brutal, they just train so hard. I’d never experienced anything like this,” she said. “So I was lucky just to see how they trained. Even Komatsu, they’re secretive. If people want to come over from the different places and train at their

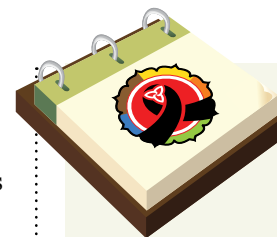
dojo, they don’t let them see their weight-training program. “When you think you’re good, you’re No. 1 in Canada, you go over there and people are just in a different league. It was an amazing experience.”

Kelita was quite a hockey star herself, playing for much of her youth on a boys’ AAA team. When she was around 13, she had to choose between hockey and judo because they were starting to conflict. Her dad wanted her to choose hockey. She agonized over it but picked judo and hasn’t looked back. She laughed this week on the phone from Paris when reminded about the debate between her brothers and their friends. “Definitely, I got a reputation growing up playing on the guys’ hockey teams,” Kelita said. “The guys knew how tough I was because I played with them. I got quite a good reputation for beating up boys going up through school.”



The Zupancic clan definitely has a well-developed work ethic. Ed Zupancic has his own computer IT consulting business, mother Annette just opened a restaurant in Oshawa, Jimmy Guaco’s Border Town Burritos, and the brothers have been working out hard all summer for hockey. The whole family competed in judo at one point and Ed Zupancic remembers the time they took part in a tournament that handed out wooden trophies. “We won enough wood to make a desk,” he laughed. Now, their oldest kid wants heavy medal.

Judo victories — Kelita Zupancic, Born May 9, 1990, Whitby
On the Mat: Silver, Sao Paolo, June 2011, Bronze, Rio, June 2011, Bronze, Pan Ams, April 2011, Silver, Suwon, Korea, December 2010, Gold, Pan Ams, April 2010, Gold, Baku, Azerbaijan, January 2010



UPCOMING EVENTS

For a complete schedule of events, go to www.judoontario.ca/events/upcoming. For Judo Ontario selection criteria, see the Ontario Team Handbook or go to www.judoontario.ca/ontario_team_selection/handbook. To find the status of any medication or other substance, go to Global Drug Reference Online (Global DRO) at www.globaldro.com

Ontario Youth International Open & Ontario International Open Announcement

Judo Ontario has moved the Ontario Open to May 19, 2012 and May 20, 2012 so as to better address the needs of our athletes by providing them with an opportunity to test their competitive skills late in a season in preparation for the National Championships. It is beneficial to our National Calendar to have our two largest tournaments at opposite ends of the season. Nevertheless, Judo Ontario will also be hosting an Ontario Youth International Open on November 12, 2011 and November 13, 2011 for U13, U15, U17 and U20.

Ontario Youth International Open

Date: November 12 and November 13, 2011
Where: Brampton (near Toronto)
Place: Heart Lake Secondary School
Address: 296 Contestoga Drive, Brampton, Ontario, L6Z 3M1
Divisions: U13, U15, U17 and U20

Ontario International Open

Date: May 19 and May 20, 2012
Where: Etobicoke (near Toronto)
Place: MasterCard Centre
Address: 400 Kipling Avenue, Etobicoke, Ontario, M8V 3L1
Divisions: U15, U17, U20, Seniors and Masters



**Judo
Ontario**

From the Newsletter Chair

The Gentle Way is a great opportunity for you to tell others about your judo news. Please send your submission in MS Word to Anne at annewimmi@rogers.com. All feedback is welcomed.

Thanks are extended to this month’s newsletter contributors (in alphabetical order by last name): Mitch Belleau, Lilliam Campos, Sandra Greaves, Allan Koyanagi, Aartje Sheffield, Chris Trubela, Frank Vossen and Bob Zettl. Submission deadline for the next issue of the newsletter is Wednesday, December 14, 2011.