

EDITORS NOTE

Editors note

Can't wait for the awards night
looking forward to seeing you all
there

please send photos or comments

francescasexton@talktalk.net

Francesca

INTER CLUB CHAMPS

The inter club competition was held in Carshalton branch in September. We had lots of fun and hope you did too. There was some fantastic judo ! and many of you achieved personal goals. Some surprising yourselves and coaches.

For some of you this was your first ever event and we hope it was a positive experience and one you will do again.

The return match is in February and we will be hosting it in Banstead so hope lots of you can come.

Please send me photos and comments after for the next run of the newsletter.

Daniel at Intra club Champs



National A Bands

Congratulations to :

Ryan Jacobs , Oliver Russell
Alex Michael – Bronze medal

For competing in their first National Standard Event and for winning contests and a medal at such a major competition.

Coach's comment "This event is the first national event for 10- 12 year olds and is a very high standard. The three who entered showed great spirit and judo, the club are very proud of them"

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)



CHRISTMAS AWARDS AND PARTY 14TH DECEMBER

THIS IS OUR MAIN FUNDRAISER AND WE NEED YOUR SUPPORT

THIS IS A LOVELY EVENT FOR
ALL THE FAMILY!

THERE WILL BE :

- A DISCO WITH BUCKWILD
- AN AWARD EACH
- THE VERY POPULAR DEMO
- RUN THROUGH OF THE YEARS ACHIVMENTS
- PHOTO SLIDE SHOW
- KIDS TOMBOLA
- RAFFLE
- TUCK AND DRINK BAR
- FUN FOR ALL



We need:

Donations please:

New / nearly new toys , CD's ,
DVD's books games.

Selection Packs

Luxury items for raffle

Your time ! see volunteers list
on notice board



National Kata Champs

Congratulations to Max and Ally on their gold medal at National Kata Champs and to Amber and Francesca on their silver medals. You all gave a great performance we are very proud.

DAN GRAGE UPDATE

Congratulations to

Matty Sexton (204/210), Jordan Mack (189/210) and Jake Mulley (204/210 who all passed their 1st dan theory (Pass mark is 150/210).

Matty Sexton earned 40 points at his first dan grading - narrowly missing out on finishing his line-up on the day.

Come on boys now we have to fight for it !!

Did you see the Juno Kata Max and Ally performed at the British School Kata Champs ? the video is on the web site for you to look at www.westcroftjudo-nork.co.uk See for yourself why they won the gold medal!!

Also did you see the write up in the Matside magazine where they were mentioned for excellence

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)

Do you have any photos you can email us from judo events this year ? we are putting together the slide show and would love to add you picture to it.

<westcroftjudo_nork@talktalk.net>



NEXT SAMURAI SAM
22ND MARCH
HAVE FUN



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WESTCROFT JUDO CLUB (NORK)

www.westcroftjudo-nork.co.uk

Important dates

1 st Feb	Intra Club
1 st March	Kata Day
8 th March	Red/Yellow Grading
22 th March	Samurai Sam
29 th March	Orange+ grading

Venue:

St Paul's Church Hall
Warren Rd
Nork
Banstead
Surrey
SM& 2HG