

MEMORANDUM

To: All Players & Coaches
From: BJA Performance Team
Date: January 2017
Subject: British Judo – Cadet strategy & 2017 Programme

IMPORTANT INFORMATION – please ensure you read this document.

This is a communication to clarify the British Judo Cadet strategy, its underlying principles, identification process and policies for 2017.

British Judo Cadet Strategy – 2017-2021

In 2015 British Judo and all four Home Nation programmes reviewed the existing Cadet structure and developed a new strategy that aims to support the development of Cadet players with the technical skills and experiences to allow them to realise their potential as Junior and Senior players.

The GB Cadet strategy is in synergy with the soon to be launched GB Trademarks Framework, an athlete develop framework that sets out the key technical, physical and mind-set skills and experiences needed to progress through the various stages in our pathway.

The fundamental components of the GB Cadet strategy are as follows:

- 1) Creating a focus on developing fundamental skills to be able to score ippon in both tachiwaza and newaza using the trademarks 'Throw for Ippon' and 'Win in Newaza' as they progress from and into Cadet, Junior and Senior age groups.
- 2) To prioritise competition as the opportunity to gain valuable experience and practice scoring ippon.
- 3) To focus on developing important mind-set behaviours that underpin being an elite athlete.

Focus on Ippon

The British Judo World Class Performance Programme (WCPP) has reviewed scoring data from Olympic Games and World Championships over the last 6 years, and it is clear that the ability to score Ippon in tachiwaza and newaza is a fundamental skill that the best players are able to demonstrate in competitions at the very highest level.

To reinforce the importance of technical development and prioritising technical development the 'Ippon League' was launched in 2016. The Ippon league and key identified competitions was used to support the identification of players for the European Cadet Championships and the GB Futures Japan training camp.

In 2017 the 'Ippon League' format has been reviewed and a number of changes made to improve its delivery.

There will now be **two** lists made available by Judo Technologies:

- 1) National Ippon League for Cadets
- 2) Cadet Identification List

National Ippon League

The National Ippon League will list the top 20 players in each weight category based on two key factors:

- 1) Number of Ippon scored (from a player's best 5 competitions)
- 2) Competition Performances (from a player's best 5 competitions)

The points available for **IPPON** scores will be as follows:

Ippon (Tachiwaza & Newaza)	Points (Domestic * ¹)	Points (International * ²)
1 Ippon	10	15

The points available for **PERFORMANCE** scores will be as follows:

Competition Placing (Result)	Points (Domestic * ¹)	Points (International * ²)
1 st	16	20
2 nd	14	18
3 rd	12	16
5 th	10	14

The competitions that will be used for the National Ippon League are listed below:

No.	Competition	Date
1	British Cadet Championships	4-6 Dec 2016
2	England Open (CAD) & Trademark Day	4 Feb 2017
3	EJU Cadet Croatia (Girls)	11-12 Mar 2017
4	Bremen Masters (Boys)	25-26 Mar 2017
5	EJU Cadet Czech	8-9 Apr 2017
6	Sportif International & Trademark Day	15 April 2017
7	Northern Ireland Open (Cadet)	22 April 2017
8	London Age Bands	20-21 May
9	European Cadet Championships	1-2 July 2017
10	Commonwealth Youth Games	21-24 July 2017
11	European Youth Olympic Festival	21-26 July 2017
12	Western Age Bands	22-23 July 2017
13	Eastern Age Bands	12-13 Aug 2017
14	NHC Age Bands	23-24 Sept 2017
15	Flanders	28-29 Oct 2017
16	Welsh Open (CAD)	4 Nov 2017

Cadet Identification List

The Cadet Identification List will be used as part of the identification criteria for the following:

- 1) European Cadet Championships (ECC)
- 2) European Youth Olympic Festival (EYOF)
- 3) GB Futures Japan Training Camp (GBF)

The Cadet Identification List will list the top 10 players in each weight category based on two key factors:

- 1) Number of Ippon scored (from a players best 5 competitions)
- 2) Competition Performances (from a players best 5 competitions)

The points available for **IPPON** scores will be as follows:

Ippon (Tachiwaza & Newaza)	Points (Domestic *1)	Points (International *2)
1 Ippon	10	15

The points available for **PERFORMANCE** scores will be as follows:

Competition Placing (Result)	Points (Domestic *1)	Points (International *2)
1 st	16	20
2 nd	14	18
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6	Sportif International	15 April 2017
7	Northern Ireland Open (Cadet)	22 April 2017
8	European Cadet Championships	1-2 July 2017
9	Commonwealth Youth Games	21-24 July 2017
10	European Youth Olympic Festival	21-26 July 2017

Identification Events

To be considered for the three main Great Britain Cadet events (ECC, EYOF, GBF) the follow process is in place:

European Cadet Championships (Cadet age group – 2000 to 2002)

- April 17 – Top 3 ranked players in each weight category will be invited to a GB Trademarks Camp
- May 7 – GB Trademarks Camp
- May 12 – European Cadet Championships team identified

European Youth Olympic Festival (Cadet age group – 2001 to 2002)

- April 17 – Top 3 ranked players in each weight category will be invited to a GB Trademarks Camp
- May 7 – GB Trademarks Camp
- May 12 – European Cadet Championships team identified

NOTE: For EYOF British Judo are allocated a number of places from the British Olympic Association (BOA) and are only permitted to enter 1 athlete in any permitted weight category.

GB Futures Training Camp (Cadet age group = 2000 to 2002)

- July 31 – Top 3 ranked players in each weight category will be invited to a GB Trademarks Camp
- August 12/13 – GB Trademarks Camp
- August 25 – GB Futures team identified

NOTE: For GBF British Judo have a maximum team size of 10 players based on budget restrictions.

Trademark/Randori Days

As part of the GB Competition strategy, a number of Trademark days will be introduced for the days following identified competitions. These days are an opportunity to work with National coaches and focus on key aspects of the Throw for Ippon and Win in Newaza trademarks.

The Trademark/Randori days will be free to attend.

FAQ's

What is the National Ippon League used for?

The National Ippon League will be used for a number of items:

- (1) The Seeding for events including the British Championships,
- (2) Performance Monitoring for Home Nation programmes,
- (3) Consideration for Squad selection and co-options (in the case on England)

(4) most importantly the National Ippon League should be a motivational tool for players and coaches to focus on enjoying competitions, trying to score for ippon and pushing themselves to progress in the rankings.

What is the Cadet Identification List used for?

The Cadet Identification List will be used for to inform player identification for:

- (1) European Cadet Championships,
- (2) European Youth Olympic Festival,
- (3) GB Futures Training Camp

Why are the points different for Domestic & International competitions?

We want to aspiring players to understand that in most cases, EJU/International events will have a higher quality field compared to most domestic events and therefore scoring ippon and achieving a Top 5 placing at identified international events will carry a higher weighting of points.

Why are only the best five performances considered?

We want to give players the best possible chance to demonstrate their ability through scoring by ippon in competition, by using the best five performances it means that players (and parents) don't have to attend every single event to move up the rankings. It also means that players can plan their year with their coach to use different competitions to practice techniques they have been working on without the fear that they need to score or win medals at every competition.

Do I need to be part of my Home Nation programme to be on the National Ippon League or Identification List?

No, anyone who competes at identified competitions can be ranked on either the National Ippon League or Cadet Identification List. To be considered for identified International competitions you may need to be selected by your Home Nation programme. Please check with your Home Nation programme if you have any questions.

Do I need to hold my weight to stay in the National Ippon League or Cadet Identification List?

We know that the Cadet age group is a critical window of physical maturation and we fully expect to see players moving through weight groups throughout a year. For long term player development we know that ideally players would be settling into their senior weight category by Junior 2-3, so we strongly advise players to focus on their nutrition, make weight safely and move up when it is appropriate.

To acknowledge the importance of not holding weight when growing, a cadet player will transfer four of their best five performances (both ippon and results) when they move up weight category.

Can I be identified for the GB Futures Japan camp if I went in 2016?

Yes, all players are considered against the criteria regardless of their performances in 2016.

What is a 'Trademark'?

A Trademark is a British Judo term. Through researching What it takes to Win at the highest level we have identified five key factors or 'Trademarks' that we want our British players to possess to give them the best chance of success at Olympic and Paralympic Games. They are intentionally simple so that everyone can understand them and work on them at every level of the pathway.

The British Judo Trademarks are:

- 1) Throw for Ippon
- 2) Win in Newaza
- 3) Dominate Kumikata
- 4) Contest Management
- 5) Fight with Belief

What is a GB Trademark Camp?

A Trademark Camp is a training day(s) that are focussed on supporting a players development in the two focus trademarks (1) Throw for Ippon and (2) Win in Newaza. The day will use expertise from the WCPP and Home Nation Coaching teams to give players the opportunities to work on key aspects of techiwaza and newaza.

This is also an additional opportunity for Home Nation coaches and WCPP coaches to observe how players train and work with other coaches in the British Judo Centre of Excellence.