



Valmennuksen Teams
2.6.2022



Topics

- Updates
- U18
- U21
- Seniors
- Guidelines in Urhea
- Others

Updates

- National camps
 - Heinävesi 29.6.-3.7.
 - Summer Rock 11.-17.7.
 - Helsinki Camp 4.-7.8.
- Trainings in Urhea after midsummer fest until school start:
Tue, Wed & Fri 17-19.
 - Mornings by groups
 - 13.-19.6.; 27.6.-3.7. ja 11.-17.7. no trainings
- Senior European Cups are open for clubs
- Top team will be updated after Madrid Eu Open

U18

-Paljon tapahtumia maaliskuu-toukokuu kadeteilla. Avoimia kaikille -> helmi-maaliskuun tapahtumat peruuntuivat/siirtyivät.

-Hundu Cup Virossa, Samurai cup 2, 2x kv. leiri Pajulahdessa, Pm-kilpailut, Budo Nord Cup, 3 x Eju Cup + leirit...

-Eju Cupeissa 7.sija Daniel Orphanou ja Jenna Kuosmanen
2 otteluvoittoa Ville Kivelä ja Kristofer Pertelson

-EM-kilpailut-> Daniel Orphanou ja Jenna Kuosmanen

-Eyof 07-2022 (tänä vuonna 2004-2005 synt.) suurempi joukkue. Valitaan U21 Eju Cup Bosnian (25.06-26.06.2022) jälkeen.

U18

Tulevat tapahtumat:

- Leiri Riikassa 08.06-12.06.2022
- Leiri Porecissa 12.06-18.06.2022
- Em-kilpailut 23.06-26.06.2022

KESÄLEIRIT

Yanagi, Summer Judo Rocks, Helsinki Judo Camp

- Eyof 24.07-30.07.2022
- Mm-kilpailut 24.08-28.08.2022 (mahd. Joukkue valitaan Eyof:n jälkeen)
- Leiri Roglassa (Slovenia) 17.08-21.08.2022
- Samurai Cup 3 Vantaa 27.08.2022
- Evl-leiri 01.09.2022-04.09.2022

Muuta:

- Ilm. tapahtumiin kuukausi aikaisemmin esim. Elokuu 2022-
>ilm. kesäkuun loppuun mennessä.
- Huom! Swop:a ei järjestetä tänäkään vuonna.

U21

- Banja Luka junior European Cup ja leiri 25.-29.6.2022
 - Tapahtuman jälkeen nimetään EYOF-joukkue (2004-2005 syntyneet) ja mahdollinen U21 MM-joukkue 14.-18.8.2022
- Paks junior European Cup ja leiri HUN 16.-21.7.2022
- European Youth Olympic Festivals SVK 22.-31.7.2022
- Praha junior European Cup ja leiri CZE 23.-28.7.2022
- U21 MM-kilpailut Ecuador 14.-18.8.2022
- U21 EM-kilpailut 15.-18.9.2022

Senior - events

- Baku TC 30.5-5.6.
 - Madrid Eu Open 11.-12.6.
 - Porec OTC 12.-18.6.
 - Mongolia GS 22.6-2.7.
 - Zagreb GP + TC 15.-20.7.
 - Swiss Eu Cup 16.-17.7.
 - Riga Eu Cup 6.-7.8.
 - Papendal OTC 13.-17.8.
 - Rogla TC 17.-21.8.
 - Coimbra Eu Cup 27.-28.8.
- Heinävesi 29.6.-3.7.
 - Summer Rock 11.-17.7.
 - Helsinki Camp 4.-7.8.

Basic info

- During Summer working on max strenght
- Applying for one month in advance for events
- Club coach role
- Connection Club coach – Urhea coaches

Urhea - guidelines

- Inform the coach of the absence from training. Repeated failure to report will result in the loss of any coaching support.
- Athletes supported are obliged to participate in national camps in both the Finnish Championships and FJO competitions.
 - Attending Samurai Cups which are in the plan.
 - Athletes need to train according to program present (except injured athletes).
 - If the athlete's training does not meet the set requirement level or hinders the training of others, the coaches of the association will remove the athlete from the exercises (shido) after the notice.
 - 1. shido à note/debate; 2. shido à ban one week; 3. shido à not for Open, GP, GS level competitions.
 - A prerequisite for participating in international tournaments in the autumn is a credible summer internship. The training takes place in accordance with a program made by the union's coaches or it must be possible to monitor it with the help of the athlete analyzer, an electronic training diary application.
 - Training makes more sense to everyone when you remember **someone else's respect** and the values of judo.
 - Talking badly about others or the Judo League does not develop as an athlete or as a person.

Summer holidays

- Summer holidays for coaching:
 - Rok Draksic 20.-30.7.2022
 - Eetu Laamanen 27.6. -11.7.2022
 - Jaana Jokinen 30.5.-20.6.2022 & 30.6.-10.7.2022

Questions?

Thanks for participation!

