

Community Youth Center Judo Program

A. GENERAL INTRODUCTION:

- i. The CYC Judo Program is a multi-level program that includes basic fundamentals all the way to advanced competition. Curriculum is geared to meet the needs of CYC students and to prepare them for possible competitive opportunities. The CYC Judo classes have main learning components: proper warm ups which include stretching upper and lower body, push-ups, sit-ups, squats, pivots, break-falls and forward rolls. The recreational classes are designed to teach students the skills required to participate on a competitive team. However, recreation classes are less serious than a competitive team and have a greater emphasis on having fun, playing games and enjoying the sport. These classes are great for kids who are just joining the sport and are not sure if it is the right sport for them. It is also great for kids who participate in a number of sports and do not have enough time to commit to a competitive team. For information on the Competitive Classes, please see section C on Competitive Opportunities.
- ii. At the CYC our goal is to develop young individuals to grow in athletics, academics, and life. We recommend that our athletes take advantage of The CYC Academic Excellence (AE) program. This program is designed to augment our members' current studies.

B. PRACTICES:

- i. **TIMES:** Classes are held Monday through Saturday – see an updated schedule at the front desk or on a newsletter. We ask that you have your son/daughter here on time for class; it is very disruptive to the class when students walk in late.
- ii. **RULES:** We expect all of our students to follow these rules and procedures in order to maintain a safe and fun learning environment:

General Judo Program Rules:

1. Must complete the required warm up at the beginning of class.
2. All clothing must match the requirements listed below.
3. No admittance to any class 10 minutes after the scheduled class time.
4. During class times the following standard rules are expected:
 - a. EYES watching
 - b. EARS listening
 - c. *MOUTH* quiet
 - d. *HANDS* to yourself
 - e. *RESPECT* others
 - f. *DEMONSTRATE* good sportsmanship
 - g. *WEAR* uniform *and TIE* belt properly

Any student that has problems following the above rules and procedures will be subject to discipline, including:

- REFUSED TO BE ALLOWED TO ENTER CLASS FOR THE DAY
- WARNINGS
- TIME OUTS
- PARENT CONFERENCE

- POSSIBLE DISMISSAL FROM THE CLASS

Students are expected to respect instructors, listen and follow directions and behave well at all times during the Judo practice. Otherwise, students will lose the opportunity to participate and have fun in Judo training at CYC.

- iii. **WHAT TO WEAR AT PRACTICES:** Proper attire for practices - White Judo uniforms only. No students may wear non-white judo uniforms without prior permission from the instructor/coach. *All female students must wear T-shirts under the judo jacket.* All CYC Judo students are required to purchase Judo uniform on the first day of practice. New students may check out the loaner uniform at the front desk. The uniforms are available for purchase at the CYC. **All judo uniforms worn on the mat must be clean.** Remove all watches and jewelry.
 1. **HAIR:** Everyone needs to have their hair out of their face. Should be pulled up into a pony-tail, including bangs.
 2. **CLOTHING:** All judo students must wear a judo uniform (jacket and pants). *Please note that the Judo uniform is a great bacteria attractor, especially when they are moist and warm after practice. It is highly recommended that you wash your uniform as soon as possible after practice and that you wash your uniform after every practice. A dirty uniform will not be allowed in the CYC Judo practice room.*
 3. **FOOTWEAR:** Slippers (flip-flops) are required to wear walking outside of the judo mat area. Everyone must be bare footed on the judo mats. All participants must keep their feet and hands wash clean before and after the practice.
 4. **NO JEWELRY** is permitted, i.e. earrings, necklaces, bracelets, anklets, rings, belly rings, nose piercing, etc.
 5. **MARK ALL PERSONAL EQUIPMENT:** Be sure to mark your personal belongings with your name and/or phone number. It's quite common for people to accidentally pick up someone else's personal property by mistake at the end of practice
 6. **FINGERNAILS & TOENAILS:** All participants **MUST** cut their fingernails & toenails to a very short length, including filing smooth. No fake nails are permitted.
- iv. **GOOD PERSONAL HYGIENE:** Judo is contact sport and all Judo students are required to keep good personal hygiene. Students must come to practice with clean and dry uniform, clean body and feet, safely clipped finger and toe nails. *Students must come to practice with clean and dry uniform, clean body and feet, safely clipped finger and toe nails.*
- v. **SPECTATORS:** During practice spectators are restricted to the bleacher area only. This helps keep street shoes from tracking dirt onto the mat, and also makes for a safer and roomier area for the students. **Please do not disrupt practices by coaching or distracting your children from the bleachers or ask the coaches questions during class.** It is difficult for some parents to stay out of the coaching process for their children. The CYC has strong confidence in its coaches' abilities and knowledge of the sport. If you feel you have something constructive to add to the program, please set up a time to meet with the Head Coach or Program Director at a time other than practices. The following are common disruptions that are detrimental to the training process and goals of CYC. Speaking to your child for something other than an emergency, making gestures from the bleachers, calling them away from the training area, coaching your child from the side, or distracting the coach during training. Training times are strictly for the development of your children by CYC coaches. Please keep times for concerns with the program, your child, or the CYC coaches outside of scheduled training.

- vi. **CLASS PROMOTION:** Students will be moved to different classes when the CYC coaching staff feels that the student has developed technically and is physically ready. This is not a parental decision, if for some reason you think that your child should move to a different class or you want to discuss your Child's progress please schedule a meeting with the Head Coach of your Son/Daughter's class. All advancements MUST have the Head Coach signature of approval prior to any level changes.

C. COMPETITIVE OPPORTUNITIES:

- i. **PURPOSE:** The CYC Competitive Judo program is designed to teach boys and girls of all ages about the sport of judo. Not only does this program offer the students training in stretching upper and lower body, push-ups, sit-ups, squats, pivots, break-falls and forward rolls. But it also provides the students with values to use for life. Becoming a part of a judo team teaches the students about teamwork, sportsmanship, dedication, discipline, desire, leadership, time management, and more. Because this program requires the students to spend a lot of time together and to rely on each other, this program also places a great emphasis on friendship, trust, and fun.
- ii. **COMPETITIVE TEAM:** The competition team runs from September to the end of July. The National Junior Championships is usually held in July. It is strongly recommended to participate in the local competitions when athletes are trained, prepared and ready for them. Competitors are pooled into the groups based on their judo rank, weight and age. Judo tournaments are usually held on Sundays. The most important aspect of Judo training is to grow CYC students to be self-confident and successful people! The competitive team is more serious than the recreational classes and requires more time and commitment on both the parents and the students. Tryouts for this team will be held every year usually in September. The students on the team the year before must tryout again the next year. They are not guaranteed a spot on the team just because they were on the team the year before.
 - 1. **AGES:** The CYC judo program will be offering a competitive team for students 6 to 18 years old. Athletes selected to the team will already have the basic fundamentals of various Judo techniques.
 - 2. **UNIFORM:** The Competitive uniform is comprised of judo gi and team warm-up suit. The students will have the opportunity to personally raise funds for their uniforms as well as travel funds. In the result that the family can not cover the full cost of the uniform, scholarships may be available.
 - 3. **MEMBERSHIP:** All competitors must join the USA Judo (USJI) and purchase the annual membership. Financially challenged students may apply for scholarship with the head coach's approval.
 - 4. **TRAVEL:** The CYC Competitive Judo Team will travel to compete at various competitions during the year.
 - a. **LOCAL:** The competitive judo team will compete monthly from September to June around the Bay Area. These competitions are all-day events.
 - b. **REGIONAL:** The competitive team will compete in a regional competition usually in February each year.
 - c. **STATE:** The competitive team will compete in state championships each year. It is generally held in May. This is an all-day event. There is usually no fee or a small fee of approximately \$5 to \$10 per spectator.
 - d. **NATIONALS:** The team also travels to USA Junior or Senior Nationals held in a different city each year. This is a 3-4 day trip. Typically, the team would leave on Friday and come back on Sunday or Monday. There is usually a small fee of approximately \$5 to \$10 per spectator.

- e. **TRANSPORTATION:** Parents are responsible to provide transportations for their students to the tournament sites.
- iii. **CRITERIA FOR TEAM SELECTION:** Past team participation does not guarantee a spot on the judo team's roster the following year. All interested athletes must tryout every year.
- 1. Break-fall skills: Must be able to break the fall safely.
 - 2. Throwing skills: Minimum of hand, hip and foot techniques.
 - 3. Mat Techniques: Pinning & escapes; choking (13 & older); Arm locks (17 & over).
 - 4. Commands: Understanding of the various referee's commands.
 - 5. Speed, Strength and Flexibility.
 - 6. Participate in group training sessions.
 - 7. Good sportsmanship.
- iv. **TEAM RULES:** Judo is a combative sport! Even though it is an individual sport, an athlete must practice with his/her partner with a team spirit! Choosing to be on the competitive team requires dedication and commitment. If one athlete misses practice, he/she will lose the opportunity to learn new techniques and practice skills with the rest of team members. It is very important to make every practice possible.
- 1. Judo team members are required to practices in regular practice nights plus Friday and or Saturday.
 - 2. If a judo team member wants to be at practice, each competition member can miss no more than 5 practices during the season. If you are going to be absent or late, please call the coach in advance so that the coach can make the proper preparations for practice.
 - 3. Be on time for practice! If you are late, do your warm-ups and quickly join the team. Three late arrivals is equivalent to one absence. If you are more than five minutes late and you do not call the coach, you will have to do 30 push-ups before being allowed to join in at practice.
 - 4. Judo is a sport, thus there is the possibility of injury. However, the team members will be properly trained in warming up and stretching, etc. to reduce chances of injury.
 - 5. The CYC encourages athletes to play more than one sport. However, we would hope that Judo comes first the closer we get to our competition dates. Team members can not miss any practices two weeks prior to the competitions. Coaches will work together with you to work out a schedule beneficial to everybody. Thus, it is important that parents and athletes communicate effectively in advance to alert coaches of any potential conflicts. All doctors, dentists, and other appointments should best be worked around Judo practice times. We appreciate your effort on this.
 - 6. A team is like a family. We encourage only positive attitudes and encouragement toward fellow team members and coaches. If there are any issues, we ask that the athlete or parent speak directly with the coach to work together to solve any problems. The Head Coach has an open door policy and will be available to speak with parents either before or after practices.
 - 7. Team members are encouraged to begin strength and conditioning regimens with the CYC Sport Specific Conditioning Program that will supplement their training.
- v. **JUDO DEMONSTRATION:** The CYC judo program will hold 2-3 demonstrations per year. These demonstrations allow the students to show the techniques they have learned and to have fun performing in front of a crowd. These performances are a chance for the students to perform for their family, friends, classmates, and CYC members. Performing is optional and all judo classes will perform in each show.

D. AGE FOR THE CYC JUDO PROGRAM

- i. **RECREATIONAL:** Classes run for 4 to 18 years of age. New students under the age of 10 should start in the pre-Judo classes.
- ii. **COMPETITIVE:** See section C above.