



USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 4 & Saturday, December 5, 2009

Sanctioned by the USJA

The USJA/USJF National Coaches Clinic will be lead by USJA Coaching Committee Member, Paul Nogaki and USJA President and Chair of Development, Dr. AnnMaria Rousey DeMars with Special Guest Clinicians to multi-national champion, international coach and IJF-A referee Hayward Nishioka, 1984 World Champion AnnMaria DeMars and 1996 and 2004 Olympic Bronze Medalist, Jimmy Pedro. This clinic is being held in conjunction with the 2009 USJA/USJF Winter Nationals.

The Coach Certification Clinic will be conducted at Goltz Judo Club and at Damien High School the tournament venue. It includes mat and classroom sessions and lunch on Friday, the tournament session, the competitor's clinic, and the final classroom session on Saturday. Successful completion of this clinic will satisfy all of the USJA/USJF requirements for Coach Certification and Maintenance of Continued Coach Certification.

Dates: Friday & Saturday December 4th & 5th (make-up session Sunday December 6th)

Times: Friday: 9:00 AM to 5:00 PM at Goltz Judo Club
Saturday: Start at referee meeting. Final classroom session will complete 1 hour after competitors clinic (which starts at the close of the last division)

Cost: \$50.00 per person payable to "Goltz Judo Club". This includes the cost for the mat, classroom and tournament sessions and lunch on Friday. There is no cost for either the competitors clinic or admission to the tournament Site. This does not include the additional costs to obtain the USJA or JF Coaching Certificate which is \$25.00 as well as the required background screen which is \$16.00.

Locations: Friday at Goltz Judo Club, Alexander Hughes Community Center, 1701 Danbury Road, Claremont, CA 91711

Saturday at the USJA Winter Nationals, Damien High School Gym, 2280 Damien Avenue, La Verne, CA 91750.

Eligibility: All participants must be members of the USJA, USJF, or USA Judo.

Directors: Paul Nogaki, USJA Coaching Committee, event coordinator
Dr. AnnMaria Rousey DeMars, USJA President, 1984 World Champion

2009 USJA/USJF JUDO NATIONAL COACH CERTIFICATION CLINIC TOPICS

PSYCHOLOGY

- Character Development via Practice, Shiai, and Social Construction of Experience
- Cognitive Development
- Socioemotional Development
- Motivation: Self and Athletes
- Communication: Body Language and Conflict Resolution
- Stress Management: Relaxation and Anger Management
- Mental preparation: Relaxation, Imagery and Focus / Refocus

PHYSICAL

- Nutrition: Nutrients Macro & Micro, For Health & Performance and Weight Gain & Loss
- Weight Training: General, Periodization, Plyometrics, Anaerobic, Aerobic and Circuit
- Care & Prevention of Common Injuries: Evaluation, First Aid / CPR and Taping
- Technique: Gripping, Newaza and Tachiwaza
- Tactics: When Ahead, when behind and When Even
- Mat Side Skills: Referee Interaction, Competition Rules and Verbal Instruction

SPECIALTY POPULATIONS

- Coaching Physically Challenged: Blind, Physically Disabled and Deaf
- Coaching Mentally Challenged: Post Traumatic Stress Disorder, ADHD and MD
- Women's Development: Recruitment, Retention and Safety
- Children: Developmentally Appropriate and Cognitive Development
- Masters: Injuries

CLINIC SCHEDULE

Friday December 4, 2009: Goltz Judo Club, Alexander Hughes Community Center

9:00 AM: Registration

9:30 AM: Classroom Session: Psychology

10:00 AM to Noon and 1:00 PM to 3:30 PM: Mat Session: Physical

Noon to 1:00 PM: Lunch provided

1:00 PM to 5:00 PM: Classroom Session: Specialty Populations and Special Topic

- Coaching Women and Girls with Dr. AnnMaria Rousey DeMars
- Special Topic: Training and Coaching World Class Competitors with Ronda Rousey
- Assignment for Tournament Session

Saturday, December 5, 2009: Damien Gym (Make-up Session on Sunday, December 6)

9:00 AM: Attend Referee Meeting

9:30 AM: Tournament Session: Physical

5:00 PM: Competitors Clinic (completion letters will be distributed at end of session)

REGISTRATION FORM

USJA/USJF NATIONAL COACH CERTIFICATION CLINIC

Friday December 4 & Saturday, December 5, 2009

PLEASE PRINT OR TYPE ALL INFORMATION

Name: _____ **Sex:** ____ **Dojo / Club:** _____
Last, / First / MI

Check One: New National Coach: ____ **Renew National Coach Certification:** ____ **Observe:**

Birth date: ____ / ____ / ____ **Age:** ____

Address: _____
Street / City / State / Zip Code

Phone: (____) _____ **Email Address** _____

Organization (USJA, USJF or USA Judo) _____ **Member #** _____ **Exp Date** _____

Rank: _____ **Rank ID Number:** _____ **Awarded By:** _____

Current Coach Level: _____ **Coach #:** _____ **Organization:** _____

Emergency Contact: _____ **Phone:** (____) _____
Name

Address: _____
Street / City / State / Zip Code

The warning waiver and release of liability and agreement to participate which appears as part of this official entry form must be signed and turned in by all coaches prior to the start of the clinic.

Send completed application, warning waiver and release of liability and fees to:

USJA/USJF WINTER NATIONALS
Coach Certification Clinic
Attn: Tony Farah
3252 Robin Way
Pomona, CA 91767
(909) 596-8199 / (951) 288-5296 (cell)
tony@farahfamily.com

For More Information Contact:

Paul Nogaki
(949) 322 8557 (cell)
ptnippon@verizon.net

Gary Goltz
(909) 985-0486 / (909) 702-3250 (cell)
gary@goltzjudo.com

WARNING, WAIVER, AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

AND FROM, IN ANY JUDO TOURNAMENT, PRACTICE, CLINIC AND RELATED EVENTS AND ACTIVITIES OF THE UNITED STATES JUDO ASSOCIATION, UNITED STATES JUDO FEDERATION, UNITED STATES JUDO, INC., NANKA JUDO YUDANSHA-KAI, CALIFORNIA JUDO INC., THE CITY OF CLAREMONT, DAMIEN HIGH SCHOOL, GOLTZ JUDO CLUB, AND GARY GOLTZ, I HEREBY:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.
2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.
5. I hereby release, waive, discharge and covenant not to sue the United States Judo Association, Inc., United States Judo Federation, Inc., and USA Judo/United States Judo, Nanka Judo Yudanshakai, California Judo, Inc., The City of Claremont, Damien High School Goltz Judo Club, and Gary Goltz, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

Participant: _____ **Signature:** _____ **Date:** _____
(Print Name)

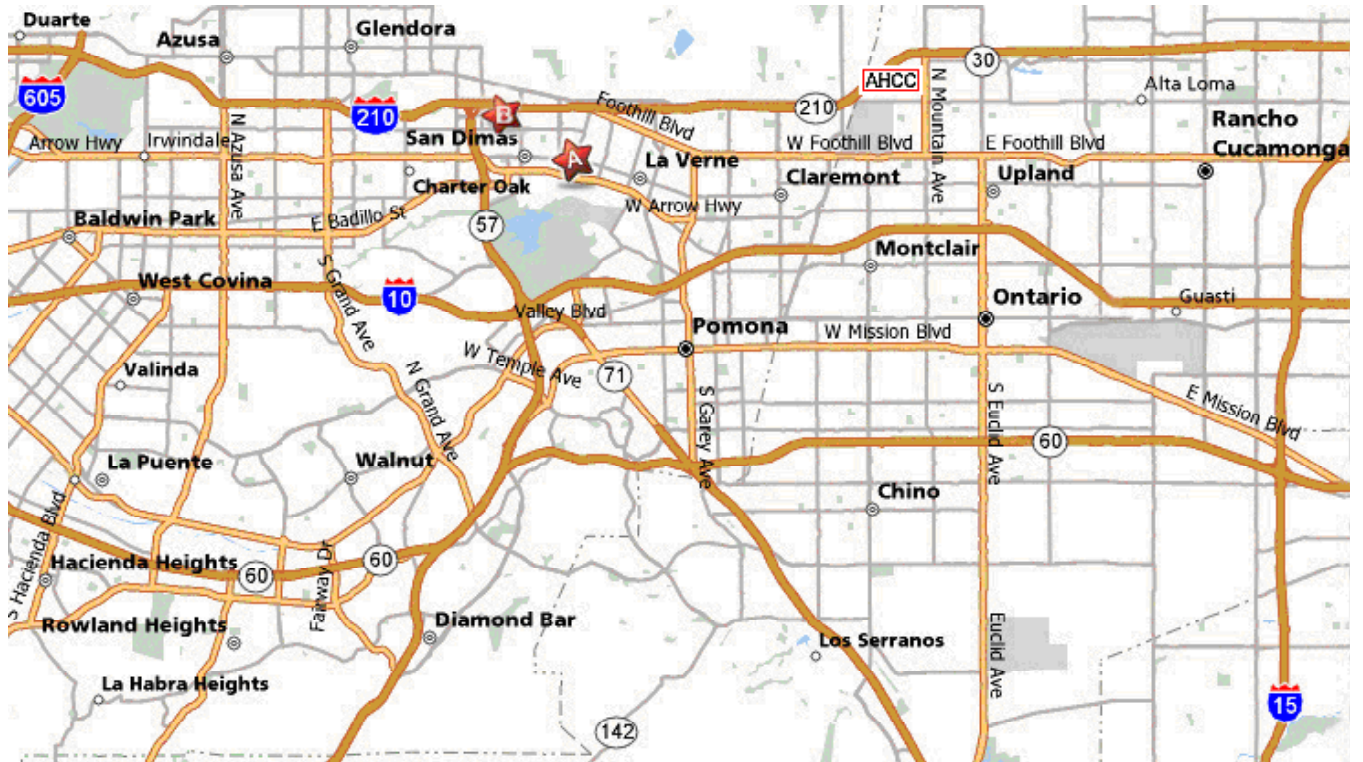
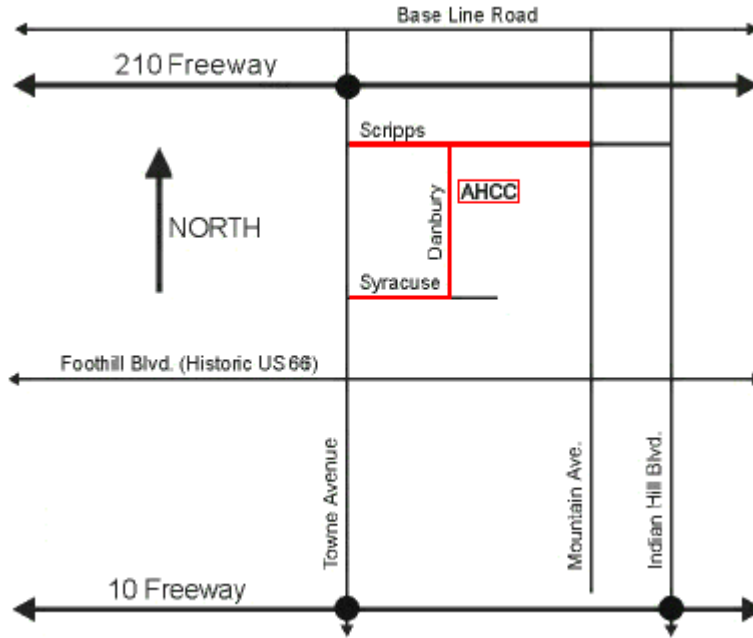
FOR PARENTS /GUARDIANS OF PARTICIPANTS UNDER AGE 18 AT THE TIME OF REGISTRATION

THIS IS TO CERTIFY THAT I, AS PARENT/GUARDIAN WITH LEGAL RESPONSIBILITY FOR THIS PARTICIPANT, DO CONSENT AND AGREE TO HIS/HER RELEASE, AS PROVIDED ABOVE, OF ALL THE RELEASEES, AND, FOR MYSELF, MY HEIRS, ASSIGNS AND NEXT OF KIN. I RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM ANY AND ALL LIABILITIES INCIDENT TO MY MINOR CHILD'S INVOLVEMENT OR PARTICIPATION IN THESE PROGRAMS AS PROVIDED ABOVE, EVEN IF ARISING FROM THEIR NEGLIGENCE, TO THE FULLEST EXTENT PERMITTED BY LAW. I HAVE INSTRUCTED THE MINOR PARTICIPANT AS TO THE ABOVE WARNINGS AND CONDITIONS AND THEIR RAMIFICATIONS.

Parent/Guardian: _____ **Signature:** _____ **Date:** _____
(Print Name)

MAP

**Goltz Judo Club
Alexander Hughes Community Center
1701 Danbury Road
Claremont, CA 91711
(909) 399-5490**



A
Damien High School
2280 Damien Ave.
La Verne, CA 91750

B
Red Roof Inn
204 N. Village Court
San Dimas, CA 91773