

**Horaire / Schedule - Camp d'entrainement Next Gen training camp
NextGEN**



	Monday/ Lundi Aug. 15 aout	Tuesday /Mardi Aug. 16 aout	Wednesday/ Mercredi Aug. 17 aout	Thursday / Jeudi Aug. 18 aout	Friday/ Vendredi Aug. 19 aout
9h00	Arrival / Arrivée	Arrival / Arrivée	Arrival / Arrivée	Arrival / Arrivée	Arrival / Arrivée
9h30-11h15	Judo - Alexandre Emond Newaza Warm-up Technical/ Techniques Drill & Randori	Judo - Alexandre Emond Newaza Warm-up Technical/ Techniques Drill & Randori → Cadets JW team & Senior	Judo -Daniela Krukower Newaza Warm-up Coordination and Situational Work / Coordination et mise en situation Drill & Randori	Judo -Sasha Mehmedovic Newaza Warm-up Technical/ Techniques Drill & Randori → Cadets JW team & Senior	Physical training in the park / Entraînement physique dans le parc Group 1- NextGen Men - Sasha Mehmedovic Group 2 - NextGen Women - Daniela Krukower
11h15-11h30	Changement / Changing	Changement / Changing	Changement / Changing	Changement / Changing	Changement / Changing
11h30-13h00	Lunch/ Diner Conference Nutrition - Catherine Naulleau	Lunch / Diner Conference Mental performance / Performance mentale -Elena Grilli-Cadieux	Lunch / Diner Conference TBC / à Confirmer	Lunch / Diner Conference TBC / à Confirmer	Lunch / Diner Conference TBC / à Confirmer
13h00-15h00	Judo - Nicolas Gill Warm-up Technical / Techniques: Grip & 4 directions Randori	Judo- Janusz Pawlowski Warm up Technical / Techniques: Uchi komi exercice/ Exercices d'Uchi komi & Moving and positioning / Déplacement et positionnement Randori	Judo- Alexandre Emond Warm up Technical / Technical Tachiwa & Grip Randori → Cadets JW team	Judo- Frank Moussina Warm up Technical / Techniques - Tachiwaza Randori	Judo - Alexandre Emond Warm up Technical / Techniques - (reviewing the week) / révision de la semaine Randori / & Drill
15h10	Departure/ Départ	Departure/ Départ	Departure/ Départ	Departure/ Départ	Departure/ Départ