



# WESTCROFT JUDO CLUB MARCH NEWSLETTER

## The British Schools Championships

On the 7<sup>th</sup> of March a few of our squad members headed up to Sheffield to compete in the British school's championships. It was an extremely high-level event with some tough fights for all our competitors. Nonetheless they fought incredibly well picking up some hard earned ippons along the way. Well done to Millie who achieved a silver medal at this event, and Mattis who won bronze. Also well done to James, Nathan, Teddey, Charlie and Authur who all competed well.



## Ares Futures success!

The 14<sup>th</sup> of March was an excellent day for Westcroft at the Ares Futures event at High Wycombe. Well done to all members who competed you got some amazing results! With Gold medals being won by Mia, Eleanora and Dominic. Silver medals being achieved by Nyrah and Aziz; and bronze medals being awarded to Lorenzo, Evelyn, Kaan and Harry. This competition also saw Evelyn being awarded the Spirit of Judo trophy, Congratulations and keep it up!



## The Golden Eagle randori league

The Second Randori League of the year occurred this month! A huge well done to all those that participated we saw some amazing improvements. Two fighters reached a total of 100 points in this round meaning they achieved the Golden Eagle Completers medal; Well done to you both!



## The squad visits the Strength Shack!

A few of our squad members visited the Strength Shack for another round of strength and conditioning on the 21<sup>st</sup> of this month. This time we involved atlas stones as well as tire flips into our circuit providing a good challenge for all.



## DATES FOR YOUR DIARY:

Next Randori League: Saturday 6<sup>th</sup> June 2026

Coming up next month:

- 7<sup>th</sup> April – First session back after back after easter break
- 18<sup>th</sup> April – London Youth Games
- 19<sup>th</sup> April – Sussex Trials
- 25<sup>th</sup> April – Next Strength and Conditioning
- 26<sup>th</sup> April – Heavyweight Training Session