



# England ExCell North

**VENUE:** Gateshead College Academy for Sport

**ADDRESS:** Gateshead International Stadium, Neilson Road, Gateshead, NE10 0EF

**LAUNCH AND FIRST SESSION: WEDNESDAY 11<sup>TH</sup> JANUARY 2012**

**First session to be led by England Lead Coach – Nigel Donohue**

## **England ExCell North Session Information**

*(Every Wednesday evening from 11<sup>th</sup> January)*

**SESSION TIME** (including technical & randori): **7.00pm – 9.30pm**

**Minimum level – Pre-Cadet (born 1999 and before) and 10<sup>th</sup> mon.**

**All Personal Coaches are welcome to attend and support the England ExCell sessions.  
Working together, we can all help with the development of our young players.**

### **IMPORTANT NOTES**

**Judogi:** You are expected to wear a clean judogi - No split kits!!

**Zori:** Must be worn to the edge of the tatami.

Any queries please contact:

Matt Divall, England Excel Co-ordinator

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### England ExCell North session dates (Up to 29th February 2012)

Wednesday 11<sup>th</sup> January 2012

Wednesday 18<sup>th</sup> January 2012

Wednesday 25<sup>th</sup> January 2012

Wednesday 1<sup>st</sup> February 2012

Wednesday 8<sup>th</sup> February 2012

Wednesday 15<sup>th</sup> February 2012

Wednesday 22<sup>nd</sup> February 2012

Wednesday 29<sup>th</sup> February 2012