



## HP JSA Judo coaches - feedback session (Nutrition & Strapping)

DATE	26 January 2013
Time	Saturday
08:30	OPENING
09:00 - 10:00	Tour of FS SSI facilities
10:00 - 10:45	Feedback on performance testing
10:45 - 11:00	BREAK
11:15 - 12:30	Nutrition
12:30 - 13:15	LUNCH
13:15 - 14:30	Strapping
14:45-17:00	New Referee rules



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Sport, Arts, Culture and Recreation  
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