

NORWICH PREMIER JUDO CLUB

Welcome to Norwich Premier Judo Club. This pack is designed to give you some information about the club, and hopefully answer some of your initial questions.

The club aims to teach a high standard of Judo to its members in an enjoyable but controlled environment, allowing them to also build self-confidence and boost personal fitness levels. We also run exchanges with other local clubs, and participate in both local and national Judo competitions.

Attached to this pack is:-

1. BJA membership details.
2. A copy of the club rules.
3. Club Membership Form

The rules are strictly enforced as they cover the important aspects of safety and hygiene, which are both extremely important in Judo. The club membership form should be completed as fully as possible and returned, as it gives the coaches important contact information in case of accidents, illnesses or emergencies. Your details will also be used to contact you with information on any forthcoming events, either those organized by the club or otherwise.

Subscriptions

The subscription rate is :

Junior Members	£3.00	Student Members	£3.00
Junior Visitors/non members	£3.50	Student/non members	£3.50
Senior Members	£4.00		
Senior Visitors/non members	£4.50		

New Senior Members will be required to pay £20 on the first session which will cover 4 sessions. After the 4th session you will be expected to purchase a BJA Licence and pay for your club membership.

Membership

Junior Members	£15.00
Student Members	£15.00
Senior Members	£25.00

Subscriptions & Membership fees are used to pay for Club Membership of the British Judo Association, sports hall rental and to subsidise any club events or equipment purchases.

Suits

The Club has a selection of Judo suits available from- Dave Horton-Jones. If you wish to purchase a suit they can be obtained at heavily discounted prices, and usually within 2 weeks. The suits are sized by height, and vary in cost:- These suits are of a good quality and are worn by a number of the club members. Alternatively you may purchase one from a local sports store. A word of warning though, most Sports Stores do not know the difference between a Judo suit and Karate suit, and will happily sell you a Karate suit by mistake. These tend to be much thinner than the Judo suits, and are easily torn, as they are not designed to withstand the rigours of Judo.

THE BRITISH JUDO ASSOCIATION



The British Judo Association (BJA) is the controlling authority for all Judo within the United Kingdom. It issues licences for insurance purposes, gradings and competitions. The club is a member of the BJA, and as such is fully insured.

Full personal membership of the BJA costs between £21 and £38 depending on age as shown below:- Fee's are from January 2014:

Juniors (Ages 8 - 15)	£27 (£24 renewal)
Seniors (16 upwards)	£38 (£35 renewal)
Recreational	£15
Introductory Four Month (Pay as you throw)	£12 valid for 4 months
Under 8's new	£26 (£21 renewal)

Licenses apart from Introductory are valid for 1 year and a Judoka must have a personal License to enter any BJA competition or to Grade. They cover individuals for any injuries sustained whilst on the mat, and participation at any BJA registered club or event. BJA license application forms are available from any member of the club committee or follow the links on the website. (www.britishjudo.org.uk/join)

I hope these few pages answer most of your initial questions, but if you do have any other concerns please do not hesitate to contact any member of the committee. We will only be too happy to assist in whatever way we can.

Signed by
Nigel Thompson
Club Chairman
On behalf of the Club Committee

NORWICH PREMIER JUDO CLUB RULES

Any person wishing to train at Norwich Premier Judo Club must abide by the following rules:

- a. Mat fees are to be paid in advance to the Subs Collector for each training session.
- b. Footwear is to be worn at all times when off the mat.
- c. All members are to assist with keeping the mat area clean and safe.
- d. No jewellery is to be worn on the mat.
- e. Judoka are to maintain high levels of personal hygiene, in particular short, clean fingernails and toenails.
- f. Judogi are to be clean and in a good state of repair.
- g. New members without Judogi are to wear tracksuit bottoms or equivalent, and sweatshirt/long sleeve T-shirt without zips or buttons.
- h. Only BJA qualified coaches may instruct a session.
- i. Judoka are to obey the commands of the Coaches at all times.
- j. All B.J.A. rules and regulations are to be observed.
- k. Any Judoka wishing to join in the practice after the start of the session must ask permission to join in. Similarly anyone wishing to leave the mat area must ask permission from the coach.
- l. Juniors may not join a Senior session and vice versa without the instructors permission.
- m. The coach must be informed of any relevant injury or illness.
- n. All Judoka are to use the appropriate changing rooms.
- o. Judoka are to refrain from excessive noise whilst another session is taking place.

Any person not abiding by these rules will be required to leave the mat.

NORWICH PREMIER JUDO CLUB MEMBERSHIP FORM

Name	
Address	
Emergency Contact No	
Home Telephone No	
Mobile No	
E-Mail Address	
Any medical conditions	
Date of Birth	
Junior or Senior	
License No & Expiry Date	
Grade	
Any relevant qualifications	
BJA Qualifications	

I agree to abide by the rules and constitution of Norwich Premier Judo Club

Signature:- _____

Signature of parent if under 16 _____