

Heidelberg Training Camp – January 2014



The Irish Judo Association National Squad Manager Keith Gough attended the Heidelberg Training Camp taken by Rok Kosir at the Olympic Training Centre, Heidelberg, Germany 4-6 January 2014. 6 Judokas attended Sarah O’Gara, Zoe O’Gara (Coolmine JC) & Victoria Colhoun (Samurai Uladh) were funded by IJA National Squad Programme and Kathleen McNaught, Jodie Jordan & Samantha Weir (Samurai Uladh) were self-funded. The camp was run over 3 days with 4 training sessions per day to include technical, randori and Strength & Conditioning. All 6 girls completed the camp successfully. NSM Keith Gough commented “ to work with Rok Kosir for the weekend was a great experience for the team - myself and Rok have identified the technical areas that need work going forward for all 6 girls and I am grateful for Rok’s input as he has coached similar aged girls to Cadet and Junior European and World Titles in the past 2 years.”

