



**Northern Ireland Judo Federation  
Annual General Meeting Report  
Nov 2021**



## **CONTENTS**

Chairman's Report	Page 1
Director of Examiners Report	Page 3
Commercial & Marketing	Page 5
Performance Lead	Page 7
Northern Ireland Pathway Squad	Page 29
Inclusion and Diversity & NIJF's AIM	Page 30
IDG Chair's Message	Page 31
Safeguarding	Page 32
BJA Director for Northern Ireland	Page 33
Mental Health and Wellbeing Officer Report	Page 34
Treasurers Report	Page 35
Financial Statement	Page 36

## Chairman's Report

This Annual Report covers the period April 2020 to March 2021

This past two years have been a bit of a roller-coaster ride for the Northern Ireland Judo Federation. It had suffered greatly with the protracted hiatus enforced upon us all, by the Covid 19 Pandemic. Clubs had to close down, our membership was in disarray and from early conversations and contacts shortly after and during the close down, it was quite evident that everyone was feeling a sense of loss in not being able to practice their beloved sport of Judo and this feeling was also compounded with a sense of isolation. I would like to take this opportunity to offer both mine and the Federation's most heartfelt condolences to all who have suffered loss during this time.

The Federation itself went through a number of changes as it became a Private Limited Company by guarantee – without share capital use of “Limited” exemption, which came into effect on the 2<sup>nd</sup> of December 2019, just shortly before the onset of the pandemic. This in effect dissolved the Executive committee and they then became the NIJF Board with Directors responsible for a number of related areas. And although no judo was taking place, the normal running of the company, phone calls and regular meetings were still being held, albeit via zoom.

To date there has been a number of changes with the board itself, with Bill Taggart standing down, as our chairman, Mark Harris stepping up as Chairman and with myself stepping into the vice-chairman's role. During the same period, we also lost Averil Taggart as she stood down from her role as board Secretary and her dual role as our NIJF Admin officer. We gained a new board member in Lauren Smythe and we also gained a new administration officer in Gail Reid, both of whom, have settled in well to their positions and have been a positive contribution to the Federation. The last and most recent change at the helm, has been Mark Harris, who just recently stepped down as Chairman, so this left a bit of a void, which was duly filled by myself on recommendation by the board. Hopefully, this will be ratified at our next AGM. I also have been very fortunate in being invited to sit on the British Judo Association as a board member, I am proud to be Judo's voice representing Northern Ireland and I will work hard in that position for us all.

I am glad to say, that we are emerging from the dark shadow of Covid 19, albeit, that it has still not gone away. We have slowly begun to restart Judo over the past few months and our protocols that we enacted for our Federation, clubs and members seems to be combating the spread of covid, as long as we all stick to them. There has been other great work going on in the background as well, such as the members of the Inclusion and Diversity Group, who look after our adaptive players, our LGBT+ players and other groups, by ensuring they are welcomed, involved, and fully integrated into our Judo Family. The coaches, on the newly formed NI Pathway Squad, who are looking after our fledgling new stars of the future. Plus, the coaches on our established NI Talent Development and High-Performance programmes. I also have high hopes for the Federation's new Outreach Coaching programme.

At this point, I have many people in my mind, such as our commercial manager Mark Donald, our administration officer Gail Reid and of course, all my fellow Directors, all the NIJF commissions, panels members, technical officials and referees and NIJF supporters, in whom I should be offering my grateful thanks for their hard loyal, unstinting work over the years and rightly so. However, there are other people who I most sincerely do wish to shower praise upon and they are the many club coaches and club committee members out there throughout Northern Ireland, who work hard every week, giving up their own precious free time by ensuring our membership on the mats are looked after and kept safe whilst learning our beautiful sport of Judo.

I would like to especially mention both Bill and Averil, a great team, who worked hard for everyone in the NIJF, throughout the years, and for still being there for us, in their new role as part of the Events Commission, special thanks indeed. I am glad to officially state that an Honorary lifetime membership in the NIJF is conferred upon Bill – congratulations and well deserved indeed.

Finally, I offer my personal thanks to you all and my hopes that 2021- 22 will be better, brighter, and interactive for us all.

Russell Brown  
**Interim Chairman**

## Director of Examiner's Report – Richard Briggs

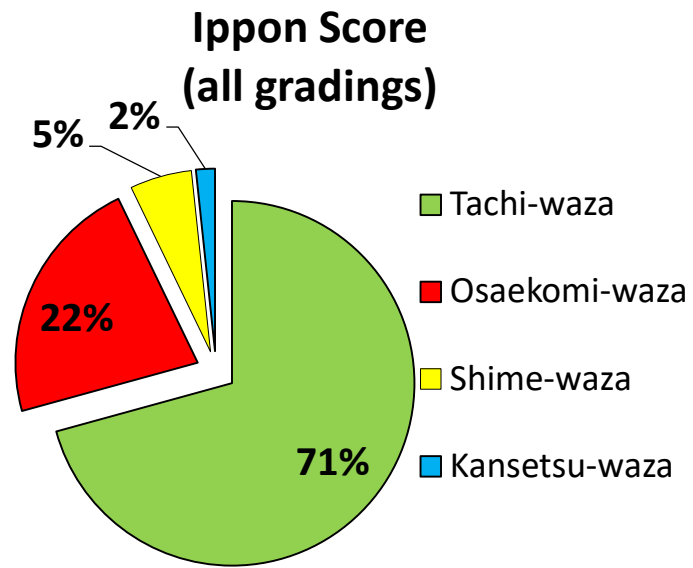
Owing to the Covid-19 pandemic there has not been a competitive Dan Grading since 6 October 2019 when a successful event was held at Campbell Colleges, Belfast. There have been several technical promotions and competitive promotions with judoka completing their Technical Knowledge examinations since 2019. Promotions ratified by the BJA Dan Grade Registrar during 2020-21 are summarised below in table 1:

Name	Club	Date	Type
<b><i>To 1<sup>st</sup> Dan</i></b>			
Niall Smith	Combat	Feb-20	E
Lloyd Andrews	Simply Judo	Mar-20	E
Brian Cassidy	Simply Judo	Dec-20	T
Eugene McErlain	Abbey	Oct-20	T
Joseph McKinney	U.U.C	Mar-20	E
Paul Loan	Coleraine	Mar-21	P
Brian Cassidy	Simply Judo	Apr-21	P
Emma-Louise Mayne	Simply Judo	May-21	T
Paul Catherwood	Kookateki	Jun-21	T
John Craig	Spartan	2021	E
<b><i>To 2nd Dan</i></b>			
Ron McGowan	NW Academy	Feb-20	P
Peggy Magee	Simply Judo	Sep-20	P
Mark Harris	Sonkei Judo	Aug-21	T
<b><i>To 3rd Dan</i></b>			
Johnathan McGowan	Longtower	Feb-20	P

E: Line-up completed; P: Points; T: Technical promotion

During the Pandemic Lockdown grading sheets over the period 2000-2019 were examined with a view to identifying trends in the type of waza scoring ippon. There were very few women's gradings over this period so a male/female comparison is not meaningful. The study showed that out of 1,285 ippon scores over the 20 year period there were 913 (71.1%) by Tachi-waza and 372 (28.9%) by Ne-waza. Despite a slight downward trend in the proportion of tachi-waza ippons preliminary statistical analysis showed this downward trend to be insignificant, despite various rule changes over this period.

This study was presented to the 2<sup>nd</sup> Commonwealth Judo Conference in September 2021.



## **Commercial & Marketing Board Report**

Covid was always going to require a reset and an understanding of a loss of membership. The time taken over the hiatus meant a shift in the job role and remit to support the NIJF strategy, and a focus on rebuilding the Federation, with a steering towards the future.

So as the doors to the Dojo closed, the movement to retain and re-engage started.

The first step included the re-negotiation of membership levels with SportNI and a move to a more strategic role in the position of membership development and individual club development plans, whilst maintaining the communication levels and media elements of the role as well.

### **Retention initiatives included:**

- YouTube channel created to allow engagement of Judo at home, also including recruitment videos and futureproofing with live streaming and event videos
- Re-branding and modernising of the Federation and the dissemination of education and information packs on the benefit of Judo
- Branded apparel and Fighting Films branded Gi's
- A new website rebuild, that is SEO structured, contains online event booking and more attractive / visual club listings
- Individual club plans on Zoom (or in person where permitted) with coaches and club contacts to cement relationships with the NIJF and assist with club marketing in each geographical area were offered and undertaken
- SportNI contact was maintained, and planning implementation to reassure funders that we are focusing on rebuilding with a robust strategy and action plans.

The slow restart of post Covid Judo meant the dissemination of policy, supporting clubs again individually with recruitment and reassurance for their membership and moving towards achieving agreed membership levels for SportNI funding.

### **Main elements of the rebuilding include:**

- Pathway Squad opportunities – recruitment process, coach interaction, player recruitment and execution of events with coaches
- Inclusion Opportunities – supporting the IDG with information, recruitment, and welcoming brand elements to Judo so everyone feels that they can enjoy Judo
- Outreach – Recruiting coaches on a measured, targeted and incentive-based approach to bring Judo to new geographical areas and increase Federation membership alongside awareness of Judo across Northern Ireland Sponsorship was obtained for the Pathway and Inclusion plans to a total of £1300 for both.

### **Moving Forward:**

Our membership levels based on registered members on our CRM system are already on track for our March 2022 target for SportNI. Based on the extension funding plan from them, we will in turn be pushing and presenting target-based objectives to request financing increases. The overriding goal from this able to give back to our membership with opportunities that are funded and put us in a stronger position to help our clubs.

Our development ideas will grow and more importantly, be measured. Our contact and support from the clubs is cementing and growing with interaction both ways at good levels.

We are re-introducing the membership survey so we can gauge the feel of the membership, what they currently know and understand, and how they would like to see Judo move towards in the future.

I was recently asked to be a test case for the digital marketing review of SportNI alongside NGB's and take part in a consultancy interview with a development team. It would seem our funders are moving towards our strategic design as well.

In terms of growth and the future, we are in a robust position, we have frameworks in place in terms of media and club connection, we will look to increase sponsorship as events return and alongside this, we have a renewed passion to drive Judo to be a main sporting force at all levels across the province.

## Performance Lead, Annual Report

### **Introduction**

The NI Performance Lead role started on June 1<sup>st</sup> 2016. As Performance Lead for Northern Ireland Judo, I am charged with the responsibility to manage the delivery of a systematic and highly effective Performance Pathway programme within the context of British, Irish and Northern Ireland Judo, which ultimately results in talent flow of Judo athletes meeting the required benchmarks at Performance Foundation and Podium Potential levels.

The role also encompasses the duties of NI National Head Coach and as such I have had to develop and deliver the Tokyo 2020 and Birmingham 2022 Performance Plans. Associated duties also include: x Ensure identified athletes on the NI Performance Programmes achieve their annual performance and/or development goals. x Manage the transition of athletes to BJA Academy Level Transition programme or higher x Manage transition of athletes to IJA High Performance programme x Undertake quarterly performance reviews with direct reports; agree & monitor action plans for improvement.

### NI Judo Performance Coaching Staff

#### **Chloe Cowen Vickers, NI Performance Coach**

The former GB Olympian & 5-time Senior European Medallist has added a wealth of expertise and experience to our developing Performance Programmes. Chloé, a Chartered Physiotherapist, is a widely respected figure throughout the European Judo community and is well known for her contributions to the EJU Media coverage of major championships.



## **Paul Green, NI Performance Coach**

Paul Green officially commenced his role as NI Performance Coach on September 1<sup>st</sup>, 2016. Paul, a 6<sup>th</sup> Dan and one of Ireland's most successful Club Coaches, has plenty of current coaching experience at international Cadet & Junior level. He is a beneficiary of the Sport NI Performance Coach Development Programme, a member of the SportNI Talent Development Network and a Performance Coach who is highly valued by the Athletes, their Parents, Personal Coaches, and NI, GB & IRL Performance staff.



## **SNI Sporting Winners Investment**

The Northern Ireland Performance Programme (NIPP) is primarily funded through SNI's Sporting Winners Investment Programme. NI Judo first submitted their application for funding in 2015 in advance of the June 2016 start of current funding.

Every year, a renewed submission is considered by SNI assessing performance outcomes against agreed performance targets. SNI also consider and assess the systemic development of the Performance Programme.

***The SNI Sporting Winners Investment Programme only considers performance results in 4 competitions:***

- Senior European Championships
- Senior World Championships
- Olympic Games
- Commonwealth Games

NI Judo has been successful in renewing investment every year since 2016 and in our most recent (Year 4) Review with SNI in March 2021, the NIPP achieved 81.54% of all its Performance Targets, and all in a funding cycle that did not include a Commonwealth Games.

## **NI Performance Programme Athletes**

NI Judo Performance Programmes currently support fifteen Judoka across three levels of programme within the NI Performance Pathway:

- Nathon Burns (2020 Olympic Programme)
- Joshua Green (2024 Olympic Programme)
- Eoin Fleming (2022 Commonwealth Programme)
- Rachael Hawkes (2022 Commonwealth Programme)

Sarah Hawkes (2022 Commonwealth Programme)  
Callum Nash (2022 Commonwealth Programme)  
Peter Cassidy (NITDP)  
Caolan McKee (NITDP)  
Luke Montgomery (NITDP)  
Lloyd Andrews (NITDP)  
Callum Green (NITDP)  
Bethany McCauley (NITDP)  
Aedon O Doherty (NITDP)  
Erika Lysenko (NITDP)

James Reid (Exited NIPP December 2020)  
Jake Doherty (Exited NIPP December 2020)

### **Domestic Training**

#### **SNI Sports Institute**

The development of the NI Judo Performance Programme has been further endorsed by SNI, as a programme now eligible for SNI Sports Institute support.

This has proven to be a significant systemic development in the NI Judo Performance Programme. SNI Sports Institute Sports Science & Sports Medical support includes:

- Strength & Conditioning
- Physiotherapy
- Medical
- Physiology
- Sports Nutrition
- Performance Lifestyle / Sports Psychology

The move to the Sports Institute in Jordanstown coincided with three of the NIPP athletes starting University on-site. There has been additional provision through said athletes being supported by the University of Ulster Elite Athlete Scholarship Programme. The main support to the NIPP has been the access to the Gymnastic Hall for our Technical sessions. The hall hire is exempt for UU Sport Scholars and the Gymnastic floor provides us with an ideal environment for prolonged Technical sessions. Technical sessions here are minimum of 2 hours up to 4 days per week.

NITDP provision, earlier in the Pathway, continues to be delivered in Derry but the majority of NIPP delivery, the Dojo and all SSSM delivery is done onsite at the SNI Sports Institute.

## **NITDP SSSM Provision**

Sports Science & Sports Medicine (SSSM) for our Performance Programme Judoka is a key element of programme provision. Strength & Conditioning (S&C) for our NITDP athletes is provided through James Knox for the Belfast based athletes and Kyle Wallace for the Derry based athletes. NITDP athletes have also availed of Physio, Nutrition, Psych , Performance Lifestyle & Mentoring support.

## **Performances & NIPP Activity post 2019 AGM**

### **Q3 & Q4 2019**

NIPP Performances during the second half of 2019 produced some of the best results in NI Judo history. One summer of results in major championships by Nathan Burns, secured his achievement of being the most successful Northern Ireland male Judoka ever, on the IJF World Tour.

A Top 7 finish in the European Games & European Championships and a Top 16 placing at the World Championships was topped by NI Judo s first ever male Grand Prix Medal (Bronze, Montreal).



There were strong performances from many of the other NIPP Judoka on the World Tour during this period with Callum Nash & Eoin Fleming performing well in the Perth Grand Prix where Eoin placed in the Top 16, and Joshua Green & Rachael Hawkes picked up medals in Yaounde and Dakar Continental Opens (1 Silver & 2 Bronze). Joshua s medals at the Senior Continental Opens were achieved whilst still in his final year of Junior.

Callum Nash won Silver in the EJU European Cup in Bosnia to qualify for the Junior European Championships in Finland where he placed Top 16.



James Reid and Sarah Hawkes won medals at the Senior British Championships in December 2019, securing their British Judo Senior Squad status for a further year.

### **Q1 2020**

Nathon Burns produced a Top 16 performance at the Paris Grand Slam in February 2020, but this was to be the last performance of note before the Coronavirus Pandemic sent the World into ‘Lockdown’.

### **Q2, 3 & 4 2020 “Coping with COVID”**

On the 23<sup>rd</sup> of March 2020 the UK went into “Lockdown”. The NIPP had to adapt to our new performance reality, and we immediately began work on the NI Judo Performance Strategy, including how to “Cope with COVID”.

### **The ‘Off Season Phase**

The initial disruption to the International Judo calendar came with the cancellation of IJF World Tour events in March. Morocco, Russia, Georgia, and Turkey cancelled their Olympic qualifying events before ‘lockdown’ was announced by Government in Britain.

When the Rabat Grand Prix was cancelled on 5th March the NIPP decided to commence an ‘Off Season phase. At this point the only thing that was clear was that there would be no international competition until at least May and an

unexpected period of enforced inactivity provided an opportunity to rest and regenerate. At this point the IJF had announced the resumption of the final 3 Olympic qualification events in May, however, we felt it prudent to source training environments and equipment for NIPP athletes to maintain as high a level of appropriate training opportunity, should a 'lockdown prove inevitable.

The focus for the two weeks leading up to 'lockdown was to discuss and then prepare for the optimal living environment for a prolonged period of public isolation. Family health and personal well-being underpinned all dialogue and activity when preparing for 'lockdown and planning was prioritized around the following themes:

- Optimal 'lockdown living arrangement
- Uki (Judo training partner)
- Dojo access
- Gym access
- Tatami/Gym equipment for home

Nathon Burns remained in his family home where his brother, also a Judoka, resides. We procured some equipment for home and exclusive access to a nearby Dojo/Gym. The facility is an MMA Gym so there are training mats (Tatami) and moderate weight training equipment. Nathon had exclusive access, with his brother, to the facility until Gyms are allowed to reopen to the public.

With the best available living and training environments prepared, the NIPP athletes had a 2-week rest with only active recovery and stretching. The previous 22-month period of Olympic Qualification had been a significant physically and mentally demanding challenge and a rest was vital for the regeneration required to finish the season. The original "Tokyo 2020 Vision" plan had ringfenced the 2-week period immediately after the final Olympic Qualifier in Doha (May 30th) for a holiday/rest before the final preparations for Tokyo. The 2-week rest period was brought forward whilst we awaited news from the Government and the IJF.

#### The 'Sabbatical Phase

The GB Government announced 'lockdown on the 23rd of March. On the 24th of March the IOC announced the postponement of the 2020 Tokyo Olympics to the 23rd of July 2021. Subsequently the IJF cancelled all events on its calendar until at least September 2020 and announced that a revised and updated calendar of events would not be published before July 2020.

A further revaluation of phasing and periodisation was required.

Uncertainty was undoubtedly the most challenging aspect of planning at this time. There was an opportunity for recovery and some rehabilitation and then also to prepare a substantial physical foundation for Q4 of 2020. What was more important though, was that the returning athletes were as revitalised as possible and ready for the return of a demanding qualification period quickly

followed by the Tokyo Games, Year 1 of the Paris Performance Plan and the 2022 Commonwealth Games qualification process.

A prolonged period of maximal loading inherited unacceptable risk and would have been counter-productive to the main focus of returning fresh athletes to the IJF Tour. Whilst it was important for elite athletes to adhere to their prescribed S&C and Judo training and maintain a high level of condition, a prolonged period of intense work without a return date, risked an impediment to the primary goal of mental and emotional readiness for 'return to play'.

The focus of the next phase would become one of personal & professional development. The Coaching Team and Athletes designed bespoke Personal Development Plans that were underwritten by the NIPP, where appropriate, and monitored and supported through engagement with the Performance Lead.

In addition to remote Judo and S&C support, Mental Health & Well-being provision has also remained a priority with increased engagement and monitoring.

#### Pre-Season Phase

Judo was one of the last sports to resume practice, even for those of us able to avail of 'Elite Athlete Exemption status. Although this was very frustrating as many countries had already recommenced training, it did allow us plenty of notice to start our 'Pre-Season Phase.

The Pre-Season phase was between 16-20 weeks depending on the Athlete's Pathway Stage. The 1st sub-phase included a return to a more familiar structured routine in preparation for return to Judo practice and the 2nd sub-phase included full contact delivery.

#### **NIPP Return to Judo**

To Return to Judo, the NIPP had to submit a detailed gradual return to play programme that was assessed by the NI Governments "Return to Sport Expert Group". The committee included representatives from SNI, The Department for Communities, Medicine, Sports Medicine, and our own NI Judo Performance Lead.

The NIPP RTP programme included an extensive range of Covid related restrictions specific to the NIPP Athletes and Staff who qualified for "Elite Athlete Status".

At this juncture I would like to commend all our Athletes, Staff, and their families for the exemplary way they have conducted themselves throughout the pandemic. Whilst many National Judo Programmes have endured multiple C19 cases causing to close their programmes down, ***I am very proud to report that from March 2020 – July 2021, not one of our Athletes or Staff have been infected by Covid or have had to isolate, as a result of PHA advice.*** Whilst I readily concede that we have been very lucky in this regard, it is still a

remarkable achievement given the nature of our sport and could only have been achieved through the incredible diligence exercised by our Programme Judoka.

An overview of the NI Judo 10-Week GRTP programme is illustrated below. The GRTP focused on incremental loading increases until it was safe to return to Randori.



### Randori Planning Template

Randori is the FUNDAMENTRAL training unit of Performance Judo and vitally important that we structure the training phase to have clarity of What, When and How Much?



The Randori Planning Template is a Coaching Tool to support the planning of Randori for NIPP Athletes in a 'GRTP' phase, prescribing the weekly Randori programme in alignment with the Phase Goal where Randori Type, Training Load and Intensity can be structured, monitored and adapted accordingly.

R.P.E	Randori Type	Description	Key Focus
3	Hardskills/Technical	Deliberate practice of 'hard-wiring' the Trademarks in relation to the Hajime-Matte model.	Trademarks - Establish and reinforce
6	Tachiwaza Only	Structured Randori with a focus on the practice of DKK and TFI.	Winning the DKK exchange and preparation and finish for TFI.
6	Newaza Only	Structured Randori with a focus on the practice of WIN. Opportunity to link transition into Newaza as well.	Attack and defence of WIN, combining with transition work to maximise opportunities going into Newaza.
7	Randori Practice (varying times)	Randori practice of varying times to practice Contest Judo. Manipulation of Randori times and the number of Randori's, will have a different training stimulus on each practice/session.	Execute DKK, TFI, WIN.
7	Constraint Based	Define a restriction of Randori practice to highlight a key focus ie, Tachiwaza only - no sutemi-waza and can only attack with standing throws to develop TFI or a DKK sessions as an example.	Develop a key component of Contest Judo.
8	Hajime-Matte	Simulation of a Judo Contest tempo with a focus on winning the exchange of various times ie 10 - 30s exchanges with 5 - 15s recovery over a 2 - 5 minute Randori. (Average Judo Contest 5:30mins - 23s H and 11s M).	Win every exchange.
8	Contest Management	Specific practice of various scenarios from a Fight under pre-fatigue including Golden Score.	Develop decision making within a fight when in a fatigued state to execute the right plan at the right time.

8	Wrestling & Grappling	No jacket Fight Randori and Freestyle, Greco Roman Wrestling practice or variations of grappling.	Develop close contact Fight style, transfer Fight physicality and all round physical mat based conditioning.
9	Pressure Training	Structured practice to pressure the Fighter in Randori when in a fatigued state with various training partners when 'out in the middle' to be able survive and strive when under physical and mental duress - ie 4x 2mins or 5x 1min for example.	<p>The physical and mental ability to Fight and apply their Technical Judo, when they have 'nothing left in them'.</p> <p>HARD to BEAT and NEVER GIVE UP 'Digging Deep'</p>
10	Segmented Randori - Fight Simulation	4 - 5mins of pressure training of various 15 - 30s segments that would include components of a Fight combined with physical stimulus to induce fatigued. Replicates the intensity of a Competition Fight.	
10	Global Randori Camps	Specific practice of World Class Judo with World Class opponents in various environments with various nations and different styles of opponents.	Quality and Volume of World Class Randori practice.

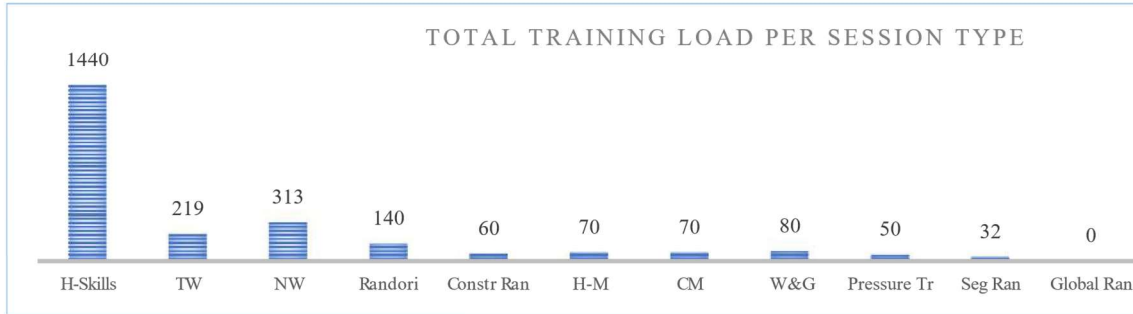
Planning Phase **PRE-SEASON** Phase Goal **Every NIPP Fighter is Competition Ready**

No. of Weeks **10**

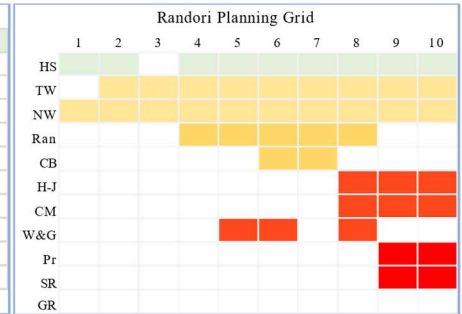
The purpose of the Pre-Season Phase, (WHEN WE CAN DO JUDO) following a lengthy period of Covid-19 Lockdown, is to gradually phase in Randori over a 10 week period by incrementally increasing the Training Load and Intensity and type of Randori practice, so that by week 10, ALL NIPP Fighters are Competition Ready - 'Fit to Compete'.

Start Date **27-Jul**

To begin with, we will screen all the Fighters on week 1 of the programme to establish a Post C19 Baseline as a reference point to compare against previous screening data that will support to inform the Pre-Season programme and monitoring of each Fighter.



WK	M	T	W	T	F	S	S
1	0	60	60	32	0	0	0
2	52	30	50	60	0	0	0
3	0	0	54	0	0	0	0
4	50	60	60	60	50	0	0
5	60	60	60	60	60	0	0
6	60	60	0	60	60	30	0
7	70	70	0	70	60	34	0
8	70	70	0	70	70	40	0
9	55	55	60	55	61	0	0
10	55	55	60	55	61	0	0
Mins	472	520	404	522	422	104	0



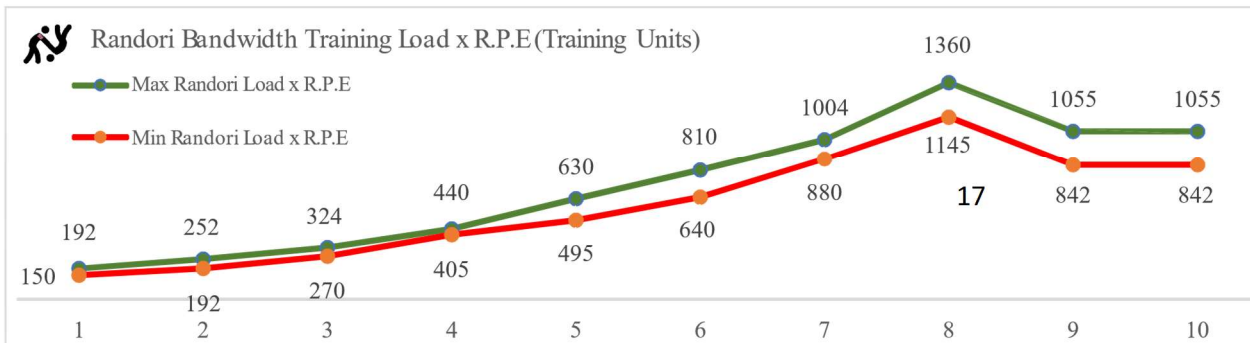
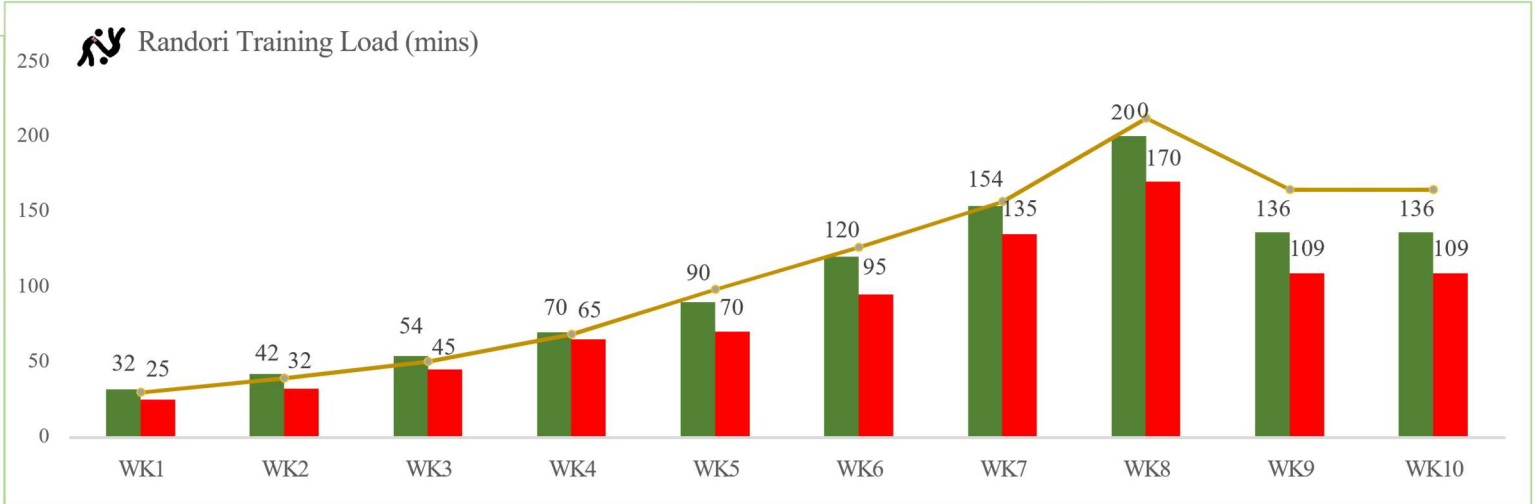
Note - HardSkills/Technical TL not included

Re-Group - weeks 1 -3 with a focus to get back on the mat.

Build weeks 4 - 8. Increase Randori load and intensity. Add physciallity with Wrestling and Grappling sessions.

Weeks 6 and 7. Spread out the load over 5 days with a rest day in the middle of the week. Introduce Pressure training to link to last two weeks.

Weeks 9 & 10. Slight drop in load, but introduce Segmented Randori to simulate Fight intensity.



Re-Group > Build > Competition Ready >  
 27-Jul 03-Aug 10-Aug 17-Aug 24-Aug 31-Aug 07-Sep 14-Sep 21-Sep 28-Sep

Start w/c; 27-Jul

R.P.E	Randori Type	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	WK9	WK10	Total Mins
3	Hardskills/Technical	120	150		210	210	150	150	150	150	150	1440
		90	120		180	180	90	90	90	90	90	1020
6	Tachiwaza Only		20	24	20	15	30	40	40	15	15	219
			15	20	25	10	25	35	35	12	12	189
6	Newaza Only	32	22	30	30	15	30	34	60	30	30	313
		25	17	25	25	10	25	30	55	25	25	262
7	Randori Practice - varying times & practices				20	30	10	40	40			140
					15	25	5	35	35			115
7	Constraint Based						20	40				60
							15	35				50
8	Hajime-Matte								20	25	25	70
									15	20	20	55
8	Contest Management								20	25	25	70
									15	20	20	55
8	Wrestling & Grappling					30	30		20			80
						25	25		15			65
9	Pressure Training									25	25	50
										20	20	40
10	Segmented Randori - Fight Simulation									16	16	32
										12	12	24
10	Global Randori Camps											0
												0

max min

Note - HardSkills/Technical TL not included

weekly % increase

RANDORI TRAININGLOADin mins			31%	29%	30%	29%	33%	28%	30%	-32%	0%
Training Load Bandwidth	Max Randori Load	32	42	54	70	90	120	154	200	136	136
	Min Randori Load	25	32	45	65	70	95	135	170	109	109

Glass Ceiling Load

1034 mins  
855 mins

RANDORI TRAINING LOAD x R.P.E in units

Training Units Bandwidth	Max Randori Load x R.P.E	192	252	324	440	630	810	1004	1360	1055	1055
	Min Randori Load x R.P.E	150	192	270	405	495	640	880	1145	842	842

7122 units  
5861 units

Total  
HS



R.P.E	Randori Type	WK1	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	01-Aug	02-Aug	Total
			M	T	W	T	F	S	S	
3	Hardskills/Technical	120		60	60					120
6	Tachiwaza Only	0								0
6	Newaza Only	32				32				32
7	Randori	0								0
7	Constraint Based	0								0
8	Hajime-Matte	0								0
8	Contest Management	0								0
8	Wrestling & Grappling	0								0
9	Pressure Training	0								0
10	Segmented Randori	0								0
10	Global Randori Camp	0								0
		32	0	60	60	32	0	0	0	32

mins planned. Training Week Load

Working with 1 Uki Only

R.P.E	Randori Type	WK3	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	Total
			M	T	W	T	F	S	S	
3	Hardskills/Technical	0								0
6	Tachiwaza Only	24			24					24
6	Newaza Only	30			30					30
7	Randori	0								0
7	Constraint Based	0								0
8	Hajime-Matte	0								0

	03-Aug	04-Aug	05-Aug	06-Aug	07-Aug	08-Aug	09-Aug	Total
	M	T	W	T	F	S	S	
	150	30	30	30	60			150
TW	20		20					20
NW	22	22						22
Ran	0							0
CB	0							0
H-J	0							0
CM	0							0
W&G	0							0
Pr	0							0
SR	0							0
GR	0							0
	42	52	30	50	60	0	0	42

mins planned Training Week Load

Working with 1 Uki Only.

	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	Total
	M	T	W	T	F	S	S	
HS	210	30	60	30	60	30		210
TW	20	20						20
NW	30		30					30
Ran	20				20			20
CB	0							0
H-J	0							0

Total

HS



R.P.E	Randori Type	WK5	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	Total	
			M	T	W	T	F	S	S		
3	Hardskills/Technical	210	30	60	30	60	30			210	
6	Tachiwaza Only	15	15							15	
6	Newaza Only	15	15							15	
7	Randori	30					30			30	
7	Constraint Based	0								0	
8	Hajime-Matte	0								0	
8	Contest Management	0								0	
8	Wrestling & Grappling	30			30					30	
9	Pressure Training	0								0	
10	Segmented Randori	0								0	
10	Global Randori Camp	0								0	
		90	60	60	60	60	60	0	0	90	
			mins planned							Training Week Load	

Clusters 3-4

R.P.E	Randori Type	WK7	07-Sep	08-Sep	09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	Total
			M	T	W	T	F	S	S	
3	Hardskills/Technical	150	30	30		30	60			150
6	Tachiwaza Only	40	20			20				40
6	Newaza Only	34						34		34
7	Randori	40		40						40
7	Constraint Based	40	20			20				40
8	Hajime-Matte	0								0
8	Contest Management	0								0

	31-Aug	01-Sep	02-Sep	03-Sep	04-Sep	05-Sep	06-Sep	Total		
	M	T	W	T	F	S	S			
HS	150	30	30		30	60		150		
TW	30	30						30		
NW	30					30		30		
Ran	10	10						10		
CB	20	20						20		
H-J	0							0		
CM	0							0		
W&G	30			30				30		
Pr	0							0		
SR	0							0		
GR	0							0		
	120	60	60	0	60	60	30	0	120	
		mins planned							Training Week Load	

2 Groups (Lightweight & Middleweight) of 6-7 Fighters

	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	Total
	M	T	W	T	F	S	S	
HS	150	30	30		30	30		120
TW	40	20	20					40
NW	60				20	40		60
Ran	40			20	20			40
CB	0							0
H-J	20	20						20
CM	20		20					20

NIPP | Randori Planning over 10 week Programme



Training Load by Day over 10 week Programme		WK9	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	Total	
Event	Randori Type		M	T	W	T	F	S	S		
	Technical Skills/Technique	150	30	30	30	30	30			150	
	Uchiwaza Only	15	472	520	404	522	15	104	0	15	
6	Newaza Only	30			30					30	
7	Randori	0								0	
7	Constraint Based	0								0	
8	Hajime-Matte	25		25						25	
8	Contest Management	25				25				25	
8	Wrestling & Grappling	0								0	
9	Pressure Training	25	25							25	
10	Segmented Randori	16					16			16	
10	Global Randori Camp	0								0	
		136	55	55	60	55	61	0	0	136	
			mins planned						Training Week Load		

2 Groups (Lightweight & Middleweight) of 6-7 Fighters.  
NIPP Olympic & CG Programme Athletes option of exposure to SAFE International Training Environment

Total

HS



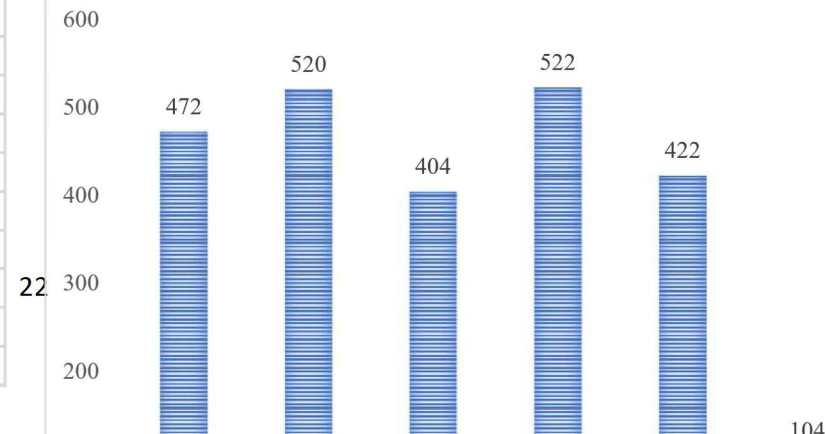
Training Load by Day over 10 week Programme		WK9	28-Sep	29-Sep	30-Sep	01-Oct	02-Oct	03-Oct	04-Oct	Total	
Event	Randori Type		M	T	W	T	F	S	S		
	Technical Skills/Technique	150	30	30	30	30	30			150	
	Uchiwaza Only	15					15			15	
	Newaza Only	30			30					30	
	Randori	0								0	
	Constraint Based	0								0	
	Hajime-Matte	25				25				25	
	Contest Management	25		25						25	
	Wrestling & Grappling	0								0	
	Pressure Training	25	25							25	
	Segmented Randori	16					16			16	
	Global Randori Camp	0								0	
		136	55	55	60	55	61	0	0	136	
			mins planned						Training Week Load		

2 Groups (Lightweight & Middleweight) of 6-7 Fighters.  
NIPP Olympic & CG Programme Athletes option of exposure to SAFE International Training Environment

Summary of Randori Training Load Data

WK	M	T	W	T	F	S	S
1	0	60	60	32	0	0	0
2	52	30	50	60	0	0	0
3	0	0	54	0	0	0	0
4	50	60	60	60	50	0	0
5	60	60	60	60	60	0	0
6	60	60	0	60	60	30	0
7	70	70	0	70	60	34	0
8	70	70	0	70	70	40	0
9	55	55	60	55	61	0	0
10	55	55	60	55	61	0	0

10 WEEK SUMMARY OF TL PER DAY



Total Randori Training Load 2444 mins

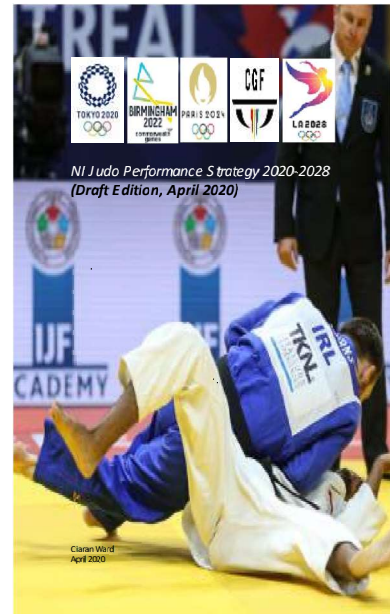
Total

HS

## The NI Judo Performance Strategy 2020-2028

The break from day-to-day contact delivery with the Athletes April-July 2020 provided the opportunity to develop a new long-term NIPP strategy.

The Northern Ireland Judo Performance Strategy 2020-2028 is a 'Draft Version of the long-term strategic performance plan for NI Judo. It was compiled during the Coronavirus Pandemic induced 'lockdown to provide some strategic guidance through an unprecedented period of uncertainty for our Performance Athletes and Staff and to provide an overview of NI Judo's long term strategic intent. A final version of the 2020-28 Strategy will only be published when there is a conclusion to the pandemic, or we are at least better placed to deduce the implications for long term performance planning. In the interim, where we currently reside, this document intends to provide an overview to NI Judo's Performance Pathway Strategy, and specifically, how this informs the Performance Plans for:



“Coping with COVID-19”.

*The NI Judo Performance Strategy, March-December 2020.* “Tokyo 2020 Vision”.

*The adapted & updated Programme for the Tokyo Olympics in 2021.* “Birmingham 2022”.

*The NI Judo Commonwealth Games Programme.* “Paris Performance Plan”. *The 2024 High Performance Strategy.*

“Los Angeles & Beyond”. *The long-term strategic overview.*

The document goes on to outline the 2020-28 performance outcome targets, including all associated timelines and methodology.

The Strategy has been submitted to both the NIJF Board and SNI and will inform the NI Judo ‘Sporting Winners 2022-2023 submission due in December 2021.



## **2021**

January 2021 began with an NIPP/SW update presentation and discussion with the NIJF Board. The regular update meetings for the NIJF Board are vital in maintaining an aligned approach to Performance design and delivery in Northern Ireland Judo. The presentation and discussion focused on recent NIPP activity:

- x NI Judo Sporting Winners 2021 Submission
- x NI Judo Performance Strategy 2020-2028
- x SNI SW Year 5 'Indicative Award
- x NIPP RTP Strategy
- x 5 x new NIPP Inductions
- x 2 x Athletes exiting the NIPP
- x 2021 Athlete Development Project (Dr Elizabeth Egan)
- x Stretching/Flexibility Programme (O'Neill's Gymnastics)
- x European Championships, Prague
- x Updated C19 Testing Protocols
- x Updated NIPP Athlete Agreements
- x SNI Athlete Awards
- x 5
- x Updated MPT Eligibility Criteria
- x Updated 2022 Commonwealth Games Qualification for CGNI Nomination
- x UK Sport Athlete Mapping Project
- x UK Sport Pathway Health Check
- x SNISI 2021 SLA (Service Level Agreement)
- x BJA Performance Pathway & Home Nations Committee
- x Tokyo Olympic Qualification Update
- x NIPP Proposed 2021 Competition & Training Camp Programme

These regular meetings are a vital component of the design, delivery, review and governance of the NI Judo Performance Programme and I look forward to their recommencement at the earliest opportunity.

## **2021 World Tour Performances**

Despite all NIPP Athletes aged 16 or over receiving Northern Ireland 'Elite Athlete Status for domestic training under strict restrictions and monitoring, only Nathon Burns was permitted to compete internationally by the Irish Government. This

reduced to zero, the chance of delivering Year 1 of the Paris Olympic Performance Plan or the 2022 Commonwealth Games Qualification. Both plans had to be amended to the most recent published versions.

Although Nathon now had access to the World Tour again, there was still no access to international training camps. As a small Judo Programme, we are heavily dependent upon access to the requisite volume of high level Randori. Removing this vital access presented the most significant challenge to Olympic qualification and achieving our SNI Sporting Winners targets.

Compounding this challenge was the frustration that:

- a. We knew how to fix this challenge, but we were not permitted the opportunity (Government restrictions & IJF Protocol), and
- b. Many of our competitors were continuing to access the requisite volume of high level Randori

In May 2020 Nathon was ranked 35th on the IJF World Ranking List and 19th on the Olympic Ranking List. This ranking would have qualified him for the final Olympic Qualification event, the IJF World Masters in Doha in May. Qualification alone for the World Masters guarantees each participant a minimum of 200 WR points. That would have guaranteed Nathon s Direct Olympic Qualification. Of course, the event was cancelled due to C19, and we had to endure a further grueling 9 months on the World Tour under the most restrictive and challenging conditions that I have ever encountered in my 33 years on the Senior World Tour.

Ultimately, despite Top 16 placings in Tashkent & Tbilisi Grand Slams, Nathon came up short, missing Olympic Qualification by just 2 Continental Quota places.

Nathon has performed heroically and conducted himself impeccably throughout his Olympic Qualification campaign. On behalf of the NIPP I would like to congratulate him on his efforts and thank him for his service to Northern Ireland Performance Judo.

It is important to highlight that I did participate in the Tokyo Games as Coach & Team Leader for Team Ireland, but not in my role as NI Judo Performance Lead. I took my annual leave from said position to participate in Tokyo. The NIJF Board were approached and informed of same and granted my Annual Leave, as requested.

I would like to thank everyone in Northern Ireland Judo for their many messages of support and best wishes, and for the supportive messages from the BJA, Judo Scotland, Welsh Judo, IJA, Sport NI, SNISI, UUJ, the Department for Communities and Commonwealth Games Northern Ireland.

In August 2021 the entire NIPP Athlete contingent were permitted to train and compete abroad, once again. Our plans adapted to seek out international standard Randori at the earliest opportunity.

The IJF Centre of Excellence in Valencia (Spain) is led by former World Silver medalist, Sugoi Uriarte. In August and September 14 NIPP Athletes and Staff spent

from 8-16 days at the Valencia Dojo with the National Teams from Spain, Great Britain, France, Venezuela, Costa Rica, Dominican Republic, and USA.



The return to high level Randori has since served the NIPP well with medals at the C2 London International (Bethany McCauley - Bronze in Cadets, 5<sup>th</sup> in Juniors) and Senior Continental Open Medals from Rachael Hawkes, Eoin Fleming & Joshua Green.

The Olympic & Commonwealth Programme NIPP Athletes compete again this week in Dakar (13/14 November) and for the medallists, they will be rewarded with the opportunity to participate in the final IJF Grand Slam of the year in Abu Dhabi.

With no All Ireland Championships in 2021, the domestic competition calendar will finish with the Junior & Senior British Championships in December.

### **2022 Commonwealth Games Programme**

The 2022 Commonwealth Games Programme was updated in August to reflect the very restricted opportunity to compete for most NI Judoka. The amendments were only related to the qualification timeline and the Performance Standard for qualification remain unchanged.

Changes were ratified by the NIJF Board and CGNI in August and advertised/published in early September 2021.

We currently have 5 eligible NI Judoka who have reached the Performance Standard required for nomination to CGNI. With the qualification period ending 31<sup>st</sup> March 2022, we hope to be able to add to that number for nomination.

## **Conclusion**

The NI Judo performance environment has struggled during what has been the most challenging of times for our sport. The Covid related restrictions around the training environment and the sheer cost complying with the International Judo federation PCR testing obligations has made the last 2 years a struggle for everyone involved in this Programme.

Despite the significant challenges referenced, I am extremely proud and satisfied with how our Athletes have performed and conducted themselves, throughout.

I would like to conclude by thanking all those who supported and contributed to the success of Performance Judo in Northern Ireland last 2 years. In particular I would like to thank NI Performance Coaches Chloe Cowen Vickers & Paul Green and all the Personal Coaches who pledged their support for the programme and for all the parents of participating athletes.

I would also like to thank Bill & Averil Taggart for their commitment to the NIPP and wish them every success in the future. I would like to thank Gail & the Board and I hope to work more closely with the Board going forward.

Most importantly I would like to thank all of the athletes who put their faith and trust in me to develop their Judo and forward their careers through our various programmes. Their commitment continues to be the most humbling experience for me as a Coach and I hope to justify their continued investment in the coming year and beyond.

## **Northern Ireland Pathway Squad**

The Northern Ireland Judo Federation needed to establish a formalised and structured pathway which looks at the migration of competitive members from local clubs to the performance squads, the purpose is to deliver an intermediary programme (13- to 17-year-olds), which will develop the necessary skills, requirements, technical and behavioural competences for said participants to be ready to apply to and join the Northern Ireland Talent Development Programme (NITDP) leading to the Northern Ireland Performance Pathway programme (NIPP) at the age of 16+yrs.

This progression will supply a number of judokas from the full range of weight categories to be able to progress into the Northern Ireland Judo Federation's Elite Athletes programmes led by Ciaran Ward, our current Lead performance Coach. In essence, the NI Pathway squad programme will run as a pre-cursor to a higher level of performance coaching which will ensure the NIJF's future competitiveness in reaching high level podium positions both at national, international and Olympic standings.

The NI Pathway squad programme was designed to provide the expertise and support to the NIJFs aspiring future athletes to aid them to fulfil their potential and produce individuals and teams to represent Northern Ireland. After interviews took place, four coaches were asked to join the team, namely as follows; Stephen McCloskey, Jim Toland as lead coaches, ably assisted by Paul Price and Jozeph Balough as assistant coaches.

The first session of the Northern Ireland Pathway programme was run on Sunday the 7<sup>th</sup> November with quite a large turnout. It's now up to all our local clubs and coaches therein, to get on board and invest in the programme, to see it rise from strength to strength, and together, we will produce judo stars of the future.

Russell Brown

**Pathway Director**

## **Inclusion and Diversity**

On Saturday the 3<sup>rd</sup> of July 2021, the Northern Ireland Inclusion and Diversity Group came into being, it comprised of nine coaches/players from across a wide geographical area, namely Roisin Doherty, Gareth Armstrong (IDG Secretary), Richard Briggs, Kirstie Strouts (IDG Vice Chairperson), Jim Toland, Mark Spence, Mark Harris, Peggy Magee and Russell Brown (IDG Chairperson)

### **Aim:**

To foster the NIJF's aims in delivering on Inclusion and Diversity and ensuring that these stated pillars are within all Judo Clubs throughout Northern Ireland by providing more opportunities for our LGBT+ members and our adaptive members. The NIJF Inclusion and Diversity group will drive the delivery of the NIJF's Inclusion and Diversity Strategy 2021 to 2025.

### **Purpose:**

To make the proposed strategy become a tangible reality and help to achieve our sporting Inclusion and Diversity membership goals. This will be a shared commitment by our group on behalf of the NIJF, so as we can work together to build respect and value for our diverse membership and construct a more inclusive sporting environment. The strategy comprises five key goals and identifies the priorities and actions we will deliver upon over the next four years, known as our "Objectives"

### **Objectives:**

1. Competition Infrastructure – Ensure a robust competition infrastructure is in place.
2. Adaptive Judo Performance Pathway – Develop a recognised performance pathway for our players with disabilities.
3. Communication and Engagement – Diversity and Inclusion strategy communicated to local clubs and understanding of local needs assessed.
4. Training and Support – Develop a network of trained and insured coaches whilst providing ongoing CPD support and development.
5. Monitoring and Evaluation – A method of monitoring and compiling figures of Judoka with a disability and Judoka who identify as being of the LGBT+ community throughout all of the NIJF's clubs and identified members of any and all NIJF National teams.

### **NIJF's AIM:**

"Build and sustain an inclusive culture within our sport of Judo and within our sporting communities, to allow our members the opportunity to participate, progress and perform to their maximum potential. To ensure inclusion in all its forms is within all Judo clubs in Northern Ireland. To provide more opportunities for our Judoka's with disabilities and from our LGBT+ members, to take part in all aspects of Judo, training, competitions, and associated activities. To drive the delivery of inclusion and Diversity throughout the Northern Ireland Judo Federation".

**IDG Chair's Message:**

“The Northern Ireland Judo Federation is striving to create an Inclusive and Diverse Sporting arena, where everyone feels valued and respected because of their differences– a place where every individual can be themselves, so they can reach their potential and help us to achieve our aims. The more we collaborate and value difference, the closer we get to living in a truly inclusive sporting community.

This inclusion and diversity strategy provides us with a road map to create an inclusive sporting arena. To help us achieve this, we need the commitment of every participant to understand what we are trying to achieve, to work together and be open to change. This strategy is everyone's responsibility and I encourage you to get involved, by having a respectful and supportive sporting environment, that enables us to attract and retain a diverse and inclusive membership from all sections of the wider community here in Northern Ireland”

Russell Brown

**IDG Chairperson**

## **Safeguarding**

With the Covid 19 pandemic, the initial thoughts that safeguarding would slow down somewhat, was turned on its head. This past two years has been a very busy time indeed. Quite a number of communications were received by the NIJFs Lead Designated Liaison Person for Safeguarding, through email, letter and phone formats. A large number of these communications concerned events outside of Judo and was more of information sharing and signposting and counselling.

Training and development became nearly 100% digital through mediums such as Zoom, Microsoft and Teams. These training and development sessions were held in mornings and afternoons with a number being delivered in the evenings – examples of lead organisations delivering were as follows; The National Society for Prevention of Cruelty to Children, The Child Protection in Sport Unit, the British Judo Association, and the Ann Craft Trust and UK Coaching amongst others. Continuous training is vital so that the NIJF can be the best it can and keep delivering a high-quality Safeguarding service to all of its members and associated organisations.

In this year, 2021, The NIJF received high praise from the NSPCC's Child Protection in Sport Unit, as it publicly announced that we were the top sport in Northern Ireland with the highest standards in connection with Safeguarding, a great accolade indeed and one we will work long and hard to maintain that service, as it's only right that the NIJF protects all its members.

The NIJF believes that Judo can advance the human rights of everyone. It provides an opportunity to promote a set of universal values amongst its participants, coaches, table officials, club committees and of course all our parents. With this ethos in mind the Federation signed up to the "Declaration on Sport and Human Rights" in conjunction with the NI Human Rights Commission and Commonwealth Games NI. The ten-point plan set out in the declaration centres around the commitment to ensure that everyone should be protected but that they also have a responsibility to challenge abuses, and support an ethos of Dignity and Respect, Tolerance, understanding, Equality and Fairness within Sport.

Lastly, I would like to personally thank the Board for their unrelenting support and assistance in helping the NIJF deliver an important Safeguarding service through such a difficult period and my thanks also goes out to everyone who helped me over this last two years and I know you all have heard this so many times but my motto is still the same;

"Let's Learn, Work & Act Together as One to Protect"

Russell Brown

**Director of Safeguarding**

## **BJA Director for Northern Ireland**

First, I would like to take this opportunity to sing the praises for the outgoing BJA Director, Bill Taggart. Bill has been a stalwart for the NIJF and has worked hard over this last eight years as a British Judo Board Director and also as the chairman for the Referees Commission, which he still holds. Big shoes to fill as they say...on behalf of myself as the incoming Director and also on behalf of the NIJF family, please accept our grateful thanks.

I have been given the high honour of being appointed to the BJA Board of Directors as representative for the Northern Ireland Judo Federation. At present I have only attended one Board meeting over a two-day period and to say the least, I was taken aback at the amount of work and depth these types of meetings actually cover, I instantly realised, that as a new BJA Board Director, I was going to have to run, get stuck in and learn as I go along.

I was introduced to all the current board members and I was totally set at ease right from the start, I immediately felt welcome and supported by all in attendance, albeit a number were already known to me from over the years in Judo. I soon settled in and began to actively take part in the discussions.

As I have only attended my first meeting out of many to come, this report will be short indeed. However, I would like to take this opportunity to state that I will be the NIJFs voice and I will be diligent, I will work hard and I will strive to do all that I can humanly do to represent my beloved Judo Federation and it's members.

Russell Brown

**BJA Director**

## Mental Health and Wellbeing Officer Report

Following last year's emotional 18 months there has been a lot of change within the Federation. As the Mental Health and Wellbeing Officer, I came on board in Sept 2019, just prior to the pandemic, with hopes to support all individuals within the Federation regarding their Mental Health and Wellbeing. The COVID-19 pandemic has proven to have been a difficult time for individuals, throwing them out of routines and confining them to tight restrictions resulting further arduous situations. We all know that everybody has mental health; and whilst this is perceived to always be poor mental health; like physical health, this changes throughout our lives.

As a national governing body our plan is to manage and prevent ill mental health amongst athletes, coaches, volunteers, employees, committee members and directors; to develop successful programmes which all individuals can engage with. As the Mental Health and Wellbeing Officer, I want to encourage individuals to engage with us, in relation to their mental health, so we can be better adjusted to interact with others.

Sporting individuals may experience a unique pressure in their role in attempts to achieve a particular result; we must remember that athletes will only be able to produce such results if both their physical and mental needs are met.

Individuals in sport also experienced mental health issues and so recently we have seen a number of high-profile sporting individuals speak out about their mental health. Whilst the speaking out of high profile sporting individuals is proving to have a positive effect, there are a number of individuals which are struggling in silence. There have been expressed concerns about the stigma surrounding mental health and the impact it may have on an their career, however the Northern Ireland Judo Federation would like to reassure all individuals at all levels that this is something we can ensure will not be the case. Unfortunately, where these experiences remain hidden, it perpetuates the stigma and prevents others from speaking out, something that I and the Northern Ireland Judo Federation will continue to keep as a key objective coming into 2022.

I will continue to be pro-active in relation to mental health and wellbeing initiatives with a number of exciting new collaborations for the benefit of our membership. I also hope to engage with our coaches to provide them with the learning opportunities on how best to support their players mental health and wellbeing and the importance of how this should be their focus in the coming year as we continue to adapt our lives to this pandemic. Clubs should proactively be supporting the mental health and wellbeing of players and support volunteers, mitigating the impact of the changeable and uncertain characteristics of this unique period.

I will continue to engage with training available by the mental health experts to ensure that the best practices and learning opportunities are adopted and implemented into our strategy for the coming year. The future for Mental Health and Wellbeing within the Northern Ireland Judo Federation I hope is going to be positive in developing our outreach to all athletes, from grassroots to the performance pathway.

## **Treasurers Report**

For the Judo Federation as with all National Governing Bodies this has been a period of uncertainty and disruption and now with the light at the end of the covid tunnel beginning to shine, it is hoped that the NIJF along with the judo family can start looking to the future with hope, anticipation and increasing optimism.

The Federation is indebted to Sport Northern Ireland for the continued financial support from their sporting winners, sporting clubs, and athlete support programmes.

The Federation wishes to acknowledge the support from each of the Sport Northern Ireland Programme Managers, and we would also like to put on record a special thank you to Averil Taggart for the manner in which she managed the administration off the Federation and laterally to Gail Reid since taking over the admin role in January 2021.

## Financial Statement

<b>Northern Ireland Judo Federation</b>		
<b>Detailed Income and Expenditure Account</b>		
<b>for the period 2 December 2019 to 31 March 2021</b>		
	£	£
<b>Turnover</b>		
Sport NI	168,230	
Sport NI Athlete Award	15,000	
Sundry Income	3,332	
Competition entry fees	(2,460)	
Courses and coaching	80	
Stripe payments	14,339	
Irish Judo Association	12,953	
Contribution to travel costs	1,236	
	<u>          </u>	212,710
<b>Cost of sales</b>		
Opening stock	1,674	
Closing stock	(1,674)	
	<u>          </u>	<u>          </u>
<b>GROSS SURPLUS</b>		212,710
<b>Expenditure</b>		
Insurance	12,918	
Wages	126,206	
Social security	9,726	
Pensions	3,183	
Hire of facilities:	3,792	
Judo Scotland	220	
Post and stationery	1,621	
Talent Development Travel	14,756	
Competition Travel	7,127	
Affiliations	80	
Computer Costs/membership soft	5,126	
Sports Council NI office exp	1,812	
Repairs and renewals	774	
Course conferences & meetings	2,546	
British Judo Association	36	
Sundry expenses	4,538	
Competition and squad expenses	38,961	
Accountancy	2,358	
Covid testing/expenses	4,613	
Auditors' remuneration	1,290	
Amortisation of intangible fixed assets		
Development costs	1,563	
Depreciation of tangible fixed assets		
Fixtures and fittings	958	
	<u>          </u>	244,204
		(31,494)
<b>Finance costs</b>		
Bank charges		3,155
<b>NET DEFICIT</b>		<u><u>(34,649)</u></u>

This page does not form part of the statutory financial statements

