

## A YEAR IN THE LIFE OF TONY

For those people who don't know me I am 15 years old and I started judo when I was 6 years old and I have been a member off Cam Brea Judo Club for 8 years. Over the years I have been very successful and I have treated my judo as a hobby and an active sport and an opportunity to travel. However 12 months ago my whole outlook on my judo changed and it has become more serious.

I train 6 days a week at keep fit which involves running, cycling, skipping, sit-ups, press-ups and many other exercises. This mostly takes place after school. I practice my judo on Tuesday nights at Cam Brea and [Tamar] Plymouth on Monday's and Thursday's. The new ranking year is about to begin but last year I was ranked No 8 in the UK in my weight category. Due to my success, 5 months ago I got invited into the {World Class Start Program} which is a long term training/selection program which is part of the British Squad. This means that apart from my normal training above I also train with the British Squad once a month at either, Sheffield, Dartford, High Wycombe, Bath, Walsall or Cardiff.

In addition to all this training I spend my free weekends fighting at competitions. I have made a list of the competitions I have entered in the last 12 months:

May 05	Peter Murphy BJA	Glastonbury	Bronze
June 05	Western Area BJA	Gloucester	Silver
June 05	Kent International	Crystal Palace	Gold
August 05	British Cadet Open	Sheffield	6 <sup>th</sup>
September 05	Heart of England	Birmingham	7 <sup>th</sup>
September 05	Scottish Championships	Edinburgh	Bronze
October 05	BJA Nationals	Sheffield	6 <sup>th</sup>
October 05	Cornish Open	Cam Brea	Gold
December 05	BJA Plymouth Open	Plymstock	Bronze
January 06	BJA Bristol Classic	Bristol (Bradley Stoke)	Silver
February 06	London International	Excel Docklands	
February 06	North West Championships	Liverpool	5 <sup>th</sup>
March 06	British School Judo Association National Trials	Walsall	Bronze
April 06	BJA Midlands U20s Championships	Walsall	Silver
March 06	BJC Nationals	Hareford	Gold
May 06	Welsh Judo	Cardiff	Silver
June 06	Venray International (Holland)		