



2025 JudoScotland National Squad & Performance Support Guidelines

National Squad Composition:

A place on the 2025 JudoScotland National Squad will be offered to judoka who meet at least one of the following:

- Medallist at the 2024 Scottish Senior Championships (Nov 2024)
- Medallist at the 2024 Scottish Junior Championships (Nov 2024)
- Medallist at the 2024 British Junior Championships (Dec 2024)
- Medallist at the 2024 British Senior Championships (Dec 2024)
- Top 7 placing at a 2024 Junior or Senior International tour event.
- Judoka transferring from Cadet to Junior with Cadet International Tour match wins in 2024.
- VI Judoka identified as Para-Potential by GBR Paralympic Programme

Notes:

**Additional co-options can be made where deemed in best interests of JudoScotland.*

**All co-options must be approved by the JudoScotland Performance Working Group.*

National Squad Eligibility:

To be eligible for the National Squad a judoka should:

- be eligible to compete for Scotland at the Commonwealth Games and to satisfy eligibility requirements of the Commonwealth Games Federation (CGF) and Commonwealth Games Scotland (CGS);
- be a current member of JudoScotland (JS);
- not be serving a ban from competition as a result of any disciplinary action, being found guilty of a doping offence, or be in receipt of a lifetime funding ban from any of the Sports Councils.

National Squad – Broad Principles:

JudoScotland performance activity is funded by sportscotland to achieve the following sportscotland targets:

- Scots on GB WCPP (World Class Performance Programme)
- Scots on TeamGB & ParalympicsGB
- Scottish Olympic & Paralympic medallists
- Team Scotland Commonwealth Games medals

Whilst looking to achieve the above targets, judo principles of "Jita-Kyoei" (Mutual Welfare & Benefit) & "Seiryoku-Zenyo" (Maximum Efficiency) should apply and will be realised through:

- Appropriate opportunities to develop available.
- Efficient use of budget – with budget assigned to both development & performance outcomes.
- Current results being recognised, long-term development being the focus & judoka welfare prioritised.
- The value of technical, physical and behavioural development.
- Increasing programme ownership provided to judoka as they progress in age & performance level.

National Squad – Expectations on Judoka:

JudoScotland National Squad judoka will be expected to read, understand & acknowledge their adherence to an athlete agreement & code of conduct and comply with the terms and conditions outlined.

JudoScotland National Squad judoka are expected to make efforts to attend National Randori and National Squad Camps whenever possible.

JudoScotland National Squad judoka looking to progress to the international performance level are expected to be based at a recognised performance training environment

JudoScotland National Squad judoka are expected to compete in the Scottish Closed Championships, Scottish Open Championships & British Closed Championships if fit to do so.

JudoScotland National Squad judoka are expected to make themselves available for selection for the National Teams Championships & other team competitions where selected by JudoScotland.

National Squad - Provision:

All judoka taking up a place on the 2025 National squad should be provided with the following:

Training Opportunity:

National Squad judoka can access programme sessions delivered at the JudoScotland National Training Centre (NTC) & JudoScotland regional training sessions (currently at no cost) and can utilise these sessions alongside club/other training as suitable to maximise their development.

The current weekly offering (subject to change) from JudoScotland is shown below:

Day:	Time:	Location:	Content:	Suitable for:
Monday	9am	JS NTC	Movement / Prehab	Competing cadet, JNR & SNR judoka (14+)
Monday	9.30am	JS NTC	Judo – Tachi-waza drilling & randori	Competing cadet, JNR & SNR judoka (14+)
Monday	11am	JS NTC	Physical Preparation	Competing cadet, JNR & SNR judoka (14+)
Tuesday	From 9am – 12noon	JS NTC	Individual Physical Preparation and/or technical sessions (arrange with coaching staff)	Competing cadet, JNR & SNR judoka (14+)
Tuesday	6pm	JS NTC	Open Mat / Technical	Competing cadet, JNR & SNR judoka (14+)
Tuesday	7pm	JS NTC	National Randori	Competing cadet, JNR & SNR judoka (14+)
Wednesday	9am	JS NTC	Movement / Prehab	Competing cadet, JNR & SNR judoka (14+)
Wednesday	9.30am	JS NTC	Judo – Technical exploration	Competing cadet, JNR & SNR judoka (14+)
Wednesday	11am	JS NTC	Physical Preparation	Competing cadet, JNR & SNR judoka (14+)
Wednesday	7pm	East – JS NTC West - ?	Regional Talent Sessions – East & West	Competing Pre-Cadet, Cadet & Junior judoka. (11-20)
Thursday	From 9am – 12noon	JS NTC	Individual Physical Preparation and/or technical sessions (arrange with coaching staff)	Competing cadet, JNR & SNR judoka (14+)
Thursday	6pm	JS NTC	Open Mat / Technical	Competing cadet, JNR & SNR judoka (14+)
Thursday	7pm	JS NTC	National Randori	Competing cadet, JNR & SNR judoka (14+)
Friday	9am	JS NTC	Movement / Prehab	Competing cadet, JNR & SNR judoka (14+)
Friday	9.30am	JS NTC	Judo – Ne-waza drilling & randori	Competing cadet, JNR & SNR judoka (14+)
Friday	11am	JS NTC	Physical Preparation	Competing cadet, JNR & SNR judoka (14+)
Friday	7.30pm	Garioch Judo Club	Regional Talent Sessions – North	Competing Pre-Cadet, Cadet & Junior judoka. (11-20)

National Squad judoka will be given the opportunity to attend National Squad training camps throughout the year.

National Squad judoka will be given the opportunity to attend (either through invite or self-fund opportunity) suitable additional training camps.

Competition Opportunity:

National Squad judoka will be provided with support for competitions that will be guided by recent result history & the event support matrix outlined below.

National Squad judoka may also be given the opportunity to contribute financially to attend additional suitable competition opportunities.

Team Wear:

National Squad judoka will be provided with Macron JudoScotland team wear and offered the opportunity to purchase additional JudoScotland team wear.

Judogi:

National Squad judoka will be given the opportunity to purchase IJF approved, JudoScotland branded, judogi from Fighting Films at a discount from RRP.

Physiotherapy:

National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JudoScotland. This is outlined in the memo found attached to this document.

***Important Note** - Judoka should note that the National Squad programme does not provide medical support (such as surgical consultations or surgeries) in the case of major injury.

Only judoka supported by the SIS (sportscotland institute of sport) and/or judoka who have a place on the GB WCPP (World Class Performance Programme) are in receipt of a medical support package.

Based on the prevalence of injury within contact/combat sports JudoScotland would encourage competitive judoka who are not supported by SIS or GB WCPP to take up private medical insurance if they are able to do so.

National Squad - Event Support:

The below table identifies a sliding scale that is used to guide event support & selections for those that have obtained results in internationally recognised JNR/SNR weight categories

(-48kg,-52kg,-57kg,-63kg,-70kg,-78kg,+78kg,-60kg,-66kg,-73kg,-81kg,-90kg,-100kg,+100kg)

At levels 1 – 3 the judoka are ordinarily expected to take the lead on their competition planning and should agree an approved event plan with the programme ahead of utilising any budget.

At levels 4 – 7 JudoScotland will ordinarily make event selections for judoka that are deemed in the best interests of their development towards the international podium.

Event Support Matrix:

Level	Result Achieved:	Budget Purpose:	Likely Opportunities Funded:	To a Maximum of:	
1	Current IJF SNR WRL Top 50 Multiple IJF Tour medallist Senior Championship Medal (European / World / Olympic) Paralympic Medallist	Move towards WRL T8 Qualify in a seeded position for Olympic Games / Paralympic Games	Support World Tour events & training camps. Support agreed living costs.	£16,000	At Levels 1-3 event budget will be assigned to the judoka. Event programme to be agreed with National Coach prior to any spend.
2	Senior International Medallist – IJF Tour (Grand Prix / Grand Slam) Junior Championship Medallist (JNR European / JNR World Champs) U23 European Championship Medallist IBSA World Championship Medallist	Move towards WRL T50. Qualify & prepare for major championships.	Support World Tour events & training camps. Support agreed living costs.	£12,000	
3	Junior International Medallist – Junior European Cup Senior International Medallist – SNR European Cup (U23 judoka only) Senior International Medallist – European Open Top 7 placing on IJF Tour (GP/GS) IBSA Grand Prix Medallist or IBSA European Champs Medallist	Move into SNR WRL Top 100 Qualify & Prepare for Major Championships (JNR/U23/Senior/VI)	Support additional International Tour event participation. Support participation at stretch events in next age group / event level. Support training camp costs.	£8,000	
4	Top 7 placing JNR European Cup Top 7 placing SNR European Cup (U23 judoka) Senior International Medallist – European Cup (Judoka 23-25 years old) Top 7 placing Senior European Open IBSA Grand Prix Top 7 placing	Move from T7 to the podium at appropriate Tour level. Qualify for Commonwealth Games where applicable.	Junior European Cups (JNR) Senior European Cups (U23) Senior European Opens (SNR) IBSA Grand Prix (VI)	£4,000	At Levels 4-7 event selections will ordinarily be
5	2024 British Champion (JNR or SNR)	Exposure to appropriate international events		£2,000	

	Medallist at non-European Senior Continental Open VI – Judoka identified by BJA as having potential to move onto the IBSA Grand Prix Tour in current Paralympic cycle				made by National Programme
6	2024 British Championship Medallist (Silver & Bronze)(JNR or SNR) 2024 Scottish Champion (JNR or SNR) 2025 Scottish Open Champion (JNR or SNR)	Exposure to appropriate international events	Support Tour event participation at JNR, U23 & SNR level. Support non-tour event participation where more suitable for development.	£1,000	
7	Scottish Championship Medallist (Silver & Bronze) Scottish Open Medallist (Silver & Bronze) JNR/SNR	Additional match experience & event exposure.	Team Events	£ N/A	

*Should additional programme budget be available additional competition/training opportunity may be provided to judoka. This would be prioritised to support judoka deemed to have the greatest ability to meet major championship selections & programme targets.

*Should programme budget **not** be sufficient to meet the support outlined above, prioritisation will be given to support judoka deemed to have the greatest ability to meet major championship selections & programme targets.

Notes:

1. IJF rankings relate to rankings on 1st January 2025
2. Results are valid having been gained in 2024 (or subsequently during 2025)
3. Scottish Senior Champions (Nov 2024) will ordinarily be offered a place in the National Team Championship Senior team in 2025.
4. Funded international events will be identified and communicated by JudoScotland Performance Programme Staff and will be events deemed most appropriate for a judokas development. The selections for these events should be approved by the JudoScotland Performance Working Group.
5. Funding of an international event normally indicates JudoScotland covering the cost of international travel, accommodation (with half-board) & entry fee.
6. Judoka would normally be expected to cover the costs of any domestic travel, testing or inoculations required and any additional meals.
7. Judoka will be expected to have suitable travel & medical insurance in place for participation in international competition.
8. Where a JudoScotland judoka has a BJA personal programme application approved to compete in an IJF Grand Prix or IJF Grand Slam this can be supported by JudoScotland as one of the athletes international competitions if the athlete has available budget. The athlete must have the event agreed with the programme.
9. JudoScotland National Squad judoka may be given the option of contributing to international events that JudoScotland are attending. The full event cost would be required to be paid upon indicating a desire to attend any event.

10. Should a judoka that has contributed to attend an event have to withdraw due to illness or injury JudoScotland will attempt to recover associated costs. Where these costs can be recovered they would be returned to the judoka. It may not be possible to recover all (or any) costs.
11. The competition investment outlined in the above table **does not apply** to JudoScotland judoka who are identified as WCPP judoka by BJA as the WCPP will cover event costs for these judoka.
12. JudoScotland may support additional event opportunities for WCPP judoka where it is deemed in the best interests of the judoka and of JudoScotland.
13. A minimum of 2 match wins must be achieved at an event for a result to be recognised as valid.
14. National Squad judoka who achieve results in non-international (JNR/SNR) weight categories (-44kg/-55kg etc) can receive some competition support to assist in their development towards internationally recognised categories.

SIS (sportscotland institute of sport) support for JudoScotland judoka:

Sportscotland institute of sport (SIS) status will be identified for the following judoka:

1. **SIS “Performance” judoka:**
 - 1.1 Judoka identified as WCPP Podium or WCPP Podium Potential by BJA.
 - 1.2 Judoka with a competition result meeting competition support levels 1-4 in 2024
 - 1.3 Note - “Performance” supported judoka can choose their training base. Judoka will be expected to be based at a recognised performance training environment.

Additional support for those identified as SIS “Performance” is provided through access to SIS Performance Services

**Please note that all support available is dependent on continued funding of the performance programme by our funding partners at sportscotland and therefore can change if funding/resource allocation changes.*

Performance Service Support

Where a judoka is identified as an SIS supported athlete they will have access to centrally delivered performance services (Physical Preparation, Physiotherapy, Sports Medicine, Performance Psychology, Performance Physiology, Performance Nutrition, Performance Lifestyle) for the duration of Jan-Dec 2025 providing they continue to meet programme expectations.

It is recognised that judoka on the GB WCPP or judoka basing themselves remotely from the JudoScotland NTC may not need to access these services however they are available to judoka should the need arise.

Notes:

Performance SIS supported judoka are encouraged to engage with the programme delivered at the JudoScotland NTC but can be based remotely at a recognised performance training centre.

Performance judoka with significant international tour medal history who have been kept out of competition for a period greater than 6 months due to an identified medical condition can be named as "JS Performance" for a period of 12 months following their return to competition. Judoka identified in this way would be required to medal on the international tour within the 12 months to maintain their "JS Performance" status.

Where potential SIS judoka exceed places available, SIS support will be given to those deemed to have the most potential to achieve programme performance targets over the following year.

Age Group Performance Targets:

Blue = SIS support introduced at this level

Junior Judoka:	U23 Judoka:	Senior Judoka:	VI Judoka:
Progress Targets:	Progress Targets:	Progress Targets:	Progress Targets:
Match wins at JNR European Cup	Match wins at SNR European Cup	Match wins at European Open / Top 7 placings at European Cup	Domestic event match wins / IBSA international competition match wins
↓	↓	↓	↓
Top 7 Placings at JNR European Cup	Top 7 placings at SNR European Cup	Top 7 placings at European Open, Grand Prix and Grand Slam	Top 7 placings at IBSA Grand Prix events
↓	↓	↓	↓
Medals at JNR European Cup	Medals at SNR European Cup	Medals at European Open / Top 5 Grand Prix and Grand Slam	Medals at IBSA Grand Prix events
↓	↓	↓	↓
Meet JNR Championship selection criteria	Meet U23/SNR Championship selection criteria	Medals on IJF Tour (GP & GS) / Meet SNR Championship selection criteria	Sélections for VI Major Championships
↓	↓	↓	↓
Overall Target:	Overall Target:	Overall Target:	Overall Target:
Junior Championship (European/World) Medal	U23 European Championship Medal	Senior Championship (European/World/Olympic) Medal	VI Championship Medal

Event Participation Guidelines:

The below gives a guide to the entry and eligibility requirements of various levels of competition:

Event Type	Any Restrictions or Criteria on participation	Further Info
Domestic Events (BJA Ranking Events / Home Nation Opens / British Championships etc)	None – Open to all judoka that meet the specific age, weight and grade requirements for the event. *Note – Entry to the BJA British Senior Championships has previously been restricted to the Top 16 players on the BJA Senior Ranking List for each weight category. This restriction is not in place for the 2022 British Senior Championships but may return in future.	Entry into & organisation for participation in domestic events will ordinarily sit with the individual judoka. On some occasions The JudoScotland Programme may attend a domestic event as part of player plans and when they do some event logistics may be organised by JudoScotland.
International (non EJU/IJF Tour) Competitions & Training Camps	None – Open to all judoka that meet the specific age, weight and grade requirements for the event.	Ordinarily entry & organisation would need to be made by the individual judoka or their club for this type of event. On some occasions a JudoScotland Programme may attend this level of event as part of player plans. Where the programme attend events of this level selections/invitations will be extended to identified judoka. In the event that a JudoScotland National Squad judoka is not identified for invitation they may (logistics allowing) be given the opportunity to self-fund to the event alongside the programme.

		Where a judoka is self-funding an event alongside the programme they will be required to make a full payment to JudoScotland when they communicate their intention to self-fund.
EJU Junior European Cups	2024 British Junior Championship medallists and judoka in the Top 10 on the GBR JNR ranking list can apply to attend these events.	<p>British Judo (BJA) are required to provide the entry, for all British participants, before a deadline date set by the event organisers.</p> <p>Where the JudoScotland programme are attending this level of event selections/invitations will be extended to identified judoka and those judoka will have event logistics organised by JudoScotland.</p> <p>Where a JudoScotland judoka, who has not been invited to attend with JudoScotland, is looking to participate the judoka would need to provide BJA with all necessary information, and payments, using the BJA International entry form found at https://www.britishjudo.org.uk/international-event-entry/</p> <p>Using the "JudoScotland Self-Fund" option from the first drop down menu, judoka should then complete all subsequent sections of the form outlining accommodation & travel details, and make payment direct to BJA.</p> <p>JudoScotland would not recommend anyone competing in this level of event unless they had a minimum performance level of multiple Home Nations (Welsh/Scottish/English) Open ranking event medals or a British Junior Championships medal.</p>
Junior European & Junior World Championships	Selections made by British Judo (BJA) based on published selection criteria	Selection criteria can be found at GB Judo Policies - British Judo
EJU Senior European Cups	No restriction on entry however judoka must apply through BJA to attend these events.	<p>British Judo (BJA) are required to provide the entry, for all British participants, before a deadline date set by the event organisers.</p> <p>Where a JudoScotland performance programme or National Squad are attending this level of event</p>

		<p>selections/invitations will be extended to identified judoka and those judoka will have event logistics organised by JudoScotland.</p> <p>Where a JudoScotland judoka, who has not been invited to attend with JudoScotland, is looking to participate the judoka would need to provide BJA with all necessary information, and payments, using the BJA International entry form found at https://www.britishjudo.org.uk/international-event-entry/</p> <p>Using the “JudoScotland Self-Fund” option from the first drop down menu, judoka should then complete all subsequent sections of the form outlining accommodation & travel details, and make payment direct to BJA.</p> <p>JudoScotland would not recommend anyone competing in this level of event unless they had a minimum performance level of multiple Home Nations (Welsh/Scottish/English) Open Senior ranking event medals or a British Championships Junior or Senior Championships medal in the past 12 months.</p>
U23 European Championships	Selections made by British Judo (BJA) based on published selection criteria.	Selection criteria can be found at GB Judo Policies - British Judo
EJU/IJF Senior Continental Opens	<p>2024 British Senior Championship medallists and judoka ranked Top 6 on a GBR ranking list can attend these events.</p> <p>No limit to number of GBR entrants per category.</p>	<p>Entries to this level of event must be made by British Judo (BJA) for all British participants before a deadline date set by the event organisers.</p> <p>Where a JudoScotland performance programme are attending this level of event selections/invitations will be extended to identified judoka and those judoka will have event logistics organised by JudoScotland.</p> <p>Where a JudoScotland judoka (that meets the criteria of being on a GB Junior or Senior Squad) has not been invited to attend with JudoScotland and is looking to</p>

		<p>participate, the judoka would need to provide BJA with all necessary information, and payments, using the BJA International entry form found at https://www.britishjudo.org.uk/international-event-entry/</p> <p>Using the “JudoScotland Self-Fund” option from the drop down menu, completing subsequent sections of the form outlining accommodation & travel details, and making payment direct to BJA.</p> <p>JudoScotland would not recommend anyone competing in this level of event unless they had a minimum performance level of a British Senior Championships medal and/or a T7 placing at Junior or Senior European Cup.</p>
<p>IJF World Tour (Grand Prix, Grand Slam, Masters)</p>	<p>IJF GRAND PRIX's; GB fighters who medal at the British Junior or Senior Championships or are Ranked in the Top 6 of the GB Senior Ranking List, and at the time of application deadline have accumulated, Men +100 WR points and Women +100 WR points, can apply to attend Grand Prix's;</p> <p>IJF GRAND SLAMS; GB fighters who medal at the British Junior or Senior Championships or are Ranked in the Top 6 of the GB Senior</p>	<p>Self-fund applications must be made to BJA earlier than 6 weeks prior to an event using the BJA Personal Programme Application Form that can be found at GB Judo Policies - British Judo</p> <p>Judoka will find out if a self-fund application has been successful 6 weeks before the event.</p> <p>Self-fund judoka must make all travel & accommodation bookings themselves unless event funding was agreed with JudoScotland ahead of the athlete submitting the Personal Programme Application.</p>

	<p>Ranking List, and at the time of application deadline have accumulated, Men +200 WR points and Women +200 WR points, can apply to attend Grand Slams; Limit of 2 judoka per weight category per nation allowed at this level of event.</p>	
Senior European & Senior World Championships	<p>Selections made by British Judo (BJA) based on published selection criteria</p>	<p>Selection criteria can be found at GB Judo Policies - British Judo</p>
Commonwealth Games	<p>Nominations made by JudoScotland to Commonwealth Games Scotland based on published criteria.</p>	<p>Judo identified as sport for the 2026 Commonwealth Games.</p> <p>Selection criteria will be established & communicated by April 2025.</p>
Olympic Games	<p>Nominations made by BJA to BOA based on published criteria.</p>	<p>Selection criteria can be found at GB Judo Policies - British Judo</p>

Non IJF/EJU Tour Events:

Below is a table of “non-tour” international events throughout the calendar year which JudoScotland believe can be valuable for judoka to attend individually or with their club. This list is not exhaustive, and other suitable development events will be available.

Event:	Date:	Notes:
Matsuru Dutch Open, Eindhoven, Netherlands	11 th & 12 th January 2025	Pre-Cadet Cadet Junior
Belgian Open, Vise (Men) / Herstal (Women)	25 th & 26 th January 2025	Seniors (Men) Juniors & Seniors (Women)
Belgian Open Training Camp (EJU), Herstal, Belgium	27 th – 30 th January 2025	Juniors & Seniors (Men) Juniors & Seniors (Women)
Matsumae Cup, Denmark	15 th & 16 th February 2025	Pre-Cadet Cadet Junior Senior
Vittorio Veneto, Conegliano, Italy	15 th & 16 th February 2025	Seniors
Umbria, Italy	22 nd March 2025	Junior Senior
Freise Masters, Netherlands	19 th April 2025	Cadet
Open Rotterdam, Netherlands	10 th & 11 th May 2025	Pre-Cadet Cadet Junior U23
Budo Nord Cup, Sweden	29 th & 30 th May 2025	Pre-Cadet Cadet Junior Senior
Lugi Training Camp, Sweden	31 st May – 1 st June	Pre-Cadet Cadet Junior Senior
Kaizen Judo Tournament, Netherlands	7 th & 8 th June 2025	Pre-Cadet Cadet Junior Senior
Venray International, Netherlands	21 st & 22 nd June 2025	Pre-Cadet Cadet Junior U23
International Judo Tournament at Gaspalast, Sindelfingen, Germany	5 th & 6 th July 2025	Pre-Cadet Cadet Junior Senior
Gaspalast Training Camp, Sindelfingen, Germany	7 th – 9 th July 2025	Pre-Cadet Cadet Junior Senior
IZOLA International Camp, Izola, Slovenia	1 st – 7 th August	Cadets Juniors
Valencia New Generations Summer Camp, Spain	10 th – 14 th August 2025	Cadets
Valencia International Summer Camp, Spain	17 th – 21 st August 2025	Juniors Seniors
Strasbourg International Camp, France	September 2025 (Date TBC)	Cadets Juniors U23
ODJK International, Emmen, Netherlands	11 th October 2025	Pre-Cadet Cadet Junior Senior
Alkmaars Open Judo, Netherlands	12 th October 2025	Pre-Cadet Cadet Junior
Grand Prix de Torino, Italy	11 th & 12 th October 2025	Junior Senior
Grand Prix della Capitale, Rome, Italy	November 2025	Junior Senior
Essimo IRJT, The Hague, Netherlands	November 2025	Pre-Cadet Cadet Junior U23 Senior

Frequently Asked Questions:

1. What happens if I achieve a result during the year that would see me eligible for increased support?

Once a judoka has achieved a significant result a discussion should be undertaken between the judoka and programme to re-align event planning for the remainder of the year. This would need to be balanced with any programme budgetary commitments and constraints.

2. What if I am not on, or I am taken off, SIS support?

It is important to note that SIS services are provided to support performance however not being SIS supported should not be seen as a barrier to progression nor a barrier to attending training at the NTC.

We have seen instances in the past of judoka who are not SIS supported progressing to domestic & international success and all judoka attending sessions at the NTC will be supported to develop their judo.

3. Who should I speak to if I have a concern regarding support?

In the first instance, should you need any clarification on performance support, you should speak to the National High Performance Coach, Euan Burton. Should you feel you need to you can also speak to the JudoScotland CEO, Judith McCleary or the SIS High Performance Manager, Phil Reid.

4. What happens if I am unable to compete (or train) due to an injury?

As a contact, combat sport, there is a recognition that judo can have a significant instance of injury. If you have sustained an injury you should always look to get advice from a medical professional (physio and/or doctor) at the first opportunity. Thereafter you should look to inform the JudoScotland coaching staff of your injury and of the potential timelines involved in your RTP (Return to Play).

Where an injury has ruled you out of competition for a sustained period this may be considered when deciding on competition & training opportunities & support provision. A period of performance history prior to sustaining your injury will be utilised to make decisions regarding support upon your return to full fitness.

5. Where can I gain funding support for my judo endeavours?

There are local authority talented athlete grant schemes that provide support ranging from financial assistance to venue access and physical preparation coaching. You should check with your local authority to see if any such scheme is available to you.

Additionally many FE/HE education establishments offer similar talented athlete programmes or support schemes so again this is worth checking with your college or University.

JudoScotland shortlist judoka for various funding opportunities including SportsAid, Commonwealth Games Scotland Youth Trust Fund & sportscotland athlete personal awards annually. If you are nominated for such an award JudoScotland would ask that you reply to any correspondence in a timely manner to ensure that applications have most chance of success.

6. What training options are available to me?

As a young, school age, judoka it is very likely that your choice of training venue(s) will be primarily determined by your home location, school location and judo club location. At this stage there should be opportunities to attend JudoScotland regional or national sessions and training camps to supplement your club training.

As you make decisions about what you will do after school there will likely be other factors that you are considering – Do I want to continue into Further or Higher Education? What course will I study? Do I want or need to get a job? Where and how will I continue my judo? Where will I live? How will I support myself financially? Where will I be most happy?

All these factors will play a part in you deciding where and how you will continue doing judo. For competitive JudoScotland judoka there are likely 4 main routes once you reach school leaving age and these are outlined below:

- JudoScotland National Training Centre – Judoka may choose to increasingly or fully engage with the daily training opportunity provided at the JudoScotland National Training Centre. This may be combined with additional training at their club(s) and with work or education commitments.
- British Judo Association WCPP – Judoka may choose to apply to the BJA WCPP (World Class Performance Programme). If successful judoka would be required to relocate to the BJA National Training Centre in Walsall, England.
- Alternative Performance Environment – Judoka may choose to continue their training at a club/centre that is not run by either JudoScotland or British Judo. There are examples of JudoScotland judoka continuing their training at clubs/centres in various locations across Great Britain and internationally.
- Re-Prioritisation of judo – Some judoka may feel that on reaching school leaving age that they want to prioritise other aspects of their life. This may see them continue to engage with their club, perhaps a University club or continue engaging with training at a National Training Centre but with the clarity that they are prioritising other areas over judo.

7. How do I become an SIS supported judoka?

“Performance” judoka will have a current medal zone (Top 7) profile on the EJU Junior Tour, EJU Senior Tour, IJF Senior Tour or IBSA World Tour that aligns with a GB major championship selection criteria and will be based at an agreed performance training environment.

Physiotherapy Support Scheme:

JudoScotland have implemented a regional physio support scheme, which consists of a network of regional physiotherapy clinics where JudoScotland TDP & National Squad athletes, can access high quality physiotherapy support at a subsidised rate.

Athlete Qualification

To qualify for this subsidised support you will have been named as an athlete on either:

1. The JS TD **Performance** Squad
2. The JS National Junior/Senior Squad

Support Provision

The establishment of this regional support network allows athletes to access physiotherapy regionally and will mean that athletes will pay a significantly subsidised rate per appointment.

The identified 3 clinics are shown below:

- East – FASIC, 46 Pleasance, Edinburgh
- West – Hampden Sports Clinic, Hampden Park, Glasgow G42 9ED
- North – SPEAR Physiotherapy, Aberdeen Sports Village, Linksfield Road, Aberdeen, AB24 5RU

Process

The process to access the subsidised rate would be:

1. JudoScotland (JS) provide each Clinic with a list of JS qualifying athletes;
2. Athletes/parents book and **pay full cost** directly with the relevant Clinic **AND obtain a receipt;**
3. Athlete can claim back £20 per appointment (to a maximum of 10 appointments per year) from JS via an expense claim form - with receipt(s);
4. JS process athlete appointment subsidy once approved by JS coaching team;

Should you have any questions regarding the above, contact Euan Burton euaneburton@sisport.com .