

2017 LHS JUDO

Welcome to the 2017 Leilehua High School Judo Team! We, the coaching staff, would like to define a successful season, as not only the winning of championships, matches, etc. but with positive achievements by its members towards success in life.

To accomplish this, we have a philosophy somewhat unique in high school sports today. This is a policy of "if you practice and have a positive attitude with the sport, your teammates, coaches and the school, you will play". Membership and opportunities to play are decided by responsibilities and commitments to the team and adherence to its rules and requirements.

Contact Information

Sensei Fukumoto's Email: jonkfukumoto@gmail.com

SCHOOL RULES

1. Turn in grade checks in a timely manner. Late or failure to do so will result in a student becoming ineligible for matches.
2. Abide by the Behavior and Code of Conduct Policies set forth by the OIA.
3. Fulfill administrative policies and documents such as physical, emergency cards, etc. Must be on file in order for a student to participate.

TEAM RULES

1. Team members are expected to attend all practices in its entirety, which usually occurs five (5) days a week (Monday thru Friday unless otherwise specified).
2. Practice will be from 3pm-6pm unless otherwise specified.
 1. Practice times do not begin until a player has been dressed properly and checked-in.
 2. A team member will not be credited for practice if he or she does not check in, is tardy and/or leaves early, unless authorized by one of the coaches. It is at the sole discretion of the coaches of what is authorized and unauthorized.
3. Placement of weight classes and playing time for tournaments (team and individual) will be determined by eligibility, attitude (respect for teammates, coaches, the sport, school/schools, players, etc) and participation time with team practices, study hall and school/community services.
 1. **Placement will not be determined by ability or belt color.** There will be an occasional playoff. However, the playoff will not determine the players standing.
 2. A placement list will be posted at the beginning of Thursday's practice to display where a student stands for his or her weight class.
4. 5 unexcused absences/tardies may result in removal from team or zero playing time.
 1. Excused absences will affect a player's standings. Judo is a very difficult sport. The sport is very demanding physically and mentally. Therefore, players need as much conditioning, training and learning time as possible.
 2. Team members are required to contact Coach Fukumoto when if every absent or tardy with reason.
 3. Updates of injured team member required (Length of recuperation, date of expected return)
 4. More than three (3) days of non- communication by team members may result in removal from the team.
 5. Valid reasons for missing a match or practice:
 - i. Illness – If you are absent for two or more consecutive practices in one week you are required to bring in a note.
 - ii. Injury – Athletic trainer and/or doctor's assessment required. Please provide the necessary documentation.
 - iii. School function – Must be a school- sponsored event with approval from hosting teacher and coaches.
 - iv. Travel – the school or family trip- prior written notice (2 weeks prior or for family emergencies) with itinerary and parent signature required.
 - v. Emergencies or family matters – If player needs to tend family matters like funerals, sickness, etc.

Mandatory Obligations

Study Hall

1. All student athletes will attend team study halls. Failure to do so may result in disciplinary action including dismissal from the team. Student athletes must contact their coach to discuss any reasons for missing study hall.
2. All probationary athletes must attend team study hall in order to maintain their academic eligibility. Probationary athletes must also attend SMARTS at least one hour Tuesday and one hour Thursday. Failure to comply with these stipulations will result in the student athlete being academically ineligible for an upcoming event. Continued failure to comply with these team rules may result in dismissal from the team.

School/Community Service

1. All student athletes will attend the team's School/Community service. Failure to do so will result in disciplinary action including dismissal from the team. Student athletes must contact their coach to discuss any reasons for missing the School/Community service.

Judo Gi's

White gi's come with pants and a belt. Blue gi's come with pants, but no belt. We do have extra belts.

Size	Single weave Set w/belt	Double weave Set – no belt	Single Blue Set-no belt	Double Blue Set – no belt	Pants only- White
000	\$37	---	\$48	---	\$20
00	40	---	50	---	20
0	41	---	51	---	20
1	45	---	53	---	22
2	45	---	55	---	22
3	46	66	57	78	22
4	50	69	59	81	26
5	51	72	62	84	26
6	57	75	65	87	26
7	60	80	70	92	29
8	65	85	75	97	32

It is a recommendation that a player purchases a minimum of one gi. A white gi is mandatory for every tournament. Two gi's would be preferred for less washing and having the ability to alternate gi's throughout the week. The best option would be to purchase a white gi for competitions and blue for practice. However, if a student is having financial difficulties, he or she may speak with Sensei Fukumoto privately and for accommodations.

Schedule

Judo Season Starts: **January 17th, 2017** (A current physical and consent form must be completed to participate.)

Practice times, team bonding, etc. will be announced at the beginning of every month.

Practice will be from 3pm-6pm unless otherwise specified. Practices are held in the gym.

All tournaments are held on Saturdays starting in mid-March.

Please submit all forms prior to our first practice. Hope to see you all! Please contact me with any questions or concerns.