

Bridge of Allan Judo Club



1 YEAR ON: 2014 GLASGOW COMMONWEALTH GAMES

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WHAT DID YOU DO LEADING TO THE COMMONWEALTH GAMES?

We were involved in many ways, which included:

- Hosting the 2014 Schools Judo Legacy Event at the PEAK
- Hosting a range of primary school taster sessions for schools that were doing Commonwealth themed projects.
- Being involved in the Commonwealth Queens Baton Relay Open Day at the PEAK delivering Judo for the day.
- Kevin Douglas and Jim Mackin were also Batonbearers relaying in Stirling for the work they have done for the Judo club.
- Hosted athletes from Papua New Guinea and the Solomon Islands in the lead up to the Commonwealth Games.



HOW DID THE CLUB EXPERIENCE THE COMMONWEALTH GAMES?

We got such a buzz from the games! Every day the Judo was on at the Commonwealth Games, we always had a group of us at the club along to watch. We watched the athletes who trained with us from Papua New Guinea and the Solomon Islands and cheered them on (but unfortunately our cheering wasn't quite enough to get them through to the next round – but they certainly enjoyed having us there!). For some of our talented juniors who are competing at a high standard, the Commonwealth Games was a great opportunity for them to see Judo at an international level and motivated them to develop further in the sport.



WHAT HAVE THE CLUB BEEN DOING SINCE THE COMMONWEALTH GAMES?

We have continued to be involved with the Schools calendar of events, hosting Judo at the Martial Arts Festival and the Judo Schools Open Day. We've also delivered a few tasters in schools, most notably Stirling High School for their health week. We're always keen to keep referring back to the Commonwealth Games, as that is how people are remembering Judo.

WHAT DIFFERENCE HAS THE COMMONWEALTH GAMES MADE FOR THE CLUB?

The club has certainly embraced the Commonwealth Games and seen positive results with our promotion of Judo. With our Judo Schools Open Day, we had 10 children come along, with 6 of them joining the club afterwards. We have also had more people come along to club nights (especially juniors), who have taken the opportunity to try out the sport, probably because they have seen it at the Commonwealth Games and how successful the Scottish team were. We have also seen a few people return to Judo and join our club as a consequence of the Commonwealth Games, which is great!



WHAT TARGETS HAVE YOU SET FOR THE FUTURE?

We've seen a significant rise in numbers with our junior classes; however we can probably work harder to get more adults to join. With the Commonwealth Games, we want to make sure the legacy lasts among adults as well as children. We're also keen to look into more national competitions for our U15 junior members at our club, which will hopefully broaden their awareness of competitive environments. We want to keep spirits high in the club and keep good numbers within the club which will help to drive our objectives forward for the future.

