

# Tipperary Open

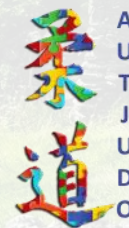
## Friendship Inclusion Games 2022



**Saturday 12th - Sunday 13th November 2022**



We invite you all to come and celebrate this years  
**Judo Assist Tipperary Open Friendship Inclusion Games**  
in the historical Irish town of Nenagh which is situated in the county  
of Tipperary



### INFORMATION PACK



Co-funded by the  
Erasmus+ Programme

### Contact Details

If you have any questions or need any help please get in touch

Contact: James Mulroy - Email: [judoassist@gmail.com](mailto:judoassist@gmail.com)

Mobile/Whatsapp: 00353 86 0612544



Comhairle Contae Thiobraid Árann  
Tipperary County Council



**SUBWAY**



*A Country Practice  
Veterinary Clinic*

Sarsfield Street, Nenagh  
**067 33725**



## Location

Nenagh is a friendly town (its name derives from Aonach) meaning a market or gathering place) and people have been trading here for over a thousand years.

Its foremost building, the impressive Nenagh Castle tower, standing 100 feet in height is prominent in location and stands as a poignant reminder of the first castle built by the great Butler family around 1220.

The town lies in a fertile plain between the Arra and the Silvermines mountains and just a few miles from Lough Derg, one of the biggest lakes in Ireland. This position explains its importance since medieval times, which led the conquering Anglo-Norman warlords to establish it as a great administrative centre.

The magnificent Nenagh Castle which they built in the 13th century is still dominant in the town. Fine town houses from the 18th century, together with the 19th century court house, form an interesting cluster of beautiful architecture

## Journey from Airport to Nenagh

For guests arriving into Ireland for our event at Dublin Airport, there is a public coach service 735 that runs from Coach Park - Zone 16 and stops in Nenagh Town Centre. Transfer time is approx. 2.5 hours

Guests from Great Britain may also have the option of Shannon Airport which has a transfer time of under 1 hour







## Accommodation

For our event, we have chosen a premium accommodation right in the heart of the town and within walking distance of the competition venue.

Official Hotel for the event is the Great National Abbey Court Hotel & Spa, Nenagh.  
<https://www.abbeycourt.ie/>

This hotel offers the highest level of comfort, service and dining experiences and a selection of room sizes which are designed with comfort and convenience in mind

The hotel also boasts a well equipped gym, swimming pool and spa which are available to all guests

## Special Prices

We have negotiated a special price to go with our special event

**2 nights accommodation + breakfast each morning and dinner each evening**

is just **€149** per person sharing

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Bed & Breakfast Only rates per day

**Double Room €99 - Twin Room €99 - Triple Room €120**

**Family Room €135 (2 adults + 2 Children under 12yrs)**

Visitors can book direct with the hotel by email to  
[info@abbeycourt.ie](mailto:info@abbeycourt.ie) and quote reference **482531**

**It's always advised to book early**



# Draft Event Schedule

## Friday 11th November

- Traveling guests will arrive

## Saturday 12th November

### Competition Day

- Check in 9.30 - 10.00
- Warm up 10.00 - 10.30
- Contest starts 10.30
- Award ceremony will take place after each completed pool

To reduce nerves and anxiety for adaptive/autism players we will have a selection of off field of play challenge activities to occupy their interest while waiting for their turn to shine. These activities are of course open to everyone to try. This will be in the form of the **Trophy Challenge** (see next page). A challenge trophy will be presented at the end of the day for each activity to the people with the best overall scores in each challenge.

## Sunday 13th November

### **FREE** adaptive/VI coaching course

- Time 10.00 - 14.30

In conjunction with our current EU Funded Autjudo Research project we will be offering a **FREE** adaptive / VI judo coaching course. This course is open to any judo player, coach, volunteer, or parent that would like to take part.

A certificate of participation will be issued



# Trophy Challenge

While waiting your turn at this years Inclusion Games you can take part in a challenge of a different kind.

Challenge your mind & body in a fun and enjoyable way.

Our challenges on offer are

The Jelly Bean Chopstick Challenge

The Keepy Uppy Tennis Challenge

The Memory Card Challenge

The Hula Hoop Challenge

The Malteser Straw Challenge

All challenge results will be recorded throughout the day and

winners will receive a

**Challenge Trophy**





# Additional Info

We work hard to make sure that all our guests, players, coaches, officials and supporters have a positive experience when you come to any of our events.

We believe strongly in Inclusion, Acceptance, Friendship, Positivity and Judo Spirit. We invite you to come and join us in November and add to these qualities so that every brave competitor has a positive experience and good memories.

This event is fully inclusive for both mainstream and adaptive judo players of all ages and levels. Our online entry form will collect as much information as possible and from that information we will make fair & even pools to the best of our ability. There are no set weight categories, so no need for stress about making weight. Our aim is where possible to make pools of 4/5 people which will ensure that all competitors get as much mat time as possible.

## Categories Offered:

- SN/Adaptive Judo levels 3,4 & 5
- Beginners U16yrs - yellow belt or below
- Mainstream U 18yrs
- Mainstream O18yrs
- Kyu event
- Veterans

**Entries** will be taken via Google forms with exact weight follow-up, 2 weeks prior to event when the entries close. [Entry Form Link](#)



# Additional Info

## Other important information

- Closing date for entries is **Friday 28th October 2022** (or when quota is achieved) — No entries will be accepted after this date
- **ALL** information must be supplied on the entry form
- Entry fee is €15 for all categories
- Entry fee is payable after the closing date via Bank Transfer, Revolut or in cash on the day—if you opt for cash on the day you must pay for all persons registered whether they attend the event or not.
- Check-in time starts at 9.30am and closes at 10.00am - competition will start 10.30am
- All competitors are responsible for their own insurance cover and must be a registered member of their respective association/federation. Proof of up to date membership is required for inspection at check/weight in.
- The organisers, their associates and sponsors except no responsibility for any loss or injury during the event.
- It is a condition of entry that the organisers may take photos/videos and said photos/videos can/will be used for promotional purposes on our websites and social media platforms.
- All competitors must wear a white judogi and females must wear a white round neck, short sleeved t/shirt under their Judogi. Long hair must be tied up with a non-metal band (male & female)
- There will be no arm-locks or strangles for under 18yrs categories.
- Current IJF rules will apply in all mainstream categories and current international SO/ adaptive rules will apply for all SN categories



# Autism Friendly

We aim to make our event a fully autism friendly experience and we have introduced a few measures to help us achieve this.

- There will be no loud public address announcements
- Each of the control tables will be colour coded to make it easier for players & coaches to identify what mat they will be competing on
- Names and country will be display on scoreboards
- Off the mat games and challenges will be available to keep the players occupied while waiting their turn (Trophy Challenge)
- Volunteers guides will be available to help players that require assistance entering and exiting the contest area
- Specially trained referees will ensure a positive experience for all athletes taking part.
- Every competitor will be rewarded for their efforts

**This years Judo Assist/Adaptive Judo Categories will be classified as a European Open SN Games and as such will received our 2020 Custom made European Open SN Games Medals**

