



**AOIFE COUGHLAN**

J-Girls Ambassador  
& Aus team athlete



# NATIONAL MAT TAKEOVER

## SUNDAY, 30 MARCH 2025

### *SYDNEY, NEW SOUTH WALES*

#### WHAT'S INVOLVED?

Spend time on the mat with some of the country's best, learning new skills, enjoying judo related games and forming life long friendships!

#### WHO SHOULD COME?

J-Girls (or soon to be) aged 5 and up, from every corner of the country. Come by yourself, bring a whole bus – absolute beginners all the way up to Dan grades welcome!

#### TIME & LOCATION

10AM - 4PM

Newington Armoury (1 Jamieson St, Silverwater NSW 2128)

#### COSTS

\$30 for registered Judo N.S.W members

\$90 for non-Judo N.S.W members

Includes t-shirt, training, BBQ/food & FUN!

# REGISTER NOW!

[www.revolutionise.com.au/judoaustralia/events](http://www.revolutionise.com.au/judoaustralia/events)



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Australian Government  
Australian Sports Commission

**PLAYWELL**  
Everyone has a place in sport

