

SEREN LEMAIRE & MADELEINE FREUDENFELD



Seren and Madeleine both started judo when they were 4 years old and have been doing it for many years. They both won medals in local competitions and were then invited to go to the Oxfordshire judo squad. They both went on to win medals and trophies at regional and then at national level. Now they are a bit older, they help Mr Gerrans at his other clubs to teach judo to younger children, as well as helping out at competitions. Madeleine has won national gold medals and is the current British Judo Council Champion, whereas Seren has stepped away from competing at a national level and has started to do refereeing at local competitions.

COURAGE

Ivy-

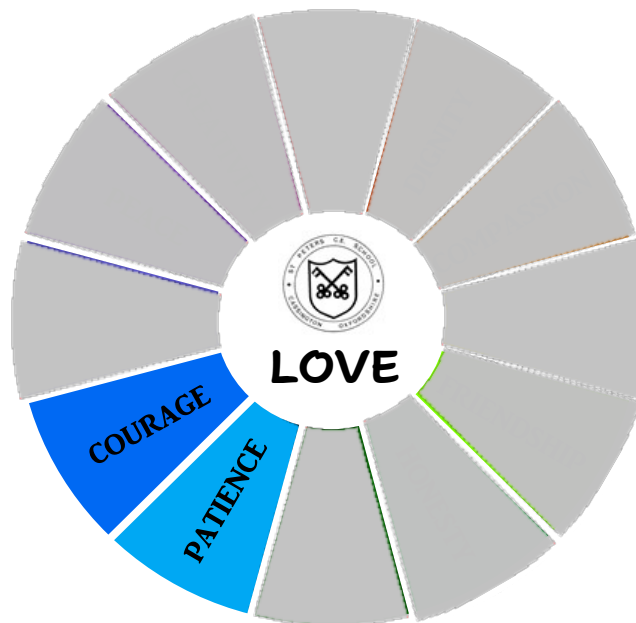
They needed to show courage to enter the competitions and go against the best.

Finley-

They needed courage to succeed and reach their goals.

Abigail-

They show courage when they carry on after injuring themselves.



PATIENCE

Abigail-

They needed patience with themselves to learn all the skills

Tommy-

They took time to do the things that are important to them in life.

Caron-

If they stopped, they would never have enjoyed all the good things.

MESSAGE TO US

Judo helps us to understand that worrying is a waste of energy, & where there is effort, there is always accomplishment.