



KARATE NOVA SCOTIA

Coaches Report

April 2016

The Coaching Staff is pleased to report on the 2016 Canadian National results.

Karate Nova Scotia was represented by the following athletes in the following individual divisions at the Canadian National Championship in Richmond, BC from January 29-31, 2016.

Boudreau, Yanick:	Cadet -57kg
Burgess, Adee:	Youth +45 kg
Comeau, Alex:	Cadet -63 kg and Junior -61 kg
Comeau, Sydney:	Cadet -47kg
Deveau, Riley:	Cadet -57 kg
Deveau, Trysten:	U21 -55kg and Sr. -55kg
Deveau, Tyler:	Sr. -84 kg
Eddy, Marie:	Cadet -54kg
O'Neil, Ryan:	U21 -67kg and Sr. -67kg and Open
O'Neil, Sean:	U21 -75kg and Sr. -75kg and Open
Rutherford, Brooklynn:	Jr. +59 kg, U21 +68 kg, Sr. +68kg, Open

Trysten Deveau, Sean O'Neil, Ryan O'Neil, and Tyler Deveau also competed in team kumite on the Atlantic team.

NS had 11 athletes compete at Nationals and NS brought home 14 medals and had four 5th place finishes. The results for the NS team are as follows:

Nationals 2016 Results

Gold:	Trysten Deveau	U21 -55
	Riley Deveau	Cadets -57
Silver:	Brooklynn Rutherford	U21+68 kg
	Sean O'Neil	U21-75 kg
	Ryan O'Neil	Seniors -67 kg
	Tyler Deveau	Seniors -84 kg
	Brooklynn Rutherford	Senior +68 kg
	Ryan O'Neil	Open

Atlantic Male Kumite Team: Ryan O'Neil (NS), Sean O'Neil (NS), Tyler Deveau (NS), Gabriel Gates (NB), Cohen Donovan (NB), Nathaniel Besso (NFLD))

Atlantic Female Kumite Team: Trysten Deveau (NS), Kate Campbell (NB), Hilary Pond (NB), Yashna Hathi (NB)

Bronze:	Alex Comeau	Cadets -63 kg
	Sean O'Neil	Seniors -75 kg
	Trysten Deveau	Senior -55 kg
	Sean O'Neil	Open

5th place finishes:

Sydney Comeau	Cadets -47 kg
Yanick Boudreau	Cadets -57 kg
Adee Burgess	Youth +45 kg
Brooklynn Rutherford	Junior +59 kg

Awards:

Trysten Deveau received the Senior Sportsmanship Award at Nationals.

Trysten Deveau and Ryan O'Neil were also named SportChek Athlete of the Month following Nationals. They beat out athletes in other sports to receive this honour.

2016-2017 Season

Tryouts for the new season begin on April 2, 2016. Nationals this year will be in Quebec City February 23-26, 2017. This season there will be 8 kumite workouts and 3 kata workouts. Kata only athletes will also attend the first and last team workout.

Coaches this year will be:

Head Coaches:

Mitchell German and Karen Armour

Assistant Coaches:

Greg Da Ros, San Fung German, and Mark Burgess