



2019 AGM

April 14, 2019

Italian Canadian Cultural
Association
2629 Agricola St.
Halifax, NS

1:00pm - 3:30pm

KNS – COACHES REPORT

Greg Da Ros / Mitch German

The Coaching Staff is pleased to report on the 2019 Junior and Senior Provincial Team Programs and the Senior National Championship results. Senior Nationals were held January 19-20 in Gatineau, Quebec. Junior National Championships will be held in Edmonton, May 3-5.

Team Manager: Jessica Fields

Head Coach: Mitch German

Assistant San Fung-German Greg Da Ros

Coaches: Jeff Murphy Trysten Deveau (Juniors)
Shannon Doane

Kata Trainer: Dave Griffin

Medical: Star Deveau

Workouts: Approximately 40 different athletes participated in Open/Closed workouts

Location	Program	Quantity
Windsor Karate Club	Kata – Combined	4
Windsor Karate Club	Kata - Junior	2
Halifax Ryuseikan	Kumite – Combined	3
Halifax Ryuseikan	Kumite – Seniors	1
Halifax Ryuseikan	Kumite – Juniors	3
3 rd Degree Training	Combined – Seniors/Juniors	1
3 rd Degree Training	Combined - Juniors	1

Summary Stats:

Event	Division	Athletes	Medals
Senior Nationals	Kata	0	0
Senior Nationals	Kumite	3	2
Senior Nationals	Coaches	1	
Junior Nationals	Kata	6	TBD
Junior Nationals	Kumite	23	TBD
Junior Nationals	Coaches	5	



Provincially Ranked Athletes:

- Provincial A: Trysten Deveau (Sr.), Ryan O'Neil (Sr.)
- Provincial B: Sean O'Neil (Sr.)
- Provincial C: Denise Thibault (Jr.), Roland Smith (Sr.) and Gassan Alkurdi (Jr.), Mikayla German (Jr.)
- Provincial D: All remaining team athletes.

Senior Team:

- Ryan O'Neil Senior -67, Silver
- Trysten Deveau Senior -55, Gold
- Roland Smith Senior -84

Junior Team:

- Brayden Ott Cadet -52
- Daniel McCabe Cadet -52
- Darren Bush Cadet -52
- Denise Thibault Cadet -47
- Dorian Thibault Cadet -57
- Gassan Alkurdi Cadet -57
- Hannah Glennie Cadet -47 & Female Cadet Kata
- Jesse Niet Cadet -47 & Female Cadet Kata
- Kaetlyn Ott Cadet -54
- Koen Schlieff Cadet -57 & Male Cadet Kata
- Maddox Fields Cadet -57
- Angel Niet Junior -53 & Female Junior Kata
- Marc-André Thériault Junior -61
- Maria Habchi Junior +59
- Riley Deveau Junior -61
- Yanick Boudreau Junior -68
- Angel Niet U21 -55
- Riley Deveau U21 -60
- Ben Khan Youth +55
- Brayden Ott Youth -50
- Darren Bush Youth -40
- Dylan Thibault Youth -40
- Evan Peddle Youth -40
- Gassan Alkurdi Youth -55
- Ian Yorke Youth -55
- Jack Boutilier Youth -40 & Male Youth Kata
- Saad Eldlio Youth +55 & Male Youth Kata
- Sam MacKenzie Youth -55



- ** Kumite divisions may adjust as 2 weeks remain before finalizing
- ** No results to report as event takes place May 3-5

Canada Sport Centre Atlantic Sport Science Program:

The team has been given the opportunity to participate in the Canada Sport Centre Atlantic Sport Science Program. It's a program that runs at the Canada Games Centre providing provincial team level athletes with a strength and condition coach, sport psychology and sport nutrition. The strength and condition training is Tuesdays and Thursdays from 6:50pm to 8:00pm. The sport psychology and sport nutrition will be monthly as a group or individually. The team started its participation April 9th and it will be ongoing year-round. The program is not mandatory, it is an opportunity to further develop our athletes' athletic abilities. This is the same level of training that some of our provincial Olympic athletes receive. We have been permitted 10 participants.

National/International:

- 2018 North American Cup; Bronze medals for both Ryan O'Neil and Trysten Deveau.
- 2018 Senior Pan Ams were held in June 2018, Ryan O'Neil performance resulted in a Bronze for individual kumite and Gold in team fighting.
- 2019 Senior Pan Ams held in March 2010; Bronze for Ryan O'Neil in Team Kumite

