



# KARATE NOVA SCOTIA



## 2020 Team Tryout & Training Camps

We are pleased to advise you that the time has come to get everyone back together! 2019 was a great season for the KNS Team and Association, but we are looking forward to this season!

2020 will continue the split between Senior and Junior Nationals:

- March 21-22 or March 27-28, Calgary: 2020 Senior National Championships
- May 3-5, Toronto: 2020 Junior National Championships (Youth, Cadet, Junior & U21)

**September 21<sup>st</sup> will be the Fitness Test, Information Session and initial workout for all those interested in the Team Program and tryout process.** We also encourage those who want to come out and learn some additional kumite and kata skills, but may not feel ready for Nationals but want to challenge themselves and push their limits, or just get a taste for a future year.

The first workout (all athletes) will take place at **3rd Degree Training Halifax, located 102 Chain Lake Drive#1L, Halifax, NS from 1 until 4 pm**, access available at 12:45 pm to change and register. The initial open workout will consist of fitness test (1-2 pm); kata & kumite training (2-3:15 pm); and info session (3:15-4 pm) for athletes and parents where we will review the team handbook, schedule and expectations, as well as, meet the Coaching Staff and support team.



Future **Kumite Training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour.

Future **Kata Training** will take place at Windsor Karate Club, 4407 Highway # 1, Three Mile Plains.



The **team tryouts and training camps** consist of a series of open workouts open anyone (11 years and up), followed by a series of closed workouts for the selected team.

In order to compete at Senior Nationals an athlete **must be at least 18 years old for kumite, or 16 for kata by Nov 17, 2020.**

In order to compete at Junior Nationals an athlete **must be at least 12 years old by May 1, 2020.**

The cost for the **fitness test & open sessions** are \$15 per session.

The registration cost to try out for the team is \$95.00, includes **above open workout/fitness test fees.** This amount is non-refundable.

***Dojo Coaches are encouraged to attend for free!***

The Karate Nova Scotia website has [a team page](#) that will also have information as the season moves on. Please visit regularly.

Anyone who has questions about the team workouts please contact Greg Da Ros ([darosgo@hotmail.com](mailto:darosgo@hotmail.com)), [info@karatens.org](mailto:info@karatens.org), or Jessica Berilli ([maddoxireland@yahoo.ca](mailto:maddoxireland@yahoo.ca))

Please bring a completed [Athlete Information Form](#) with you to the **FIRST** Session.

**We look forward to seeing everyone September 21<sup>st</sup>!**

