



2018 Nova Scotia Karate Team

Tryouts & Training Camp Notice – Information Bulletin

We are pleased to advise you that the **first team workout will be April 2, 2017** at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour. This is for **all athletes** (kumite and kata) who are trying out for the team, or wish to get exposure to what it takes to make the team this year or future years.

Training is from **9:00 am to 12:00 pm on April 2, 2017**. We will be reviewing the Team Handbook and KNST Program, so we encourage parents to stay and listen. There will also be a **FITNESS TEST!**



2018 Nationals will be held in our backyard, here in Halifax, March 8-11th, 2018!

In order to compete at Nationals an athlete **must be at least 12 years old by March 9, 2018**. We are looking forward to seeing some new 11-13 years olds.

The **first four team workouts are open** workouts so if anyone (11 years and up) is interested in seeing what it is like to train with the team you are welcome to attend. An Open workout includes those athletes who might not be ready to be on the team but want the experience.

The cost for the **open workouts is \$15 per session**.

The registration **cost to try out for the team is \$80.00, includes open workout fee**. 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 one. Please visit regularly.

Anyone who has questions about the team workouts please contact Karen Armour at Karen.armour@ns.sympatico.ca.

Please bring the registration form and the registration fee with you on April 2, 2017. We look forward to seeing everyone.





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The following is a tentative schedule of upcoming events that those trying out or those that have qualified for international competitions should be aware. Please note that some of the dates may be subject to change. Those highlighted are ones that would be considered the most important.

March 24-26, 2017 **Sr Training Camp**

April 2, 2017 **1st Open Team Workout- Physical testing and going over the Handbook (9:00 am- 12 noon)**

April 7, 2017 Officials Clinic- Horton, NS

April 8, 2017 **Grand Prix - Horton High School, Horton, NS**

April 12-16 US Open & Jr International Cup - Las Vegas

April 15, 2017 KNB Grand Prix Tournament - Dieppe, NB

April 21-23 Douglas Brose Clinic - Dartmouth, NS



May 7, 2017 Montreal International Open

May 20, 2017 **2nd Open Team Workout - Kumite** (Advanced group 9-noon; Junior group noon-3:00pm)

June 3, 2017 Yarmouth Cup Tournament and Award Banquet

June 4, 2017 Athlete Dev Program - Mukashi School of Karate

June 3-4 Canada Open Karate Championships - Richmond, BC

June 9-11 **Jr Training Camp - Toronto**

June 24, 2017 **East Coast Games - Grand Prix Tournament-** Saint John, NB

Sept 23, 2017 **3rd Open Team Workout - Kumite** (Advanced group 9-noon; Junior group noon-3:00pm)

Oct 6-9, 2017 **Atlantic Karate Championships** - Newfoundland

Oct 12-15 Summit - Toronto

Nov 18, 2017 **4th Open Team Workout - Kumite** (Advanced group 9-noon; Junior group noon-3:00pm)

Nov 18, 2017 New Brunswick Grand Prix tournament - Caraquet, NB

Nov 25, 2017 **Victor Swinimer Memorial Grand Prix Tournament** - Bridgewater, NS (Centre Scolaire de la Rive-Sud)

Jan 13, 2018 **5th Open Team Workout - Kumite** (Advanced group 9-noon; Junior group noon-3:00pm)

Jan 20, 2018 **Grand Prix Tournament - NS**

Jan 27, 2018 **6th Closed Team Workout - Kumite** (9am-1pm)

Feb 10, 2018 **7th Closed Team Workout - Kumite** (9 am- 1pm)

Feb 24, 2018 **8th Closed Team Workout - Kumite and Kata** (9 am- 1pm)

March 8-11, 2018 Canadian National Karate Championships - Halifax, NS

