



KARATE NOVA SCOTIA



2019 Team Tryout & Training Camps

We are pleased to advise you that the time has come to get everyone back together! 2018 was a great season for the KNS Team and Association, where we saw the rest of the country come to compete in Canada's Ocean Playground as we hosted Nationals in Halifax.

2019 will bring notable change to the Nationals event. What has been one, becomes two:

- January 18-20 or Feb 1-3, Province of Quebec, City TBD: 2019 Senior National Championships
- May 3-5, Edmonton: 2019 Junior National Championships (Youth, Cadet, Junior & U21)

September 22nd will be the Fitness Test and Information Session 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** located 30 Oland Court, Suite 104 Dartmouth, 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 by August 7, 2019.**

In order to compete at Junior Nationals an athlete **must be at least 12 years old by May 3, 2019.**

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 at darosgo@hotmail.com

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

We look forward to seeing everyone September 22nd!

