



KARATE NOVA SCOTIA

ATHLETE HANDBOOK AND TEAM GUIDELINES

Version 2.0.2

2026

HEAR US ROAR



Athlete: _____

Learn more about the KARATE NS Team:

<http://karatens.org/programs/team/>

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Mission Statement

Foster an environment that enables athletes from all Karate Nova Scotia (KNS) clubs to achieve their highest potential and contribute positively to the experiences of our athletes, coaches, and volunteers.

Vision Statement

We believe high-level training should be accessible to all, regardless of age, gender, or finances. The KNS team is committed to fostering an inclusive environment where every athlete receives support to reach their full potential.

DOCUMENT PURPOSE

This document is reviewed and updated every year to reflect changes in the karate landscape. Its purpose is to help athletes understand what is expected of them, improve their training, offer insights into the upcoming season, and clarify selection criteria. KNS and the Karate Nova Scotia Team (KNST) may revise the document if new information arises.

Find the latest version on the KNS Team page: <http://karatens.org/programs/team/>

This document will be updated as new information and required Karate Canada forms are received.

For questions or suggestions, contact the Coaching Staff or Team Manager.

INTRODUCTION

The **KNST** is Nova Scotia's representative team at the annual **Karate Canada National Karate Championships**, consisting of male and female karateka training at KNS-affiliated dojos across the province.

Each team member must reside in Nova Scotia and be at least **12 years old by August 27, 2026**, the expected start date of the Jr. Pan American Championships.

The **2026 U21 and Senior Karate Canada Nationals** are set for February 20-22 in Halifax, NS. The **Junior Nationals** will be held May 14-17 in Edmonton, AB.

U21 and Senior athletes and coaches are required to be present in Halifax from February 19 to 22. Junior athletes are expected to attend in Edmonton from May 12 to 17.

U21 and Senior athletes are advised to arrive by 9:00 a.m. local time, while Junior athletes should plan to arrive by 3:00 p.m. local time.

Each year, **KNST** invites applicants to compete for a spot representing *Nova Scotia* at the *Karate Canada National Karate Championships*, held annually in a different host province. Athletes receive support to prepare for individual Kumite, as well as individual and team kata events, which are organized by age and weight (for kumite). Team members have access to special workouts, clinics, and seminars for their ongoing development.

Competing in the *National Championship events* can earn you a place on the **National Team**. Each year, both *Junior* and *Senior* teams participate in **international** competitions. Joining the **KNST** is the starting point for reaching goals like the **Pan-American** and **World Championships**.

The Team includes Youth (12–13), Cadets (14–15), Juniors (16–17), Under 21 (18–20), and Seniors (18+ for kumite, 16+ for kata).

Please take note of the following important information:

- Register for the Provincial Team or Open Trainings [here](#).
- To support KNS in meeting annual team expenses, a dedicated budget has been established. This budget will address costs including Team Tryout Fees (\$200), Event Fees (approximately \$200 per event), Apparel Fees, Hotel Fees, and Banquet Fees. The banquet fee is expected to be \$95 for Juniors, while details regarding a banquet for Seniors are yet to be determined.
- Each U21 and Senior athlete's budget is \$1,000; each Junior athlete's budget is \$2,000.
 - Athletes pay \$200 at the first tryout toward their budget.
 - The remaining balance may be paid via fundraising or regular payments during the year.
- For U21 and Senior athletes:
 - Pay half the budget by January 5, 2025.
 - Pay the full amount by February 2, 2026.

- For Junior athletes:
 - Fifty percent of the total budget is due by January 31, 2026.
 - The remaining balance must be paid in full by April 1, 2026.
- Athletes who owe more than their budgeted amount must pay the extra balance by the deadlines: January 31, 2026 (U21 and Seniors) or April 1, 2026 (Juniors). If less is owed, the surplus can be carried forward to next year or refunded to the athlete.
- The team tryout fee confirms your intent and grants access to designated training sessions. It is non-refundable unless valid medical reasons apply, in which case pro-rated refunds may be granted at the coaches' discretion.
- **Only e-transfers to treasurer@karatens.org will be accepted; cash is not accepted.**
- All athletes participating in tryouts are required to complete and sign the **Athlete Agreement Form** (refer to the appendix). The completed forms must be submitted to the **Team Manager** no later than the **second team practice**. Additionally, as Nationals approach, Karate Canada (KC) will request submission of a Waiver and Medical document.
- All athletes must be Canadian citizens with passports valid beyond **April 2026** (fix date) to compete at Nationals.
- Athletes should know the WKF rules, which can be downloaded here: Kumite, Kata. (add links)
- Kumite athletes should know WKF rules as used by Karate Canada
 - Learn basic kumite terms (Yuko, Waza-ari, Ippon, Yame, Hajime).
 - Know what constitutes Yuko, Waza-ari, and Ippon.
 - Understand basic warnings, penalties, referee actions, and signals.
 - Be familiar with required equipment, proper gi fitting, and ring etiquette.
- Kata athletes should know the WKF rules used by Karate Canada.
 - Perform only approved katas (see list: Kata).
 - Learn the criteria, fouls, and disqualification rules.
 - Understand the Repechage and double elimination systems.
 - Consider buying a durable, heavyweight kata Gi.
- All athletes trying out for the team must help at KNS Grand Prix tournaments, including mat setup, head table duties, officiating, or teardown.
- Athletes are required to possess the **following equipment**:
 - **A plain white gi of appropriate length is required, with only an optional provincial crest allowed on the left breast.** For the 2026 Karate Canada National Championships, gis may feature blue, red, or white shoulder embroidery in line with WKF regulations, but this is optional.
 - Be aware the National Championship selects athletes for PKF and WKF events, where both red

- and blue shoulder embroidery are mandatory on gis to compete following WKF rules.
 - **WKF-approved** blue and red kumite gloves, shin and foot protectors
 - Blue and red belts (without kanji or other embroidery)
 - Mouthguard
 - Groin protector (male competitors)
 - **Male and Female Youth:**
 - WKF-approved external body protector
 - WKF-approved helmet
 - **Cadet, Junior, U21, Senior Male:**
 - WKF-approved internal body protector
 - **For Cadet, Junior, U21, and Senior Female divisions:**
 - **WKF-approved dual-purpose body/chest protector:** Hard chest protector with half-length inner body protector, or
 - **WKF-approved combination body/chest protector:** Hard chest protector with full-length inner body protector.
 - Coaching staff will provide a list of acceptable equipment brands.
- Team fundraising projects are optional unless otherwise noted.
 - Team members are **expected to attend all** workouts, selection tournaments, and relevant training camps (kata vs kumite). Injured athletes should still attend but not participate, as attendance provides learning opportunities. Athletes with jobs should arrange time off for practices. Those who are contagious are not expected to attend.
 - There are 4 mandatory Team trainings this year—see the calendar for dates.
 - If an athlete cannot attend for a valid reason, they must promptly inform the coaching staff and team manager so the Head Coach can decide on excusal. Not notifying in advance may affect team selection.
 - If you will miss or be late for a practice, team event, or tournament, notify the Team Manager or coaching staff by email or text before the event. For kata workouts, contact the kata coaches; for kumite workouts, contact the kumite coaches. If you cannot email, confirm by phone or text. Not informing will affect team selection decisions.
 - Team updates will be shared via **email, WhatsApp, the KNS team web page, and KNS social media groups**. Athletes must give coaches their preferred contact details for inclusion in the team distribution list. Please check the KNS website regularly for documents, notices, calendar, and tournament registrations. Athletes and parents are responsible for reading all communications (Handbook, emails, WhatsApp) to stay informed about expectations.
 - All athletes are expected to follow the training and preparation guidelines set by the coaches, as well as any instructions from the High-Performance Coach regarding elite-level performance.
 - **You must notify the coaching staff in writing about any changes in your status. This includes updates to your current address, email, contact number, or if you have any new medical conditions or injuries.**
 - **Team captains** will be chosen during the final team workout. Their main roles will be to set a positive

example for teammates both on and off the tatami, act as a bridge between team members and coaches, help with warmups and cooldowns, assist coaches at competitions (such as by being or finding warm-up partners), and help organize team dinners and other activities. The coaching staff will decide on the number of captains. Each athlete, coach, and the Team Manager gets one vote — but athletes cannot vote for themselves.

- Athletes and parents will be informed of important deadlines — including financial ones — with as much advance notice as possible.

Team Roles

Head Coach - Leads practices, assigns weight divisions, makes final team selections, and oversees coaching at national events.

Coach - Supports the head coach during practices and selection, and coaches at mandatory provincial tournaments.

Team Manager - Handles team communications, training venue bookings, and all administrative tasks.

Team Treasurer - Collects tryout fees and tracks team expenses.

Fundraising Manager - Organizes and manages fundraising events.

Technical Development Director - Provides administrative support to the Manager, Treasurer, and Fundraising Manager.

Medical Liaison - Advises on banned substances and handles minor medical issues and referrals.

NOTES:

COACHING STAFF

Introducing the team - a dedicated group committed to developing talented karate athletes and helping you achieve your competitive ambitions. The KNS Team coaches, both women and men of strong character, are held to high ethical standards.

| Role | Name | Email | Phone | Credentials |
|-------------------------------------------------|-----------------|---------------------------|-------------------|----------------------|
| Senior Head Coach/High Performance Coach | Mitchell German | mgerman@eastlink.ca | C: (902) 448-8098 | Comp Dev Certified |
| Junior Head Coach | Sean O'Neil | saoneil@live.com | C: (902) 452-7326 | Comp Dev In Training |
| Provincial Coach/Technical Development Director | Jeff Murphy | jeff-murphy@live.com | C: (902) 789-2265 | Comp Dev Certified |
| Provincial Coach/Team Manager | Greg Da Ros | darosgo@hotmail.com | C: (902) 209-0411 | Comp Dev In Training |
| Provincial Coach | San Fung German | sfunggerman@gmail.com | C: (902) 830-6946 | Comp Dev Certified |
| Provincial Coach | Trysten Deveau | trystendeveau29@gmail.com | C: (902) 778-0024 | Comp Dev Certified |
| Provincial Coach | Krystal Turner | krysTurner80@gmail.com | C: (506) 575-5647 | Comp Dev Certified |
| Club Coach | Maaike Niet | maaikeniet@yahoo.com | C: (902) 670-1447 | Comp Dev In Training |
| Medical | Star Deveau | Star.Deveau@nshealth.ca | C: (902) 778-1294 | |

For questions about the KNST, contact the coaching staff.

NOTES:

SELECTION PROCEDURES

Joining the team is a **privilege** earned through commitment, hard work, and demonstrated skill. Attendance at practices, clinics, and tournaments is required for development. **Selection is not guaranteed** - positions must be earned. KNS reserves the right to remove or suspend members who violate the athlete agreement or engage in misconduct.

The selection of the **Provincial Team** will be determined by the Coaching Staff utilizing a **point system** alongside thorough evaluation of athlete performance leading up to both the Senior and Junior National Championships. The weighting of points is designed to acknowledge athletic excellence at designated tournaments and during team training, while also promoting ongoing development, skill retention, and a demonstrated commitment to continuous improvement.

Selection is determined by points earned from several sources:

1. **Nationals** held directly before the current season.
2. **International WKF-sponsored tournaments** listed in the Canadian Team Senior or Junior Selection criteria (<http://www.karatecanada.org/teams>).
3. Performance at **Provincial and Atlantic** selection tournaments.
4. Participation in approved **Provincial Camps**.
5. Attendance at **Atlantic Regional** or **National Training Camps** (for kata or kumite).

NOTES:

POINT SYSTEM

Team selection will be assessed and allocated according to the criteria outlined below. **Team events are excluded from this evaluation.** Points are awarded solely for individual events within each division. If a participant competes in multiple divisions, points will be calculated independently for each division.

| Event Type | Weight Points ⁽⁶⁾ | | | | | |
|------------------------------------------------------------------|------------------------------|-----------------|-----------------|-----------------|------------------------------------|------------------------------|
| | 1 st | 2 nd | 3 rd | 4 th | 5 th to 8 th | Participation ⁽⁵⁾ |
| Provincial Tournament ^(1,2) | 5 | 4 | 3 | 2 | | 1 |
| Atlantic Championships ^(1,2) | 7 | 6 | 5 | 4 | | 1 |
| Canadian National Championship (preceding year) ^(1,2) | 10 | 9 | 8 | 7 | | 1 |
| WKF International Competition ^(1,2,3) | 16 | 14 | 12 | 10 | 8 | 3 |
| KC Camps ⁽⁴⁾ | | | | | | 1 to 3 |
| Regional Camps ⁽⁴⁾ | | | | | | 1 to 3 |
| Provincial Camps/Workouts ⁽⁴⁾ | | | | | | 1 to 3 |

1. Applies only to advanced/elite divisions; novice and intermediate divisions are excluded.
2. Full points require winning at least one match in the division; otherwise, half points are awarded.
3. WKF-sponsored International Competitions follow Senior or Junior Selection Criteria.
4. National, Regional, and KNS-sanctioned kumite/kata camps/workouts: 1 point per full day (up to 3 points).
5. Tournament points: Only the higher of placing or participation points counts, not both.
6. Points must correspond to the correct team division (e.g., kata medals count for kata only); camp/clinic points apply solely to their respective divisions.

To earn points, compete in your National division at provincial tournaments. For example, if you will be 14 at Nationals, you must fight in the 14-year-old division to have those points count for Nationals. Exceptions may be made if there aren't enough competitors in your weight class.

NOTES:

Below is a list of selection events where points will be awarded during the season:

Tournaments:

- November 1st, 2025 – Atlantic Championships, Moncton, New Brunswick
- November 22nd, 2025 – Grand Prix #1, Bedford
- January 31st, 2026 – Grand Prix #2, Bridgetown
- March 21st, 2026 – Grand Prix #3, Lantz
- International tournaments (as listed in the Senior and Junior selection criteria)
- Results from the 2025 Nationals

Camps:

- Team workouts (refer to Training Schedule)
- Regional Training Camps (held after preceding Nationals up to the current season; see the Karate Canada website for details)

NOTES:

EXCEPTIONS & STIPULATIONS

- The *Coaching Staff* shall have the discretion to make exceptions to the selection procedure in unusual circumstances where there is an **open spot** on the team. In general, all athletes are expected to attend all mandatory events. In exceptional circumstances, however, an athlete, who has been ranked as an A, B, or C athlete in the recent past, may be considered for a position on the team even though they are not able to attend all mandatory events, **if:** a) a spot is open **and** b) the athlete has agreed to follow a Coaching approved training plan. The athlete's circumstances must be such that it would be impossible for the athlete to be present for the majority of the training sessions and tournaments (i.e., away at university, seconded for months away from work). The exception can only be considered where there is an opening in the division.
- The coaching staff will have the final say in all the wildcard positions (if applicable).
- An athlete may not be considered for team selection if they have violated or acted inappropriately by the policies set by KNS, and the guidelines set by this document. Being absent from a mandatory event without prior notification to the Head Coach, team manager, or another member of the coaching staff without a valid excuse will be taken into consideration at the final selection.
- In the event an athlete has not attained enough points to make their division, the coaching staff may offer to put the athlete in a higher or lower weight class if the athlete agrees and the coaching staff feels this athlete will be able to perform in this division. The athlete will have to ensure they make the appropriate weight class.
- Athletes must be no more than 3% (multiply your weight by .03) over their weight class the week leading up to Nationals. If the athlete weighs more than 3% over their weight class, the coaching staff reserves the right in its sole discretion to withdraw the athlete from that weight division. **If the athlete is receiving funding from KNS based on their ranking, the athlete will be responsible for reimbursing KNS the amount received.** Eating healthy and maintaining a healthy body weight throughout the year is important and athletes should be in a division that is concerning their normal healthy body weight.
- The coaching staff reserves the right in its sole discretion to determine whether to field individual competitors and whether to fill all available positions or divisions.

NOTES:

APPEALS

In the event of a dispute regarding the application of the rules outlined in the Handbook, an appeal may be submitted to the High-Performance Committee (HPC). Appeals must be made in writing, with copies provided to both the President of KNS and the HPC. The appeal should clearly specify the rule that is alleged to have been violated and state the remedy sought. Only individuals who are directly impacted by the rule or procedure in question are eligible to file an appeal.

The President of KNS will schedule a hearing before a tribunal within a reasonable timeframe. This tribunal will consist of three members selected from the remaining members of the HPC, ensuring that no conflicts of interest exist. If necessary, hearings may be conducted via Zoom or another appropriate platform.

During the hearing, each party will present their case separately, with the appellant presenting first. The three tribunal members will then vote on the merits of the appeal, with a simple majority determining the outcome. To succeed, the appellant must demonstrate that the respondent's actions or decision contravened the rules and procedures set out in this document or other guidelines established by KNS. The tribunal's decision will be promptly communicated to both parties.

NOTES:

FINANCIAL RESPONSIBILITIES

Successful team members can expect to pay at a minimum the following expenses:

- \$200 / year, cost for trying out for team and open/closed training sessions
- Travel to and from each practice; kumite/kata practices are held 4 times
- Travel to and from each provincial tournament
- Registration fees for each tournament, ~ \$25-\$50/tournament
- All expenses for the Canadian National Karate Championships ~ \$1,500-\$2,000 for travel, hotel, registration fees and meals
- Team Tracksuit ~ \$175
- Team T-shirt ~ \$25
- Kumite equipment \$60 – \$400 depending on individual requirements.

NOTES:

TEAM TRAVEL

- All Athletes, Coaches, Team Managers, Parents, Officials and Volunteers must be familiar with the **KNS Travel Policy**
- All athletes must arrive at Nationals in the time frame designed by the coaching staff or team manager unless permission to arrive later is granted by the team manager or a member of the coaching staff.
- All athletes must wear the team tracksuit when travelling with the team, attending team functions, and during the competition.
- **All athletes must provide proof of eligibility.** KC will accept only a **Canadian passport** as proof of eligibility.
- Team members will room together in accordance with the rooming assignment prepared by the coaching staff and team manager unless advanced permission is obtained by the Head Coach to stay in a room other than that which has been assigned.
- A curfew will be strictly enforced. Any violation of the curfew will be a violation of the Athlete Agreement for Provincial Team Members. Only those assigned to a room are to be in that room during curfew hours. All phones are to be turned off during curfew hours.
- **All U14 athletes must travel with their parents.**

NOTES:

RANKED ATHLETES

There are two streams by which an athlete achieves a Provincial ranking. An athlete needs to have **won** at least one match in their division at Nationals to be ranked. If an athlete gets two individual medals (i.e., gold in U21 and silver in the Senior Open), the highest medal will determine the ranking (i.e., gold).

The following will be the ranking procedure stream based on the National's results:

- **Provincial A:** Gold medalist at nationals the year prior to date.
- **Provincial B:** Silver medalist at nationals the year prior to date.
- **Provincial C:** Bronze medalist at nationals the year prior to date
- **Provincial D:** All remaining team members.

The following will be the ranking procedure stream based on competing for Team Canada:

- **Provincial A:** Compete as part of Team Canada and medal at international events (Pan Am, World Championships, Karate1 Premier League, Karate1 Series A and Karate1 Youth League)
- **Provincial B:** Qualify and compete as part of Team Canada (Pan Am or World Championships).

If an athlete qualifies for **both streams**, the **higher**-ranked result will determine ranking.

CURRENT RANKINGS

- Provincial A: Emmi German (Jr.), Kotoki Mori (Jr.), Sean O'Neil (Sr.), Ryan O'Neil (Sr.)
- Provincial B: Leo Manos (Jr.), Yassin Kamel (Jr.), Evan Peddle (U21), Trysten Deveau (Sr.),
- Provincial C: Kaden Shen (Jr.), Joseph Leblanc (Jr.), Danyielle Tolentino (Jr.), Owen Jones (U21), Gassan Alkurdi (U21), Ben Khan (U21),
- Provincial D: All remaining team athletes.

NOTES:

FUNDING RANKED ATHLETE

Karate NS will, within our budget, make funding available for all provincially **ranked team members** who pursue High-Performance training. The **purpose** of this funding system is to recognize athletes who have achieved podium **performance**, serving as an incentive to other athletes. The **purpose** is also to help those athletes financially who continue to show commitment to training. Many additional hours of training are needed to continue to be successful at a National/International level.

The funding directions are as follows:

1. Provincial **A, B, and C** athletes will have their upcoming **National Championship's individual event registration(s)** paid.
2. KNS receives a grant from the Nova Scotia Performance Plan Initiative (NSPPI) to go towards our High-Performance program. At the approval of the High-performance coach, a portion of this grant will be allocated in the following manner to assist ranked athletes in attending Karate Canada Training camps and International events:
 - Provincial A athletes – 60%
 - Provincial B athletes – 40%
 - Provincial C athletes – 20%

NOTES:

FUNDING OPPORTUNITIES

The coaching staff and the team manager understand not everyone has the same financial means. We realize that this may in some instances deter you from trying out for the team. We encourage you to think long and hard before choosing not to try out for the team due to financial reasons. There are a series of opportunities available to the athletes to raise additional funds to offset the financial impact. If you have any questions on funding, please approach the coach staff or team manager.

SPORT NOVA SCOTIA FUNDING

Each year, athletes who earn a place at Nationals can apply to Sport Nova Scotia's Support4Sport program. This program helps athletes with travel costs when they are invited to take part in international events as members of the Karate Canada Team. In the past, our athletes have received between \$250 and \$3,000 in funding. All applications must be approved by our Provincial Sport Organization, Karate Nova Scotia (KNS).

TEAM FUNDRAISING

Purpose and Importance

Fundraising is an essential part of the Nova Scotia Karate Team and should be approached with commitment and teamwork. It is both a time for hard work and an opportunity to connect with fellow athletes, promote karate as a sport, and generate funds to offset personal and team expenses.

Team fundraising helps reduce the significant costs of travel, accommodation, and other expenses associated with attending national events. Fundraising events are monitored by the coaching staff and team manager to ensure fairness and transparency for all team members.

Participation Options

Athletes may choose one of the following levels of involvement:

- Participate in all fundraising events
- Participate in some fundraising events
- Opt out of fundraising events

Funds raised will be distributed among team members based on the type of fundraiser and their level of participation in fundraising activities.

Fundraising Oversight

All fundraising activities are organized and managed by the Fundraising Committee, which:

- Determines which events will be held
- Decides how proceeds will be distributed
- Maintains accurate records of all fundraising activities and financial tracking

Athletes will be informed in advance how funds from each event will be allocated so they can decide whether to participate.

If a parent has an idea for a fundraising event, they are encouraged to contact the Fundraising Committee.

Parents who wish to organize an event should also notify the committee in advance.

Types of Fundraising

There are two main categories of fundraising:

Whole-Team Fundraising

- Collective events where profits are shared equally among all team members.
- Funds are credited toward each athlete's team budget balance regardless of participation.

Individual Athlete Fundraising

- Events where profits go directly toward the participating athlete's own team budget balance.
- If the fundraising event does not have a clear division of funds and is a participation-based fundraiser (eg. Canteen), the "points system" will be implemented (see Example of point distribution for canteen-style events below).

Handling of Funds and Reporting

After each fundraising event:

- All funds are turned in to the Team Treasurer.
- The Event Organizer submits a report to the Fundraising Committee and Team Treasurer.
- The Team Treasurer compiles a summary of all funds raised and allocates the funds to the appropriate athletes.
- Each athlete's fundraising totals are recorded in their team budget and communicated when payment is due or upon request.

Dispute Resolution

If a dispute arises, the Head Coach will review the situation and make a final decision.

If an athlete participates in a fundraising event but is not selected for Nationals or cannot attend, the funds they raised are returned to the Team Account and redistributed among the remaining eligible participants.

Planned Fundraising Activities (2025–2026 Season):

1. Tournament Canteen Fundraiser - November 22, 2025 – January 25, 2026 – March 21, 2026

The Tournament Canteen Fundraiser is open to all team athletes who wish to participate. A Canteen will be set up at each Grand Prix Tournament (unless otherwise noted). Funds raised will go to Team athletes who participate by bringing food items or volunteering at the canteen. Each food item and volunteer shift is awarded a number of points, depending on the item and hours. The total funds raised at the Canteen is divided into points and then allocated to each athlete depending on the number of points earned. For example, hot dishes earn more points than cold dishes.

A Google Sheet will be created for each tournament so athletes/families can sign-up for volunteer shifts and add the item(s) they intend to bring.

Google Sheet for KNS Grand Prix #1 - <https://tinyurl.com/y73455uj>

Athletes who do not participate will not receive any points from that event.

Examples of point distribution for canteen-style events:

1. Event Organizer: Receives 1 point (credited to one athlete, if multiple athletes are on the team).
2. Participating Athlete: Receives ½ to 1 point depending on the level of involvement.
3. Extra Contributions: Athletes who bring more than the average may receive an additional ½ to 1 point to a maximum of 2 points per Canteen (as approved by the Event Organizer).
4. Parent Volunteers: If a parent works a shift, the athlete receives an additional ½ points.

2. Sponsorship Banner - October 14 – November 3, 2025

On October 14, an email was sent to all athletes who expressed interest in trying out for the Team about the Sponsorship Fundraiser. Participation is optional. Each athlete may secure up to 5 sponsors. Sponsors will receive recognition as outlined in the Sponsorship Letter (Appendix XX).

Please note, *KNS cannot issue charitable donation receipts*, but a standard business receipt can be provided.

How It Works

- Ask local businesses for support (details in the sponsorship letter).
- Get high-quality logo files from supporters and email them to stef_angel@yahoo.com by November 3.
- Collect payment via e-transfer to treasurer@karatens.org or cheque payable to Karate Nova Scotia, noting the athlete’s name and ‘Sponsorship’ in the memo/message.

Allocation of Funds

- Business sponsorship funds secured by an athlete go directly toward that athlete’s team budget.
- Any government support from Councillors, MLAs, and MPs will be distributed among athletes training at dojos located within that representative’s riding.

Sponsor Recognition

Sponsors will be acknowledged on the 2025-2026 tournament banner and KNS social media, based on their level of support. See Appendix XX for details.

3. Additional Planned Fundraising Activities**

| <u>Fundraiser</u> | <u>Type</u> | <u>Dates</u> |
|---------------------------------------------------------|----------------------------------------|--------------------------|
| <u>KNS Hoodies, T-Shirts, Toques (pending approval)</u> | <u>Whole-Team</u> | <u>Nov-Dec 25</u> |
| <u>Kenny’s Pizza Kits</u> | <u>Individual</u> | <u>Dec 2025–Jan 2026</u> |
| <u>50/50 Draw – U21 & Senior Nationals (TBC*)</u> | <u>Individual (point distribution)</u> | <u>Feb 2026</u> |
| <u>Soup Sales</u> | <u>Individual</u> | <u>Mar 2026</u> |
| <u>Grand in the Hand</u> | <u>Individual</u> | <u>Mar 2026</u> |
| <u>Kenny’s Pizza Kits (Round 2)</u> | <u>Individual</u> | <u>Apr 2026</u> |

INDIVIDUAL FUNDRAISING

Personal fundraising is encouraged to further help offset the expense of Nationals and your training.

Please **advise the coaching staff** of any Individual Fundraising that you are doing (outside of the team events) and the amount raised. If, in your fundraising efforts, you indicated that you are a member of the NS Provincial Team, or you use the logo, or you indicate that you are raising money for Nationals, then you **must** disclose to the Head Coach the amount that you have raised.

Letters of reference/donations, or recommendations that may be required for sponsorship or proof of team eligibility, are available upon request to support your fundraising efforts.

ATHLETE FINANCIAL SUPPORT

The coaching staff are concerned about the possibility that an athlete may not be able to compete at Nationals due to a lack of funds.

Therefore, anyone facing such a difficulty is encouraged to bring it to the attention of the **Athlete Representative** or a member of the coaching staff, so it can be assessed and taken to the High-Performance Committee. The privacy and dignity of the athlete will be respected. Every effort will be made to aid, if possible.

NOTES:

LOGO & BRAND USAGE

Like most organizations, KNS and its Provincial Team are concerned about the use of our logos and references. When referencing “Karate Nova Scotia”, or “Karate Nova Scotia Team” approval should be sought out by the group or individual wishing to use the names or logos for promotional or marketing purposes for events, services or when soliciting funds and other means of support. Approval should be directed to info@karatens.org; the intended use should be clearly stated in the email, with the final draft or any file(s) to support how you plan to leverage the logo(s) and references.

- The logo(s) may not be imitated or used as a design feature in any manner.
- The logo(s) may not be used in a manner that would disparage KNS or its members or programs.
- The logo(s) may not be animated, morphed, or otherwise distorted in perspective or appearance.
- KNS and the KNST reserves the right in its sole discretion to terminate or modify permission to display the logo(s), may request that third parties modify or delete any use of the logo(s), and object to unfair uses or misuses of its trademarks or other violations of applicable law.

SOCIAL MEDIA USAGE

KNS recognizes the importance of online conversation and respects the rights of Athletes, Coaches, Officials and Parents (ACOP) to freedom of speech. However, there are some basic principles of behaviour that we ask all ACOPs to adhere to when conducting online activities.

Until KNS has an official Social Media & Social Networking Policy, here are some guidelines designed to guide your participation in both personal and professional usage:

1. Social media is no different than a live microphone. Media outlets regularly report on ACOP posts, and some include a continuous stream of ACOP posts on their websites. ACOPs should still be themselves and engage with people through their social channels, but they should do so in a way that is appropriate and safe for media consumption/distribution. Posts should not contain vulgar, threatening, hurtful or obscene words or images. Do not use profanity. Period.
2. Use your best grammar, spelling and capitalization. Expect that a potential sponsor will be reading your posts.
3. ‘Inappropriate content’ versus ‘inappropriate behaviour’. Example: It would be acceptable for an athlete to have a shower, but it would not be appropriate for an athlete to post nude pictures of themselves showering. The behaviour is appropriate, but the content is not appropriate for distribution.
4. Be mindful of the promotion of potentially controversial behaviour that may cause damage to the image of KNS or the sport of Karate.
5. Be aware of KNS’ Code of Conduct Policy and what behaviour and/or social media uses would constitute a breach of the “*Team Nova Scotia Athlete Agreement*”. Be aware of the permanency and non-privacy of social media content. ACOPs must be made aware that their postings on social media platforms are public and subject to the organization’s Code of Conduct and related policies. Only post something that you would feel comfortable seeing as a headline the next day in the local paper. Please avoid any subjective comments and opinions in posts.

DISCIPLINARY PROCEDURES & OUTCOMES

Athletes should always respectfully conduct themselves regardless of environment or communication medium. Bullying or inappropriate behaviour will not be tolerated as it may lead to probation/suspension for a period, or removal from participating on the NS team indefinitely, as deemed by an elected objective disciplinary board appointed by the KNS Team Coaches and KNS President. Funding can also be removed based on the decision of the disciplinary board. Additional dojos may take additional disciplinary action within their privy.

If any athlete, coach, official, volunteer, team manager or parents' feels they are the victim of bullying and/or any type of abuse, please reach out to a KNS coach or director at large on the KNS Board of Directors. Also, you can contact the Canadian Sport HELPLine, to report something anonymously,

A banner for the Canadian Sport HELPLine. The background is a blurred image of a person in a yellow jacket. The text 'CANADIAN SPORT' is in grey, and 'HELPLine' is in large white and grey letters. There are two speech bubble icons, one white and one red. Below the main text are four contact options: a phone icon for '1 888 83SPORT (77678)', a text icon for 'info@abuse-free-sport.ca', a website icon for 'www.abuse-free-sport.ca', and a Canada logo. To the right, a yellow box contains the hours '8 am - 8 pm (ET) 7 days a week'.

CANADIAN SPORT

HELPLine

ANONYMOUS |   1 888 83SPORT (77678)

CONFIDENTIAL |  info@abuse-free-sport.ca

INDEPENDENT |  www.abuse-free-sport.ca

BILINGUAL | 

8 am - 8 pm (ET)
7 days a week

NOTES:



COMPETITOR AGE ELIGIBILITY MATRIX 2026 NATIONAL CHAMPIONSHIPS

| | U14 | CADET | JUNIOR | U21 | SENIOR** |
|-----------|------------------------------------|--------------------------------------|--------------------------------------|-----------------------------------|------------------------------|
| | DOB/DDN | DOB/DDN | DOB/DDN | DOB/DDN | DOB/DDN |
| Kata | August 28, 2012 August 27, 2014 | August 28, 2010 October 14, 2012* | August 28, 2008 October 14, 2010* | May 29, 2005 October 14, 2008* | On or before May 28, 2010 |
| Kumite | August 28, 2012 August 27, 2014 | August 28, 2010 October 14, 2012* | August 28, 2008 October 14, 2010* | May 29, 2005 October 14, 2008* | On or before May 28, 2008 |
| Team Kata | N/A | August 28, 2008 - October 14, 2012 | | May 29, 2005 October 14, 2008 | On or before May 28, 2010 |
| | U16 | | | SENIOR** | |
| Para | May 15, 2010 to May 14, 2012 | | | On or before Feb 20, 2010 | |

20-Feb-26 KC SR Nationals start date (Senior & U21)

14-May-26 KC JR Nationals start date (U14, Cadet, JR)

28-May-26 Anticipated start of 2026 Sr Pan Ams (Senior & U21)

27-Aug-26 Anticipated start of 2026 Jr Pan Ams (U14, Cadet, Junior)

14-Oct-26 Anticipated start of 2026 Jr Worlds (Cadet, Junior, U21)

***Please note that athletes born between August 28th and October 14th 2008, 2010, and 2012 may be eligible for more than one division at the 2026 National Championships. To participate in the JR and SR PKF and WKF JR, athletes must be age-eligible according to their age on the first day of each of these competitions.**

(Revised September 22, 2025)

NOTES:

INJURY TREATMENT & RECOVERY

As soon as possible after an injury, such as a knee or ankle sprain or a pulled muscle, you can relieve pain and swelling and promote healing and flexibility with RICE: Rest, Ice, Compression, and Elevation.

- **Rest.** Resting is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament, or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.
- **Ice.** Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Do not apply ice directly to the skin. Place a towel over the cold pack before applying it to the skin. Also, you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15-20 minutes and then leave them off for 15-20 minutes.
- **Compression.** Compression limits swelling and improves healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. Don't wrap it too tightly since this can cause more swelling below the affected area. If you feel throbbing, numbness, tingling, increased pain, coolness, or said swelling below the wrap, remove the bandage and re-wrap the area so the bandage is a little loose. ALWAYS check for circulation after wrapping an injury.
- **Elevation.** Elevating the injured area reduces swelling. It's most effective when the injured area is raised above the level of the heart. For instance, elevate any lower limb injury or sore area on pillows anytime you are sitting or lying down. Do this whenever possible while you ice for increased effectiveness.

There are two other methods for helping to promote healing when combined with RICE.

- **Hydration.** Hydration is important for sports performance recovery and for recovery in general. Adequate hydration allows body functions, including repair, to work at optimal levels. The extra fluids also allow rapid removal of waste proteins during the repair process.
- **Ibuprofen.** Before taking any medication, CONSULT YOUR DOCTOR FIRST. Ibuprofen is a NSAID (non-steroid anti-inflammatory drug) that can both reduce pain and significantly reduce swelling. Taken responsibly, Ibuprofen can decrease injury recovery time.

After 48 to 72 hours, if the swelling has subsided you can start to reintroduce the injured area to activity.

- **Stretching.** Start with very light stretching. This helps to regain the original range of motion to the injured site and will reduce the likelihood of overexerting the injury upon reintroduction to physical activity. Do NOT overstretch an injury as it can aggravate it and lengthen recovery time.
- **Heat.** After swelling has subsided, the application of heat can increase circulation to an injured area thereby increasing the nutrient flow to the area. Apply the same 15–20-minute rule used for ice and be sure to protect your skin from burning. If you can, apply heat to an injured area before engaging in exercise. This will help to reduce the injury.
- **Light Massaging.** Massaging helps increase blood flow to the applied area. Make sure to massage lightly to not aggravate the injury. If it hurts, don't do it.

Most importantly:

- **Listen To Your Body.** You feel pain for a reason. Ignoring it can lead to chronic injuries. If you still feel pain after 48 to 72 hours, go see your doctor. They are there for a reason, use them.

CONCUSSION AWARENESS

Please see the most up-to-date Concussion Information here, <https://parachute.ca/en/injury-topic/concussion/>.

ATHLETE AWARENESS

1. *What are the things that worked best for you?*
2. *What are the things that went wrong?*
3. *What have you done to get better since Nationals?*
4. *What do you think you need to perform better?*

PERSONAL GOAL SETTING

"The tragedy in life is not reaching your goals but having no goals to reach."

What are you going to do to achieve your goals? Figure out a plan and put it into action.

- **To participate** – minimum 4+hrs/week additional training required.
- **Top 5** – minimum 6+hrs/week additional training required.
- **Podium** – minimum 8+hrs/week additional training required.
- **Win** – minimum 10+hrs/week additional training required.
- **Pan Ams** – 15+hrs/week.
- **World Champs** – 24+hrs/week.
- **Olympics**– Full Time.

1) What are your goals **this year**? How do you want to achieve it?

2) What is your **short-term** goal (techniques or abilities you want to learn or perfect- example ... flexibility) How or what are you going to do to achieve it?

3) How many **hours** are you training currently? How many hours will you train, including **cross training**, and what is the breakdown in activities?

4) What does your **daily diet** consist of on a good day? On a bad day? How many hours of **sleep** do you get during the week and on weekends? Do you use a gadget before bed?

(Athletes are not just athletes when they are at training sessions, it's an overall lifestyle- what you put into your body helps to make it stronger and faster; amount of sleep/ recovery is also important for growth, maintenance and repair)

5) How much do you drink per day (Water, juice, coffee, etc.)? How much do you think you need? How much will you drink before training?

6) During your best performance what were the circumstances- how did you sleep the night before, meal/ water intake, pre-routine, how were you feeling, what made it work?

7) During your worst performance (whether it be outcome or bad feelings) what were the circumstances- mindset, pre- warm up routine?

***Video analysis** is a great tool. Send a video of your fight, add your personal critiques as to what went well and what problems you encountered, what you need to work on and how you are going to accomplish it. Coach(es) can discuss with you to help you make improvements in technique and tactics.

PODIUM PERFORMANCE ESSENTIALS

Physical Expectations

strength - upper/lower body
agility - change direction
 quickly/sharply
speed - cover distance flexibility
 endurance
sustenance – nutrition, sleep

Technical

techniques
no telegraphing
timing
distance

Tactical

feigning/faking
pressure
corner
protect the lead
comeback
setting up attacks

Mental

concentration
intimidation
handle the pressure
confidence
rebound from mistakes
motivation
preparation

PRE-COMPETITION PLAN SAMPLE



“Think it, see it, feel it, do it.”

“Stay in the present”

“Attitude is a decision”

“Relax and flow”

“Read and React”

2-12 months before

- Now is the time to "think negatively" - come up with reasonable obstacles to your goal(s). This is the best time to think about these because you have time to discuss with your coaches and parents and plan ahead.

2 Weeks before

- Review your training plan with your coach and bring up any lingering "negative thoughts" or concerns about the competition. Is there anything else that could be helpful to work through in the final two weeks? If not, focus on consistency and really understanding what you've been working on in training.
- Consider how you will respond if certain events get disrupted
- How are you going to deal with possible problems?

2 nights before

- Prepare equipment, sew crest/competition number on gi
- Start to visualize competition in two ways: what you want to happen, what could "go wrong" that you can prepare for
- Think about tactics

Night before:

- Neutral attitude - focus on the task you have ahead of you
- Positive attitude - bolster your confidence by journaling or talking to others about all the ways in which you have improved over the last few months, weeks, days and why this will help you tomorrow
- Do things that are familiar: a routine that puts your mind at ease:
 - Could include double-checking your packing for tomorrow, journaling about your thoughts and emotions, socializing with supportive people, spending some time alone, listening to music, going for a walk, etc.
- Keep your bedtime routine as "normal" as possible

Morning of:

- Check your arousal level
 - Do you need to pump yourself up before you arrive? (sometimes the venue, people, and competition provide enough of that)
 - Do you need to bring your energy down / relax a bit? (routines, familiar music, and quiet spaces can be helpful)
- Ride there (if not driving)
 - Do what you need for your own energy (pump up music, chill out music, no music, reading, daydreaming, etc...)
 - Visualize competition
 - Run through tactics

Arrival @ the site:

- Go through competition plan
- Convince yourself you belong there
- Soak up the atmosphere and conditions so you know what to expect immediately prior to performance

1 Hour before:

- Go to the warmup area and warm up
- Imagine sections of the "fight" and see and feel yourself performing well

30 mins before:

- How are you feeling

- Do you need a “pump up” or “cool down”?
- Are you in the zone or working towards a “flow state of concentration”?

20 mins before:

- Final check of equipment
- Spend 2-3 min imagining the start of the fight

15 mins before:

- Begin final stage of your warmup routine
- Positive self-talk
- Deal with negative talk

10 mins before:

- Repeat positive self-statements you worked on during practice (ie) I can do this, I’ve trained hard, I’m fast, I’m powerful, I’m confident!

5 mins before:

- Remind yourself of previous “good performances”

At the line:

- Remind yourself you are ready to go!

This is what you trained for so **GO FOR IT!**

PERSONAL PRE-COMPETITION PLAN

Competition:

Venue:

Date/Time:

| |
|-------------------|
| 10. |
| 9. |
| 8. |
| 7. |
| 6. |
| 5. |
| 4. |
| 3. |
| 2. |
| 1. |
| BLAST OFF! |

PRE-FIGHT ROUTINE



Remind Yourself

...

“You are ready
to go!”

“This is what I
trained for!”

“Just Do It!”

30 minutes before:

20 minutes before:

15 minutes before:

10 minutes before:

5 minutes before:

3 minutes before:

1 minutes before:

30 seconds before:

Pre-start

At the line:

FUNDRAISER FORM

2025-26 SEASON



| | |
|--------------------------|--|
| Event: | |
| Date of Event: | |
| Parent in Charge: | |

| Athletes Participating | Participation Information (i.e., Canteen- what athlete brought in) | Explanation of Increased Shares (i.e., if parent worked event) | Event Shares |
|------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------|--------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Distribution of Shares:

1. The organizer of the event will receive one share (for their child). If the organizer has more than one child, the share will be credited to one child.
2. Once the fundraising event is finished the money will be turned in and placed in the Team Account.
3. The organizer will submit the Fundraising document within one week of the event to **Team Manager and Team Treasurer**. The document will then be posted so athletes can see where they stand. In the unlikely event that a dispute arises over the distribution of shares, the Coaching Staff will review the situation and decide.
4. An athlete will get one share for participating.
5. If an athlete participated more (i.e., Canteen- brought more food than the average), they would get ½ - 1 extra share based on their participation. The parent in charge will decide the amount.
6. In the case of the Canteen, if a parent works the event (for ½ day), the athlete will get an additional ½ share.

TRAINING SCHEDULE

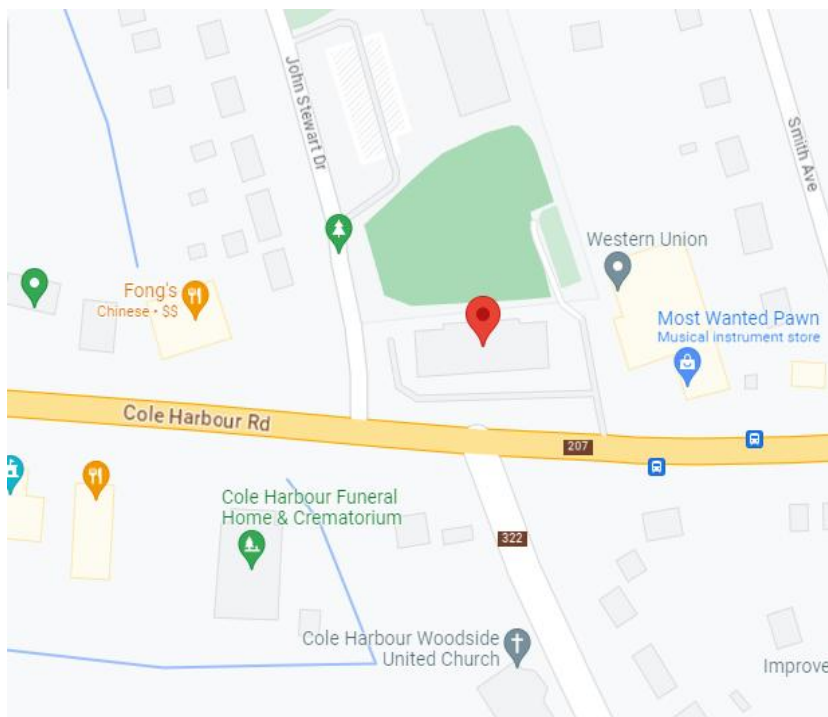
2025-26 SEASON

| Date | Event | Location | Time | Status |
|----------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------|--------|
| November 16 th , 2025 | Senior and U21 Provincial Team Training Camp* | Halifax Ryuseikan | 9:00 am-2:30 pm | Closed |
| January 4 th , 2026 | Senior and U21 Provincial Team Kumite Training Camp* | Halifax Ryuseikan | 9:00 am-10:30 am | Closed |
| January 4 th , 2026 | Senior and U21 Provincial Team Kata Training Camp* | Halifax Ryuseikan | 10:45 am-11:45 am | Closed |
| January 4 th , 2026 | Senior and U21 Provincial Team Mental Performance Session * | Halifax Ryuseikan | 12:00 pm-1:00 pm | Closed |
| January 4 th , 2026 | Senior and U21 Provincial Team Kumite Training Camp* | Halifax Ryuseikan | 1:15 pm-2:45 pm | Closed |
| January 18 th , 2026 | Junior, Senior and U21 Provincial Team Kata Training Camp* | West Bedford School – High School Gymnasium (Green) | 9:00 am-10:30 am | Closed |
| January 18 th , 2026 | Junior, Senior and U21 Provincial Team Kumite Training Camp* | West Bedford School – High School Gymnasium (Green) | 10:45 am - 12:15 pm | Closed |
| January 18 th , 2026 | Junior, Senior and U21 Provincial Team Kumite Training Camp* | West Bedford School – High School Gymnasium (Green) | 1:15 pm-2:45 pm | Closed |
| February 15 th , 2026 | Senior and U21 Provincial Team Kata Training Camp* | Halifax Ryuseikan | 9:00 am-10:30 am | Closed |
| February 15 th , 2026 | Senior and U21 Provincial Team Kumite Training Camp* | Halifax Ryuseikan | 10:45 am - 12:15 pm | Closed |
| February 15 th , 2026 | Senior and U21 Provincial Team Kumite Training Camp* | Halifax Ryuseikan | 1:30 pm-3:00 pm | Closed |
| March 8 th , 2026 | Junior Provincial Team Training Kata Camp* | Halifax Ryuseikan | 9:00 am-10:30 am | Closed |
| March 8 th , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 10:45 am - 12:15 pm | Closed |
| March 8 th , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 1:30 pm – 3:00 pm | Closed |
| March 28 th and 29 th , 2026 | Elite Kumite Seminar/Mental Performance session with Hana Furumoto-Deshaies | Sacred Heart School, 5820 Spring Garden Rd, Halifax, NS | Saturday PM and Sunday AM and PM | Open |
| April 19 th , 2026 | Junior Provincial Team Training Kata Camp* | Halifax Ryuseikan | 9:00 am-10:30 am | Closed |
| April 19 th , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 10:45 am - 12:15 pm | Closed |
| April 19 th , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 1:30 pm – 3:00 pm | Closed |
| May 3 rd , 2026 | Junior Provincial Team Training Kata Camp* | Halifax Ryuseikan | 9:00 am-10:30 am | Closed |
| May 3 rd , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 10:45 am - 12:15 pm | Closed |
| May 3 rd , 2026 | Junior Provincial Team Training Kumite Camp* | Halifax Ryuseikan | 1:30 pm – 3:00 pm | Closed |

Dates are subject to change. The schedule does not include the commitment required for tournaments. * Denotes mandatory training.

For full calendar of events visit the KNS Events Page (<http://karatens.org/events/>)

Halifax Ryuseikan Dojo,
1237 Cole Harbour Road,
Cole Harbour



**TEAM NOVA SCOTIA ATHLETE
AGREEMENT**

2025-26 SEASON

I, _____, an athlete registered with Karate Nova Scotia, understand, and agree to abide by the terms of the Athlete Agreement.



- a) The athlete agrees to attend all team workouts for their area of competition interest (kata and/or kumite), plus the first and last combined team workouts of the season. If an athlete is doing kata only, they are required to attend the first and last combined provincial team workouts and all provincial kata sessions. If an athlete is doing kumite only, they are required to attend the first and last combined provincial team workouts and all provincial kumite sessions. If an athlete is doing both kata and kumite then they are required to attend all kata and kumite training sessions. The team workouts will be posted on the KNS website.
- b) The athlete has read and understands the **selection** process as outlined in the “Athlete Handbook & Team Guidelines”.
- c) Athletes must attend all the **Approved Events** outlined in the “Athlete Handbook & Team Guidelines”.
- d) The athlete agrees to notify the Coaching Staff and Team Manager of any injury or other legitimate reason that will prevent the Athlete from participating in a mandatory activity/event. In the case of an injury a certificate/note from a medical doctor setting out the specific nature of the injury *may* be required. The athlete agrees that even if injured, they will attend all mandatory events as a **spectator**.
- e) The athlete will be excused from a mandatory event if they are ill. The athlete agrees to notify the Coaching Staff and Team Manager of any illness at the earliest opportunity. In the case of illness, a note from a medical doctor setting out the specific nature of the illness *may* be required.
- f) The athlete agrees to notify the Team Manager of any change in medication after signing Karate Canada’s (KC) Medical Examination Report. The athlete also agrees **not** to take any over the counter medicines two weeks prior to Nationals, unless approved by the team’s medical representative.
- g) The athlete agrees not to consume **illegal substances**, such as non-medically prescribed drugs. The athlete also agrees not to consume **banned substances including cannabis**. Karate Canada (KC) has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of KC and participants in KC sanctioned activities. By signing the Athlete agreement, the athlete is acknowledging that they are aware that the CADP applied to them. For further information, please visit the Athlete Zone on the CCES website <https://cces.ca/athlete-zone> and the status of cannabis in sport at <https://cces.ca/cannabis>.
- h) The athlete agrees, if they are under the age of 19 years, to avoid **alcoholic** consumption at any KNS or KC event. If 19 years of age or over, the athlete agrees to avoid alcohol consumption 24 hours before a competition until the close of the competition. The athlete agrees that even after the close of the competition they will avoid intoxication during a KNS or KC event. Any breach of this clause could result in sanctions from KNS and/or KC.
- i) The athlete agrees to ensure that their behavior complies with a **harassment-free** and **abuse-free** environment and the athlete agrees to refrain from any conduct or action that disparages KNS.
- j) When **travelling with the Team**, the athlete agrees:
 - 1) To wear the team tracksuit when travelling with the team, attending team functions, and during the competition.

- 2) To obey the curfew imposed on all junior athletes. On competition days athletes must be in their room at 10:00 pm and the lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and the lights out by 11:00 pm unless advised otherwise by the Coaching staff.
 - 3) To turn off their cell phone during curfew hours.
 - 4) To attend on time, all scheduled team meetings, training sessions, team social events and any other activity.
 - 5) To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
 - 6) To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
 - 7) To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
 - 8) Only team members/parents of the athlete are allowed in the athlete's room. If team members are in each other's room the door must remain open. Under no circumstances are strangers or members of other teams allowed in an athlete's room.**
 - 9) To always keep their room presentable.
 - 10) Abide by the laws of the host Province.
- k) The athlete agrees that, if they are competing in kumite, they will be no more than 3% over their weight class in kumite the week leading up to Nationals. The athlete understands that if they are over by 3% the week leading up to Nationals and/or they do not make their weight class, they will be responsible to reimburse KNS if they received any funding from KNS.
- l) The athlete agrees to have a clean, proper fitting gi, which conforms to the rules. The athlete agrees to have the required equipment when attending any competition.
- m) The athlete agrees to be familiar with the WKF rules governing competitions.
- n) The athlete acknowledges that any breach of the Athlete Agreement may result in a disciplinary ruling handed down by the Coaching Staff. The Head Coach has final authority in all matters pertaining to the team.

By signing below the athlete acknowledges they have read the Athlete Handbook and are committed to this agreement.

Signed this _____ day of _____, 202__.

Signature of Athlete

By signing below the parent(s) acknowledge they have read the Athlete Handbook and are committed to this agreement.

Signed this _____ day of _____, 202__.

Signature of Parent or Guardian (if under 19 yrs)