



KARATE NOVA SCOTIA



2024 Team Tryout & Training Camps

We are pleased to advise you that the time has come to get everyone back together! After a successful 2023 Nationals, we are preparing now for 2024!

- July 4th to 7th 2024, Laval, Quebec
- To compete at Nationals an athlete **must be at least 12 years old by July 4, 2024.**
- **The first Kata/Kumite Training/Info Session* is November 19th! Location is TBD, keep eye on emails/website!**

All workouts for **KUMITE training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour.

The **KATA tryouts and training camps** consist of a series of open workouts (10 years and up). We encourage those who want to come out and learn some additional kata skills but may not feel ready for Nationals. You may want to challenge yourself and at the same time get a taste for a future year.

All workouts for **kata training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour or the Windsor Karate Club, 4407 Highway #1, Three Mile Plains, Nova Scotia.





The registration **cost to try out for the team is \$120.00**. This amount is non-refundable.

The cost for the **open kata sessions is \$20 per session**.

Dojo Coaches are encouraged to attend for free!

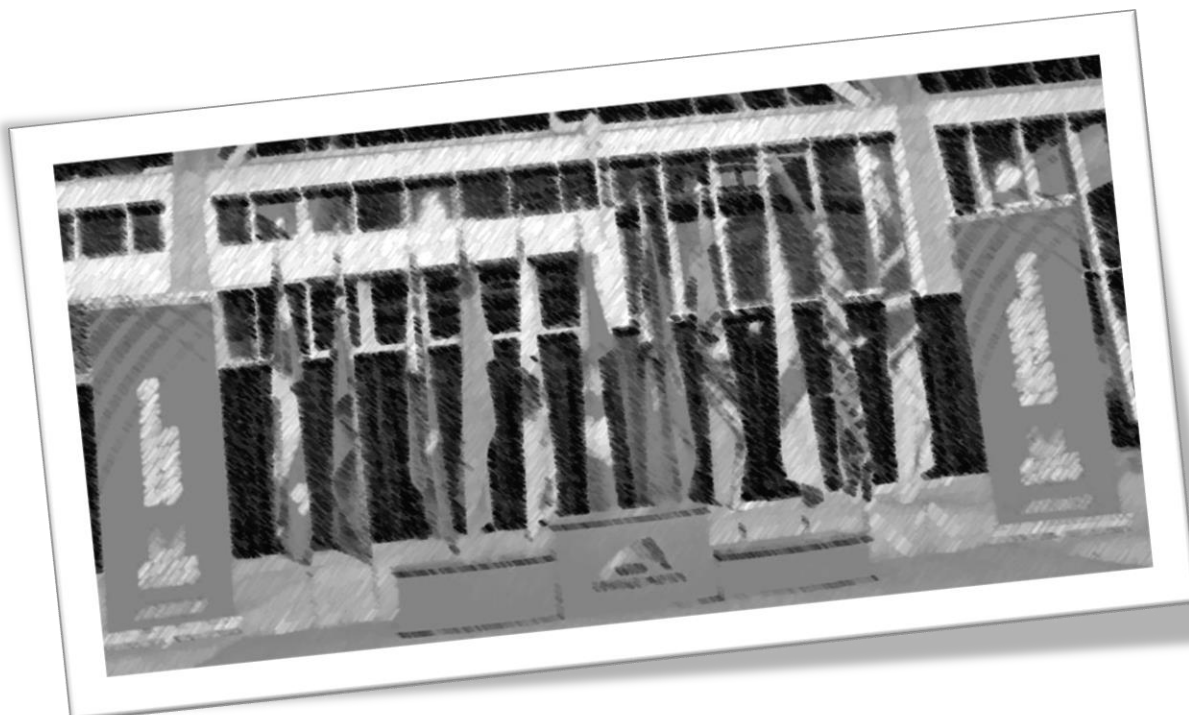
The Karate Nova Scotia website has [a team page](#) that will also have information as the season moves on. Please visit regularly.

The team will officially be finalized after the Atlantics in May, after which, the remaining June workouts are closed to team members only.

All members attending these workouts must complete the athlete registration page, located here, <https://martialmember.com/ExternalMember/Index/39>

Anyone who has questions about the team workouts please contact Greg Da Ros (info@karatens.org), or Jeff Murphy (td@karatens.org)

Covid Guidelines: Please follow current Provincial Guidelines.



We look forward to seeing everyone this season!

Events: <https://karatens.org/events/> | **Team Page:** <https://karatens.org/programs/team/>