

Karate NS - 2020/21 AGM Coaching Report

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Results:

NS Karate Team:

2020 Sr National Championships – **CANCELLED**

2020 Jr National Championships – **CANCELLED**

2021 National Championships – **CANCELLED**

2021 Senior National Team Trials, Calgary Alberta, Sept 24-26, 2021 – *Currently we have 5 athletes and 2 coaches which are planning on attending this event*

National Teams:

Only 1 event to report.

Ryan O'Neil was selected as one of 8 Canadians to attend the Tokyo 2020 Olympic Qualification tournament in Paris on June 10-13, 2021. This event was rescheduled from 2020. Ryan represented Canada in the -67kg (combined division with -60kg) kumite division. There were 3 Olympic births available in each category to the top 3 finishers. Despite executing an immense training and preparation plan, Ryan did not earn an Olympic spot. Lack of preparatory international events and high-performance matches leading up to the event proved to be our biggest downfall.

<https://www.youtube.com/watch?v=ysVJBldBbw4>

Other events:

Canada Sports Centre Atlantic Athletes

The goal of the CSCA is to help athletes and coaches training in Atlantic Canada to maximize their athletic potential and achieve success by supporting them with performance and life services.

Trysten Deveau joined Ryan O'Neil in the Canadian Development category as KNS members in Feb 2021. To qualify for this program, you need to be a Sr. National Team Athlete attending international events or a Jr. National Team Athlete attending a World Championships.

Provincial Development (Prospects)

In addition to our CSCA athletes, we have several athletes participating in the provincial Sport Science Program. These athletes attend 2 strength and conditioning (S&C) sessions a week and have group nutrition and sport psychology sessions.

The current list of athletes who participates in S&C the Canada Games Centre are:

1. Riley Deveau
2. Hannah Glennie
3. Koen Schlieff
4. Mikayla German
5. Gassan Alkurdi
6. Evan Peddle
7. Saad Eldlio

In addition, we added 4 athletes to this group in March 2021 who receive S&C sessions at Acadia University:

1. Alex Lyghtle
2. Jesse Niet
3. Rosemary McNeil
4. Carter Noakes

2021 Kumite Summer Camp

KNS hosted an Atlantic Kumite Summer Camp from August 13th to 15th at the Canada Games Centre in Halifax, Nova Scotia. The camp was designed to bring together National aged athletes from the Atlantic Provinces to train and improve together. The Camp instructors were Mitchell German, Randy Rix, Kate Campbell, and Ryan O'Neil. The Technical Director and Provincial Coaches were also on hand to assist.

Participants

We had 33 athletes register for the clinic with the following breakdown:

KNS - 22 Athletes

KNB - 10 Athletes

KPEI - 1 Athlete

KNS Dojo coaches were invited to attend but unfortunately none came.

The weekend was a success, with all athletes and coaches enjoying all the classes. We received several positive feedbacks, whether in person or through email. These events are important for our athletes, as it exposes them to higher level athletes, and helps bring up their levels and prepare them for National level competitions.

Mitchell German, ChPC
High Performance Coach, Karate NS