

# KARATE NOVA SCOTIA

## Coaching Report

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Annual General Meeting - 2022

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Prepared by: Mitchell German

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## Results

### NS Karate Team:

2021 Senior National Team Trials (Sept 2021) – **CANCELLED**

2022 Senior National Team Trials - Calgary Alberta, Feb 18 – 20<sup>th</sup>, 2022

2 Athletes attended, coached by Mitchell German:

- Ryan O’Neil – finished 1<sup>st</sup> overall in the men’s -75kg event. Selected as first pick to attend Sr Pan Am Championships in May 2022
- Riley Deveau – won 2 of 3 matches in his round robin pool. Was 1 point away from advancing to medal round

2022 Atlantic Championships, St John NB, April 16-17, 2022

NS had a good participation and although no official stats, we did extremely well in every category we entered.

### National Teams:

No events to report. Next event will be Sr Pan American Championships May 26-28, 2022, in Curacao. Ryan O’Neil will be attending in the men’s -75kg and men’s team kumite

## Other

### 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.

Riley Deveau joined Ryan O’Neil & Trysten Deveau in the Canadian Development category as KNS members. 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. In this case, Riley was selected as a junior who attended a Jr World Championships and training partner for Ryan O’Neil.

## **Provincial Development (Prospects)**

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

There were additions and changes to this list this year. The current list of athletes who participates in S&C at the Canada Games Centre are:

1. Koen Schlief
2. Mikayla German
3. Evan Peddle
4. Saad Eldlio
5. Emmi German (added Sept 1<sup>st</sup>, 2021)
6. Norah Glennie (added Sept 1<sup>st</sup>, 2021)
7. Owen Jones (added Sept 1<sup>st</sup>, 2021)
8. Ben Khan (added Sept 1<sup>st</sup>, 2021)

Dropped from program:

1. Alex Lyghtle (dropped July 1<sup>st</sup>, 2021)
2. Jesse Niet (dropped July 1<sup>st</sup>, 2021)
3. Rosemary McNeil (dropped July 1<sup>st</sup>, 2021)
4. Carter Noakes (dropped July 1<sup>st</sup>, 2021)
5. Gassan Alkurdi (dropped July 1<sup>st</sup>, 2021)
6. Hannah Glennie (dropped May 1<sup>st</sup>, 2022)

The next additions or changes to the program will be in September 2022.

## **Joint training with NB**

We initiated together with NB joint training sessions designed to bring together National aged athletes from the Maritime Provinces to train and improve together. After a few cancellations due to Covid we were able to host a training on April 3<sup>rd</sup>, 2022, at the Halifax Ryuseikan dojo. The Camp coaches were Mitchell German, Randy Rix, Romain Losier and Shannon Doane. There were two kumite sessions (one for females and one for males) and one joint kata session. We will be planning more similar training in the future.

## **Guest Instructor Clinics**

We were able to host one clinic with guest coach Gabriel Sylla from Montreal on April 29-May 1<sup>st</sup>. The clinic was well received and attended with participants from across NS and some from NB and PEI. There was a coaching session with focus on mental aspects open to all provincial and dojo coaches, some kumite and S&C sessions open to all athletes and coaches.

## **Mitchell German, ChPC**

*High Performance Coach, Karate NS*