

Karate NS - 2023 AGM Coaching Report

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With Covid now in check, competitions and training resumed for the better part of 2022/2023 season. Our provincial team continued to grow in numbers and results continued to improve.

Events and Results

NS Karate Team:

2022 National Championships – June 30-July 3, St John's, NL

Team NS sent one of their biggest teams to date. We had 28 athletes competing in 35 events.

Results – 9 medals

Sean O'Neil	– Gold Kumite Men's -84kg
Ryan O'Neil	– Gold Kumite Men's -75kg
Gassan Alkurdi	– Gold Kumite Junior -61kg
Isaac Davis	– Silver Kumite Youth -55kg
Jesse Niet	– Bronze kumite U21 -50kg
Mikayla German	– Bronze kumite junior -53kg
Owen Jones	– Bronze kumite cadet +70kg
Jack Boutilier	– Bronze kumite cadet -63kg
Emmi German	– Bronze kumite cadet -47kg

Canada Games Test Events (ages 16-17 only) – Dec 17-18, 2022, Summerside, PEI

Results – 9 athletes, 10 medals

Male

Jack Boutilier	– Silver Kata
Evan Peddle	– Gold -61kg Kumite
Gassan Alkurdi	– Silver -61kg Kumite
Dorian Thibault	– Gold -68kg Kumite
Jack Boutilier	– Bronze -68kg Kumite
Saad Eldlio	– Gold +68kg Kumite

Female

Shabad Kaur	– Silver Kata
Mikayla German	– Gold -53kg Kumite
Denise Thibault -	– Gold -59kg Kumite
Aarushi Patil	– Gold +59kg Kumite

Canada Games (ages 16-17 only) – Feb 18-25, 2023, Charlottetown, PEI

Results – 9 athletes, 6 medals (tied 3rd overall in medal count by province)

Gassan Alkurdi	– Gold Kumite -61kg
Evan Peddle	– Silver Kumite -61kg

Mikayla German	– Bronze kumite -53kg
Denise Thibault	– Bronze kumite -59kg
Dorian Thibault	– Bronze kumite -68kg
Saad Eldlio	– Bronze kumite +68kg

US Open – April 8-9, 2023, Las Vegas Nevada

Results – 11 athletes, 7 medals

Boys 14-17	– Gold Elite junior team Kumite
Sean O’Neil	– Silver Kumite Men’s -84kg
Ryan O’Neil	– Silver Kumite Men’s -75kg
Emmi German	– Silver Kumite cadet -54kg
Owen Jones	– Bronze kumite cadet +70kg
Serena MacRury	– Bronze kumite cadet +70kg
Evan Peddle	– Bronze kumite junior -61kg

National Teams:

Sr Pan American Championships May 26-28, 2022, Curacao

Ryan O’Neil	– participated Kumite men’s -75kg & Team Kumite
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Junior Pan American Championships – Aug 23-28, 2023, Mexico City, Mexico

Results – 3 athletes qualified to participate

Gassan Alkurdi	– participated Kumite Junior -61kg
Owen Jones	– participated kumite cadet +70kg
Isaac Davis	– participated Kumite Youth -55kg

WKF Cadet, Junior and U21 World Championships – Oct 26-Oct 30, 2022, Konya, Turkey

Results – 1 athlete qualified to participate

Gassan Alkurdi	– Participated Kumite junior -61kg
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North American Cup - April 5, 2023, Las Vegas Nevada

Results – 2 athletes, 1 medal

Sean O’Neil	– Silver Kumite Men’s -84kg
Ryan O’Neil	– 5 th Men’s -75kg

Coaching

Added to the provincial team coaching staff of Mitchell German, San Fung, Shannon Doane, Jeff Murphy, Greg Da Ros, Trysten Deveau in 2022 were Maaïke Niet and Crissy Murphy. Added in 2023 are Sean O’Neil and Maria Habchi. Mitchell German was selected as a Karate Canada event coach for the Jr Pan American Championships in Mexico City.

Team Development

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.

Canadian Development category - 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

1. Ryan O'Neil
2. Sean 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. Evan Peddle
2. Saad Eldlio
3. Jack Boutilier
4. Emmi German
5. Norah Glennie
6. Owen Jones
7. Ben Khan
8. Serena MacRury
9. Isaac Davis
10. Hilmir Bjarnason

The next additions or changes to the program will be in September 2023.

Joint training with NB

We continued interprovincial trainings with NB. This included 1 day training at Halifax Ryuseikan Nov 3, and a summer camp in Rothesay NB on Aug 12-14.

Guest Instructor Clinics

We were able to host one clinic with guest coach Gabriel Sylla from Montreal on April 29-May 1st, 2022. 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. We also hosted a Kata Clinic on Feb 25-26, 2023, in Halifax with Daphne Trahan-Perreault, Multi national medalist and current Canada National Team captain.

Team Trainings

Several Mandatory Team trainings for both Kata and Kumite held in Metro and Windsor, and 1 team training in Clare. Shannon Doane hosted additional optional kata trainings and Mitchell German hosted optional additional kumite trainings (up to 3 times a week) for our athletes leading up to major events.