

# KARATE NOVA SCOTIA

## President's Report

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Annual General Meeting - 2024

First, I want to say a resounding “THANKS” to all the individuals who have provided their support to Karate Nova Scotia this past year.

November 2023 saw KNS (formerly Nova Scotia Karate Association) reach a major milestone of 50 years! This is quite the accomplishment and not the result of just one or two individuals but many who play active roles in the association today, and many who have provided their time but are less active now or have passed on.

I would like to thank the organizing committee who put together the 50th Anniversary celebration. Cherry Whitaker deserves lots of praise for the time and efforts pushing this event through to fruition. I usually do not have late night email buddies but for many nights I think Cherry outlasted even my late-night efforts 😊. A wonderful program was put together containing all the nominations for the various areas of recognition, and this document will be made available on the KNS website and will provide additional content to update the recognition section. As one can imagine over 50 years some people may have gotten forgotten, if this was the case, nothing was intentional, there are just so many people to thank.

As they say it takes a village and our village consists of the board, committee members, athletes, parents, team coaches, dojo instructors, dojo support staff, officials (including those who come from out of Province to assist), clinic instructors, first aid teams, the minor officials who sit at the tables for the tournament, those who ensure the mats make it to the destinations and are setup, our team from Sport NS, partnership with Canadian Sport Institute Atlantic (CSIA), sponsors such as Davis Pier Consulting and Weiwei and Jay Shen (Owners of Genji Sushi and Comfort Inn Dartmouth), and the list goes on and on.

Since last we met as a group a year ago, here is some snippets from the year, more details can be found in the various reports provided on the KNS website page for the 2024 AGM:

- 50th Anniversary Celebration and Recognition
- Atlantic Championships Weekend – Tournament (Hosted)
- Sports NS – Milk Fair 2023 – Central Region (participated)
- Sports NS – Milk Fair 2024 – Northern Region (participated)
- Executive Board Meeting (11, and lots of emails)
- Optimizing Performance: Understanding the Menstrual Cycle for Female Athletes (webinar)
- Provincial Karate Team Try Outs (Kumite/Kata)
- Provincial Officials Clinic x3
- Athlete/Coach Development Kumite Clinic Event – Otto/Sylla
- Athlete/Coach Development Kumite Clinic Event – Yevhen Motovylin

- Kata Seminar with Guest Instructor Toshi Uchiage
- KC Regional Training Camp
- Karate Canada NCCP Instruction Beginner Workshop
- Karate Canada NCCP Competition Introduction Workshop
- Added Para-athlete divisions to our Grand Prix's
- 2023-24 Grand Prix Tournament #1
- 2023-24 Grand Prix Tournament #3
- 2023-24 Grand Prix Tournament #3
- Yarmouth Karate Challenge Cup 2023
- 2023 National Championships
- International Events (US Open / Pan Ams)
- Said goodbye to Iain Carew, and hello to Aidan Devine as our new Sports NS PSO Coordinator
- KidSport continues to be a factor in getting athletes into the dojos
- Continue to offer First Aid to Dojos
- Signed SLA agreement with Mitch German for use of dojo for KNS events/training
- Added a staff member of the Canadian Sport Institute Atlantic (CSIA) to our HP committee.
- Signed KNS up for a full implementation of SafeSport
- Processed one Disciplinary Complaint
- Continued filling out some Committees
- Created, updated, or approved these policies/documents:
  - Discipline Policy
  - Employee Handbook
  - Officials Handbook

Still working on:

- Technical Outreach Position
- Funding Policy
- Annual Travel Funding Document
- Athlete Survey
- Athlete/Coach Development Kumite Clinic Event – Otto/Sylla
- Drugs and Alcohol Policy
- Branding, event signage
- Filling out Committees
- Tournament Cancellation Policy & Processes

Our hope is that we did you proud this year, and that you will continue to support Karate Nova Scotia and the new board for the coming year!

If at any time you find yourself in need or have questions on guidelines, available funding, programs, etc . do not hesitate to reach out to someone on the KNS Executive and Board, the Technical Director ([td@karatens.org](mailto:td@karatens.org)) or send an email to [info@karatens.org](mailto:info@karatens.org).

As many of you know, I am stepping off the board, as it has been a long time, since 2003. I still plan to support KNS in many of the other roles I also do today. I have found myself spread thin between work, busy family life, and very active KNS. Perhaps going forward the many emails KNS members receive from me might be able to be sent out prior to midnight 😊

Karate NS has been and will continue to have a large impact on my life, I thank all of you who have provided me the support in the many roles on the board that I have held, thanks for all the memories, and obviously the grey hair!

Stay safe, healthy, train hard and stay engaged!

Your is karate,

Greg Da Ros

President Karate Nova Scotia | [president@karatens.org](mailto:president@karatens.org) | <http://karatens.org>

In addition, you can visit all our social media platforms:

- Facebook [Karate Nova Scotia Group](#)
- X (Twitter) [Karate Nova Scotia Twitter](#)
- Instagram [Karate Nova Scotia Instagram](#)
- YouTube [Karate Nova Scotia Channel](#)

*KNS is the recognized Provincial Sport Organization (PSO) responsible for creating a framework where everyone from casual participants to international champions can develop in a safe and fair environment. KNS's member clubs/dojos adhere to standards set by KNS, Sport Nova Scotia, and Karate Canada.*