

2021 KNS/KNB Summer Kumite Camp

Hosted by Karate Nova Scotia

Mitchell German, KNS High Performance Coach

Randy Rix, KNB Head Coach

Kate Campbell, Team Canada

Ryan O'Neil, Team Canada

**August 13-15
2021**

Canada Games Centre,
26 Thomas Raddall Dr,
Halifax, NS

Friday August 13th

- 5:30 PM - 6:30 PM Athletes arrive/Mat Setup
- 6:45 PM - 8:30 PM Provincial Aged Athletes (must be 12 by July 2022)

Saturday August 14th

- 8:30 AM - 9:45 AM Strength and Conditioning Session with CSCA Staff
Open to Provincial Aged Kumite and Kata athletes
- 10:00 AM - 11:30 AM Provincial Aged Athletes (must be 12 by July 2022)
- 1:00 PM - 2:30 PM Up and Comers (athletes aged 9-11)
- 2:45 PM - 4:15 PM Senior athletes (athletes 16+ at time of clinic)

Sunday August 15th

- 8:30 AM - 9:45 AM Mental Performance Session with CSCA Staff
Open to Provincial Aged Kumite and Kata athletes
- 10:00 AM - 11:30 AM Provincial Aged Athletes (must be 12 by July 2022)
- 1:00 PM - 2:30 PM Up and Comers (athletes aged 9-11)
- 2:45 PM - 4:15 PM Senior athletes (athletes 16+ at time of clinic)

Seminar Fees:

- Senior (16+): \$40 (daily) / \$90 (weekend)
- Junior (12-15): \$30 (daily) / \$70 (weekend)
- Up and Comers Only: (9-11) \$10 (daily)
- CSCA Sessions Only: \$10 (weekend)

Pre-registration is mandatory, please visit <http://karatens.org/events/kns-summer-camp/> to register.

- All registrants must be in good standing with Karate Nova Scotia, Karate New Brunswick, Karate PEI or Karate Newfoundland.
- Sparring gear is mandatory for all classes (gloves, mouth guards, foot and shin guards).
- Hotel rooms can be reserved at Future Inns for \$109 by calling 1-800-565-0700 or 1-902-443-4333. Mention Karate Nova Scotia! See accompanying Future Inns welcome letter for more details.

Please email td@karatens.org with any questions.