



**KARATE
NOVA SCOTIA**



ATHLETE/COACH DEVELOPMENT CLINICS
April 30th to May 1st, 2022
Featuring: Gabriel Sylla!
National Coach
Sénégalaise Karate Federation

SEMINAR SCHEDULE:

Friday April 29th, 2022 @ Halifax Ryuseikan Karate, 1237 Cole Harbour Rd, Dartmouth, NS

6:30 pm - 9:00 pm | This session is ONLY for coaches (dojo and provincial) on how to train athletes for success at a National and International stage.

Saturday April 30th, 2022 @ Elizabeth Sutherland School, 66 Rockingstone Rd, Halifax, NS

These sessions are for athlete development but will also be open to all coaches.

- **9:00 am - 10:30 am** **Athletes 9-13 years old**
- **10:45 am - 12:15 pm** **Athletes 14+ years old**
- **1:45 pm - 3:15 pm** **Athletes 9-13 years old**
- **3:30 pm - 5:00 pm** **Athletes 14+ years old**

Sunday May 1st, 2022 @ Elizabeth Sutherland School, 66 Rockingstone Rd, Halifax, NS

These sessions are for athlete development but will also be open to all coaches.

- **9:00 am - 10:30 am** **Athletes 9-13 years old**
- **10:45 am - 12:15 pm** **Athletes 14+ years old**
- **1:45 pm - 3:45 pm** **Athletes 11+ years old**

Athlete Seminar Fees: \$25 per class or \$40 per day

All registrants must be in good standing with Karate Nova Scotia or their associated Karate Canada province. Sparring gear is mandatory for all classes (gloves, mouth guards, foot and shin guards).

Please register in advance! Payments at the door with cash or e-transfer.

Visit <https://karatens.org/events/> for more event details.

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