



KARATE NOVA SCOTIA



2022 Team Tryout & Training Camps

We are pleased to advise you that the time has come to get everyone back together! 2020 was lost due to the pandemic, but we are looking forward to this season!

2022 will see the return of the combined Senior and Junior Nationals:

- July 1st, 2022, St. John's, Newfoundland

October 24th will be the Fitness Test, October 17th we will have an online Information Session for all those interested in the Team Program and tryout process. We also encourage those who want to come out and learn some additional kumite and kata skills but may not feel ready for Nationals but want to challenge themselves and push their limits, or just get a taste for a future year.

All workouts for **Kumite & Kata Training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour.



The **team tryouts and training camps** consist of a series of open workouts open anyone (10 years and up), followed by a series of closed workouts for the selected team.

In order to compete at Nationals an athlete **must be at least 12 years old by July 1, 2022.**



The cost for the **fitness test & open sessions** are **\$15 per session**.

The registration **cost to try out for the team is \$95.00, includes above open workout/fitness test fees**. This amount is non-refundable.

Dojo Coaches are encouraged to attend for free!

The Karate Nova Scotia website has [a team page](#) that will also have information as the season moves on. Please visit regularly.

All members attending these workouts must complete the athlete registration page, located here, <https://martialmember.com/ExternalMember/Index/39>

Vaccination Guidelines: We will be checking double vaccination status at this workout. All athletes and spectators must be double vaccinated, as per our [KNS Vaccination Policy](#). For parents/spectators, if you are just dropping/picking up your athlete you do not need to show vaccination proof.

Anyone who has questions about the team workouts please contact Greg Da Ros (info@karatens.org), or Jeff Murphy (td@karatens.org)

We look forward to seeing everyone this season!

