

# NOVA SCOTIA KARATE TEAM

## 2010 TRAINING CAMP

### TRYOUT NOTICE

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Please be advised that the location for the Nova Scotia Karate Team Training Camp sessions will be held at the Halifax Ryuseikan Dojo, 1237 Cole Harbour Road, Cole Harbour.

#### These are the session dates:

Begin promptly at  
**9:00 am and end at 1:30 pm**

November 14<sup>th</sup> – Open Camp  
December 12<sup>th</sup> – Open Camp  
Dec/Jan – Fitness Assessment  
January 9<sup>th</sup> – Open Camp

February 13<sup>th</sup> – Team Camp  
February 27<sup>th</sup> – Team Camp  
March 13<sup>th</sup> – Team Camp

#### Special Kata Sessions:

To be held at the Windsor Karate Club,  
4407 Highway # 1, Three Mile Plains,  
coached by Sensei Griffin

Begin promptly at  
**11:00 PM and end at 2:00 PM**

November 7<sup>th</sup> – Open Camp  
January 23<sup>rd</sup> – Open Camp  
February 20<sup>th</sup> – Team Camp  
March 6<sup>th</sup> – Team Camp

If you are trying out for the team (**must be 14 as of August 26<sup>th</sup>, 2010**) there will be a total of six training camp sessions, plus four additional if you intend to compete at kata. If you are not trying out for kata but would like to improve your kata, you are welcome to attend the kata sessions.

If you are interested in going to the **2010 Canadian National Karate Championship in Toronto March 19<sup>th</sup> to the 21<sup>st</sup>** you are required to attend every session. It is also mandatory that you compete in the Provincial Grand Prix tournaments and Atlantic Championships.

BRING your gi, kumite gear and water! For those who have never been at a team work-out be prepared to work hard and capitalize on the excellent Coaching by **Mitchell German** and his coaching staff. You will also recognize the positive influence of returning athletes.

**Exemptions -** Athletes who are interested in Nationals, but may have conflict in attending all the sessions and required tournaments, should contact the coaching staff as soon as possible.

If you are not able to attend one or more of the sessions please contact all members of the coaching staff:

Head Coach: Mitchell German: [mgerman@eastlink.ca](mailto:mgerman@eastlink.ca)

Assistant Coaches:

Greg DaRos: [darosgo@hotmail.com](mailto:darosgo@hotmail.com)

Karen Armour: [karen.armour@nslegalaid.ca](mailto:karen.armour@nslegalaid.ca) or [karen.armour@ns.sympatico.ca](mailto:karen.armour@ns.sympatico.ca)

\*\* Please note that Team Information can be found on the Nova Scotia Karate Association web page. Please go to the NSKA website and setup an account and please check the web site regularly.

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#### Registration Fee:

1. **Team Training Camp**-A non-refundable fee of **\$80** is required at the time of Registration which will take place on **November 14, 2009**. Cheques should be written to the Nova Scotia Karate Team; cash will also be accepted.
2. **Open Camp** - For athletes (*12 years and up*) who are not interested and/or not eligible to try out for the team but wish to get some exposure to the workouts and pick up some new Kumite/Kata experience they are invited to attend the "Open Camps" and pay a total fee of **\$40.00** for attending all the open camps (the fee being due on November 14, 2009) or they can pay a drop-in fee of **\$15 per session** (the fee being due at the time of the session).

#### Binders:

Returning members, please bring your binders with you to the team training camps. New attendees will be provided a binder with registration fee.

#### E-mail Address:

Most of our communication is done through email. Please make sure you provide the coaching staff with a valid email address. If your email address changes, please advise the coaching staff. Also, if you would like notices to go to your parents/guardian please provide their email address. Please make sure you provide the email addresses to the coaching staff on or before the team work out on November 14, 2009.

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