

2010 - Team Nova Scotia



Back Row: Greg DaRos (Assistant Coach), Tyler Deveau, Vincent Doucet, Alex Currie, Matt McKenny, Thomas Southall, Roland Smith, Mitchell German (Head Coach)

Middle Row: Karen Armour (Assistant Coach), Steven Kelly, Laurel Hache, Chris McKenny, Mark Doubleday

Front Row: Sean O'Neil, Ashley McIntyre, and Michel Maillet

Missing: Ian Armour and Krystal Turner

Team Nova Scotia is proud to compete at the 2010 Canadian National Karate Championships in Toronto, Ontario. We would like to thank Karate Ontario for all its efforts in hosting this event.

Our team, a young team, consists of 15 enthusiastic athletes. We have one new member on our team; Roland Smith will be competing in 16-17 year old Kumite. We also have 6 returning medalist from the 2009 Nationals. They are Vincent Doucet, Tyler Deveau, Sean O'Neil, Matt McKenny, Michel Maillet, and Ashley McIntyre. We have two previous Canadian Champions competing this year. They are Steven Kelly and Ian Armour. Our team is inspired by our Head Coach, Mitchell German. Mitchell German is a former accomplished competitor himself, who has led the Nova Scotia team for the past nine years.

Team Nova Scotia would like to thank our families, who sacrifice so much in order to support us in our quest to become the best we can.

Team Nova Scotia wishes our fellow competitors all the best at this National event. Good competition brings out the best in us all.

Yours truly,

Team Nova Scotia

Divisions

Cadets (14-15 Boys)

Sean O'Neil (Halifax Ryuseikan)	-52 kg; Kata; Team
Tyler Deveau (Bushino Ki)	-63 kg; Kata; Tem
Matt McKenney (Halifax Ryuseikan)	+70 kg; Team
Mark Doubleday (East Hants Karate)	+70 kg; Team

Cadet (14-15 Girl)

Alex Currie (Halifax Ryuseikan)	+54 kg
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Junior (16-17 Boys)

Vincent Doucet (Mukashi)	-61 kg; Team
Roland Smith (Windsor Renshikan)	-61 kg; Team
Michel Maillet (Bushino Ki)	-68 kg; Kata; Team
Thomas Southall (Kentville Karate)	-68 kg; Team

Junior (16-17 Girl)

Ashley McIntyre (Kentville Karate)	-48 kg
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Under 21 (18-20 Boys)

Chris McKenny (Halifax Ryuseikan)	-67 kg
Ian Armour (Windsor Renshikan)	+78 kg

Men's

Chris McKenny (Halifax Ryuseikan)	-67 kg; Open; Team
Steven Kelly (Halifax Ryuseikan)	-67 kg; Open; Team
Ian Armour (Windsor Renshikan)	+84 kg; Team

Women's

Krystal Turner (Windsor Renshikan)	-50 kg; Kata
Laurel Hache (East Coast Wado)	+68 kg