



NOVA SCOTIA KARATE TEAM 2008 TRYOUT NOTICE

Please be advised that the new location for the Nova Scotia Karate Team Try-Out sessions will be held at the Tallahassee Recreation Centre, 168 Redoubt Way, Eastern Passage. This facility offers a larger training area.

There will be a total of six sessions. If you are interested in returning and/or being considered for the team, it will be mandatory to attend every session. A non-refundable fee of \$60.00 is required at time of Registration which will take place at the first session March 29th from 9:00 am to 1:30 pm. Cheques should be written to the Nova Scotia Karate Team; cash will also be accepted.

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.

These are the session dates:

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

March 29th
April 19th
May 10th cancelled!!
May 24th
June 14th
June 21st
June 28th

Special Kata Sessions:

To be held at the Windsor Karate Club,
coached by Sensei Griffin

Begin promptly at
1:00 PM and end at 4:00 PM

April 13th
May 17th
June 1st

For those who do not know, the 2008 Nationals will be held during the first week of July in the province of New Brunswick.

Looking forward to seeing you,

Ellen Waterfield
Team Manager - NS Karate Team