

1ST ATLANTIC REGIONAL KUMITE TRAINING CAMP OF 2016

(Halifax, NS, April 29-30)

& ELITE KUMITE SEMINAR FEATURING SENIOR NATIONAL TEAM KUMITE HEAD COACH NASSIM VARASTEH

As a joint initiative of Karate Newfoundland & Labrador, Karate Nova Scotia, Karate New Brunswick, Karate PEI, and Karate Canada, we are proud to announce that Senior National Team Kumite Head Coach, 2-time World Championship silver medalist and 6 - time Pan American Champion Nassim Varasteh will be leading an Atlantic Regional Training Camp and Open Elite Kumite Seminar in Halifax (NS) on April 29-30, 2016, with the help of Coaches Randy Rix and Karen Armour.



NASSIM VARASTEH, SR NATIONAL TEAM KUMITE HEAD COACH

- Senior National Team Coach since 2012
- 2 x World Championship Silver Medalist
- 6 x Pan American Championship Gold Medalist
- WKF accredited and NCCP trained Coach
- Personal Coach of several Senior international medalists and Carded athletes



RANDY RIX, KARATE CANADA ATLANTIC REGIONAL TRAINING CENTRE KUMITE COACH

- Atlantic Regional Training Centre Kumite Coach since 2013
- More than 25 years experience in karate
- Personal Coach and Trainer of Pan Am Games medalist Kate Campbell
- NCCP Comp Intro certified and Comp Dev trained...



KAREN ARMOUR, KARATE CANADA JUNIOR NATIONAL TEAM ASSISTANT KUMITE COACH

- Junior National Team Assistant Coach since 2014
- Karate Nova Scotia Provincial Team Coach and Manager since 2007
- Involved in karate for over 15 years in various capacities
- NCCP Comp Dev trained, and trained as Learning Facilitator and Evaluator...

WHERE:

Halifax Ryuseikan Dojo
1237 Cole Harbour Rd, Cole Harbour, NS

WHEN:

Friday, April 29th

- 1pm – 5pm General session
- 7pm – 9pm – National Team Roster members closed session – invitational only

Saturday, April 30th

- 8am – 10am – Juniors (12-17)
- 10am-Noon – Seniors
- 1pm – 3pm – Juniors
- 3pm-5pm Seniors

WHO IS ELIGIBLE?

- Juniors (age 12 – 17) currently on the National Team Roster or on a Provincial Team
- Seniors (age 18 and up) currently on the National Team Roster or on a Provincial Team

Registration / Participation Fees / Process:

To help cover the cost of having this high- level former competitor and Coach in our own backyard, there will be a charge of \$40.00 per athlete, payable at the dojo prior to training. Please bring Cash or make cheques payable to "Randy Rix".

Please confirm participation in advance through your Provincial Team Coach or Mr. Rix. (Please also ensure to bring your medical insurance information. You will be asked to provide the name and contact information of an emergency contact person when registering on location.)

Provincial / Territorial Team and personal / club / dojo Coaches and parents are welcome to observe. Filming will only be allowed for some instructional segments.

For questions on this event, please contact
randy.rix@karatecanada.org