



Karate Alberta

# NEWSLETTER

## May 2023

Hello KA athletes, coaches and families! The 2023 Karate Alberta Provincial Team has been selected and we are now kicking things into high gear before Nationals. Please continue to refer to these monthly newsletters for your source of information and keep up to date on upcoming events by visiting the KA website or following us on social media.

Please make note of and keep an eye on the KA website for the calendar of events:

<https://karateab.org/events/>

### UPCOMING KA EVENTS:

#### • June 3 & 4:

National Officials' Clinic – Calgary

See KA website for registration:

<https://karateab.org/event/national-officials-clinic/>

#### • June 4:

KA Provincial Team Training #1 –

Calgary (West Island College) –

**MANDATORY**

[Register Online Here](#)

#### • June 25:

KA Provincial Team Training #2 –

Calgary (West Island College) –

**MANDATORY**

[Register Online Here](#)

#### • July 7 to 9:

KC National Championships – Laval, QC

**THERE ARE STILL SEVERAL TEAM PROSPECTS WHO HAVE NOT FULFILLED THEIR VOLUNTEER HOURS – PLEASE CHECK WITH TEAM MANAGERS IF YOU ARE NOT SURE/NEED TO FULFILL YOUR HOURS.**

All prospective KA team members (or their parents) are expected to volunteer 10 hours of time by assisting Team Managers, tournament shifts such as scorekeeping, marshalling, etc.

**Athletes are expected to set up and take down mats as a responsibility to Karate Alberta Team participation IN ADDITION TO the 10 volunteer hours. Not participating in set up and take down may result in a strike.**

Families who choose to opt out of the 10 hour volunteering can e-transfer \$500 to [treasurer@karateab.org](mailto:treasurer@karateab.org) Memo: Volunteer opt out

Please use the following form to submit volunteer hours for approval:

<https://form.jotform.com/222617008906959>

Registration is now open for the National Officials' Clinic being held in Calgary. Interested officials can click on the link below to register for the course and the exam.

Please visit the KA website under 'events / calendar' for location and times or contact Sensei Pat Karl for more info.

#### [Registration Links for Officials](#)

Course \$100, Exam \$50

9:00 am – 5:00 pm on June 3

9:00 am – 1:00 pm on June 4

Additionally, we need 8 to 10 athletes to volunteer to help with the practical assessments portion for the officials between 10:00am and 12:00pm on June 4. Please contact the KA team managers or Sensei Pat Karl directly to volunteer (hours can be applied to athlete volunteer hour requirements for the team members).

STAY UP TO DATE! SUBSCRIBE TO KA AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



### Dojo and Member Registration

Please visit the KA website for more information on how to register your dojo and members:

<https://karateab.org/membership-info/how-to-join/>

## Message from BOD & ED

Congratulations to all the athletes who committed their time and effort to making the Karate Alberta Provincial Team. Thank you to the officials and team coaches for their contributions at the tournament and officials clinic on April 29 & 30. Thank you to Doug Taylor and Rooz Movaffagh for all their time and dedication to organizing and running the events.

Keep training!

Sensei Heather Fidyk,  
President, KA

### Karate Alberta 2023 Provincial Team Roster

On behalf of the Karate Alberta Coaches, we are pleased to share with you the names of the athletes that have been given the privilege to represent the province at the 2023 Karate Canada National Championships in Laval, QC on July 7<sup>th</sup> to 9<sup>th</sup>, 2023.

- |                            |                          |                        |
|----------------------------|--------------------------|------------------------|
| 1. Omar Almishri           | 17. Jishan Habib         | 33. Lucia Osuna-Wefer  |
| 2. Maddy Anhill            | 18. Valeria Hernandez    | 34. Veronica Palmer    |
| 3. Ethan Baker             | 19. Piper Keegan         | 35. Helitha Rathnayake |
| 4. Hafid Benmahmud         | 20. Karna Kokame         | 36. Muthuli Rathnayake |
| 5. Muhimen Benmahmud       | 21. Lina Kokame          | 37. Maisie Rathwell    |
| 6. Cole Berry              | 22. Sophie Lawrance      | 38. Zac Raymond        |
| 7. Matthew Blake           | 23. Yuki McNeil          | 39. Diego Ruiz         |
| 8. Nolan Blake             | 24. Erika Mihok          | 40. Evan Squires       |
| 9. Mariah Blunt            | 25. Sean Mogan           | 41. Max Squires        |
| 10. Indiana Carlyle-Byford | 26. John Moore           | 42. An Thai            |
| 11. Lucia Colcy            | 27. Richard Moore        | 43. Vincent Thotungal  |
| 12. Owen Cousine           | 28. Donya Movaffagh      | 44. Ethan Tomusange    |
| 13. Tianne Foster          | 29. Ramin Movaffagh      | 45. Jeremy Tomusange   |
| 14. Kyla Fritz             | 30. Aime Novoa Samaniego | 46. Dylan Weiss        |
| 15. Malcolm Garrett        | 31. Braden Oishi         | 47. Trinity Yaremichuk |
| 16. Conrad Graup           | 32. Natalie Olson        |                        |

Karate Alberta staff for 2023 Nationals:

- Karate Alberta President – Sensei Heather Fidyk
- Technical Director & Coach – Sensei Gary Sabeau
- Kumite Coaches – Sensei Yevhen Motovylin, Sensei Chris Walker, Sensei Kristie Schafer, Sensei Mariah Blunt
- Kata Coaches – Sensei Hidemi Uchiage, Sensei Ervin Tong
- Para Coach – Sensei Teresa Graup
- Team Managers – Amy Cousine, Rooz Movaffagh



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