



Karate Alberta

# NEWSLETTER

March 2024

Hello KA athletes, coaches and families! There are a lot of exciting events in March and April as we focus on training camps, tournaments and preparation for 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:

- **March 10:**  
South Calgary Tournament  
[Info and Link to Register Here](#)
- **March 16:**  
Team Prospect Training #3  
**MANDATORY EVENT FOR TEAM PROSPECTS**  
Location: Henry Wise Wood High School  
910 – 75 Ave SW, Calgary  
[Info and Links to Register Here](#)
- **March 23:**  
Champion Karate Tournament  
[Info and Link to Register Here](#)
- **April 6:**  
Calgary Open Shotokan Cup  
Location: Cedarbrae Community Centre  
11024 Oakfield Dr SW, Calgary  
8:30 AM to 4:00 PM  
Email [askaratecouncilalberta@gmail.com](mailto:askaratecouncilalberta@gmail.com) for tournament package and registration.
- **April 20 & 21:**  
KA NCCP Competition Intro Course  
Location: Alberta Sports Hall of Fame, Red Deer  
[Info and Links to Register Here](#)
- **April 27 & 28:**  
KA Officials Course & Provincial Team Selection Tournament  
**MANDATORY EVENTS FOR TEAM PROSPECTS**  
Location: West Island College Calgary  
More info to come

At the KA provincial tournaments, coaches who would like to coach in a chair will need to have Competition Intro Trained status. Coaches will be provided a one-time exemption if they do not meet this status.

#### NCCP FAQ:

**Q. Can I take CI if I have not completed Karate Instructor Beginner (IB)?**

**A. Yes, however, you will only receive the “in training” status until you complete the IB course**

**Q. I have been a dojo instructor for 20 years do I really need to do IB?**

**A. No, you can “challenge” the certification process, contact KA for more information**

**Q. How can I register for CI?**

**A. The Locker (coach.ca)**

The next **MANDATORY** training event for provincial team prospects will be held on March 16. Please make sure to register ahead of time and arrive **ON TIME**.

**KATA ATHLETES WILL BE REQUIRED TO ARRIVE AT 9:15AM TO HELP WITH MAT SETUP.**

**KUMITE ATHLETES PLEASE ARRIVE BY 12:15 PM FOR WEIGH-INS**

Kumite athletes will be required to do take down after the training.

**4 parent volunteers (2 female and 2 male) are needed to help with weigh-ins. Please email [karatealbertateam@gmail.com](mailto:karatealbertateam@gmail.com) if you can help.**

**Congratulations to Noah Desa and Derek Emery for being respectively elected as Karate Alberta Treasurer and Membership Officer during the AGM on February 11.**

**A big THANK YOU to the Dave Maffitt and Wes Olson for their years of dedicated service to Karate Alberta.**

**KA would also like to acknowledge and welcome Saad Rahim as the newly appointed KA Tournament Director.**

**Message from BOD & ED:**

**Thank you to those who attended the AGM on Super Bowl Sunday. Huge shout out and thank you to two directors who have resigned, Dave Maffitt and Wes Olson, for all the knowledge and dedication to Karate Alberta's Board of Directors as members of the executive over the last number of years. Welcome aboard Derek Emery of the Derrick Club in Edmonton as our new membership officer and welcome to the executive, Noah Desa, who is the new Treasurer.**

**Karate is starting to ramp up, athletes are looking sharper, coaches are challenging the athletes, and the officials will be fine tuning their skills this month. The board is currently revamping the committees and will be looking for a few members. Please consider donating your time and expertise to Karate Alberta. Thank you.**

**Sensei Heather Fidyk,  
President, KA**

### **KARATE ALBERTA APPAREL**

The KA Apparel Online Store is finally ready! (See pictures of items at the end of the Newsletter).

<https://kitpatron.ca/collections/karate-alberta>

All KA members are encouraged to order items to support Karate Alberta.

Please make sure to consult the sizing chart before ordering as these articles typically fit smaller than normal sizes.

### **LAST CHANCE TO PURCHASE RAFFLE TICKETS FOR THE KA FUNDRAISER!**

Athletes trying out for the Provincial Team are reminded to make sure they have sold all of their raffle tickets and bring the ticket stubs to the team prospect training on March 16. The draw will be held during the April KA Tournament.

**1<sup>st</sup> prize \$2000**

**2<sup>nd</sup> prize \$1500**

**3<sup>rd</sup> prize \$500**

**Please reach out to one of the athletes trying out for the provincial team to purchase your tickets for your chance to win some serious prize money!**

### **Link to Submit Your Volunteer Hours**

Submit your completed volunteer hours after each event using the following link, or by scanning the QR code. **Please remember that tatami/tournament setup & teardown do not count towards volunteer hours, so please do not include them in your submissions.**

[Volunteer Hours Submission](#)



The 2024 South Calgary Karate Tournament will be held on March 10 at the Crescent Point Regional Field House in Okotoks.

**Deadline to register is March 4.**

For more information, the Tournament Package and to register – [Click Here](#)

Champion Karate Club will be hosting a tournament on March 22 at McKenzie Towne School in Calgary for ages 4 to 15.

**Online registration is now open until March 20.**

For more information, the Tournament Package and to register – [Click Here](#)

The 2024 Calgary Open Shotokan Cup will be held on April 6 at the Cedarbrae Community Centre in Calgary. Setup is at 8:30 and the tournament starts at 9:00 am.

Please email Sensei Kristie Schafer at [askaratecouncilalberta@gmail.com](mailto:askaratecouncilalberta@gmail.com) for the Tournament Package and Registration, or if you are interested in officiating.

### **Information Regarding Mandatory Protective Equipment for Youth/U14 Kumite Categories at Nationals & WKF Events**

Please note the following additions/changes to the required protective equipment at the Karate Canada National Championships in 2024 and onward for all kumite athletes in the youth/U14 divisions (all other protective gear – red/blue hand and foot protectors, mouth guard and groin protection remain mandatory):

- Use of WKF Approved External Chest Protectors is compulsory
- Use of WKF Approved Helmet is compulsory
- Use of hard-shell chest protector (for females) is optional



**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/>

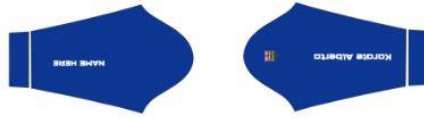


**Karate Alberta**

Team Wear Items:



Lacarno Tee  
[M321]



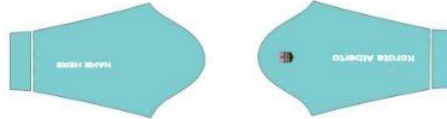
Vancouver Long Tee  
[M322]



Brevet Windbreaker/ Copenhagen Inter Jacket  
[M323] (M324)



Lacarno Tee  
[M321]



Vancouver Long Tee  
[M322]



Brooklyn Polo  
[M325]



Performance Pullover Hoodie  
[M310]



Performance Pullover Hoodie  
[M310]

