



Karate Alberta

# NEWSLETTER

May 2024

Hello KA athletes, coaches and families! The 2024 Karate Alberta Provincial Team has been selected! Congratulations to you all and well done on all your hard work leading up to this. 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:

- **May 3 - 5:**  
**Spirit of the North Clinic & Tournament**  
Location: Desa Dojo, St. Albert  
[Info and Links to Register Here](#)
- **June 2:**  
**Provincial Team Training – ONLY TEAM MEMBERS**  
Location: West Island College, Calgary  
**MANDATORY FOR ALL TEAM ATHLETES**  
[Info and Links to Register Here](#)
- **June 23:**  
**Provincial Team Training – ONLY TEAM MEMBERS**  
Location: West Island College, Calgary  
**MANDATORY FOR ALL TEAM ATHLETES**  
[Info and Links to Register Here](#)
- **July 31 – August 1:**  
**KA Casino Fundraiser**  
Location: Ace Casino Airport, Calgary  
[Info and Links to Sign Up Here](#)

## KARATE ALBERTA CASINO FUNDRAISER

Mark your calendars! The next KA Casino Fundraiser event will be on July 31 and August 1. This is the single, most important fundraiser event for KA!

Team prospects/their parents and general KA members are encouraged to volunteer:

<https://volunteersignup.org/HWTDD>

Location: Ace Casino Airport,  
40 Aero Crescent NE, Calgary

### CONGRATULATIONS TO THE WINNERS OF THE KA RAFFLE FUNDRAISER!

This year, KA organized a 50/50 Raffle to help raise funds for athletes that were selected to the provincial team. A total of \$6950 was raised and raffle winners were awarded a total of \$4000.

- 1<sup>st</sup> prize winner - \$2000 – Shweta K.
- 2<sup>nd</sup> prize winner - \$1500 – Luis & Maria N.S.
- 3<sup>rd</sup> prize winner - \$500 – Kelli A.

Congratulations to the raffle winners and thank you everyone for your support with this fundraiser! Be sure to get your tickets for next season when we hope to have an even bigger prize pool!

## KARATE ALBERTA EDUCATIONAL SERIES VIDEOS

Karate Alberta, with funding from the Government of Alberta, and in collaboration with Karate Nova Scotia, has created a series of educational videos for kumite athletes wanting to hone their techniques. Kata videos are in the process of being produced and will be available on the KA website soon!

Click on the following link to check out these great instructional videos:

<https://karateab.org/educational-series/>

### Karate Alberta 2024 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 2024 Karate Canada National Championships in Laval, QC on July 4<sup>th</sup> to 7<sup>th</sup>, 2024. Congratulations and good luck to you all!

- |                           |                           |                        |
|---------------------------|---------------------------|------------------------|
| 1. Omar Almishri          | 17. Jackson Holroyd       | 33. Josh Optland       |
| 2. Maddy Anhill           | 18. Piper Keegan          | 34. Lucia Osuna-Wefer  |
| 3. Ram Bhatt              | 19. Arjun Kochhar         | 35. Veronica Palmer    |
| 4. Matthew Blake          | 20. Neel Kochhar          | 36. Amirah Rahim       |
| 5. Nolan Blake            | 21. Karna Kokame          | 37. Helitha Rathnayake |
| 6. Mariah Blunt           | 22. Lina Kokame           | 38. Muthuli Rathnayake |
| 7. Indiana Carlyle-Byford | 23. Sophie Lawrance       | 39. Zac Raymond        |
| 8. Brooklyn Carter        | 24. Carlos Marcano-Araujo | 40. Diego Ruiz         |
| 9. Max Chen               | 25. Erika Mihok           | 42. Evan Squires       |
| 10. Lucia Colcy           | 26. John Moore            | 42. Max Squires        |
| 11. Carter Dawood         | 27. Richard Moore         | 43. Vincent Thotungal  |
| 12. Benjamin Doig         | 28. Donya Movaffagh       | 44. Ethan Tomusange    |
| 13. Samuel Emery          | 29. Ramin Movaffagh       | 45. Garvin Tomusange   |
| 14. Conrad Graup          | 30. Bella Mutagubya       | 46. Jeremy Tomusange   |
| 15. Jishan Habib          | 31. Braden Oishi          | 47. Veda Wong          |
| 16. Valeria Hernandez     | 32. Natalie Olson         |                        |

The following athletes have been selected to the Provincial Team but will not be attending Nationals: Hamed Abdulla, Sandhara Ducharme, Kurt Ho, Mavis Ho, Abdullah Khan, Nasrullah Khan, Nazarii Horodchuk, Maisie Rathwell, Dylan Weiss.

Karate Alberta staff for 2024 Nationals:

- Karate Alberta President – Sensei Heather Fidyk
- Technical Director & Coach – Sensei Gary Sabean
- Head Coaches – Sensei Yevhen Motovylin (Kumite), Sensei Hidemi Uchiage (Kata), Teresa Graup (Para)
- Assistant Coaches - Sensei Kristie Schafer, Sensei Noah Desa, Sensei Mariah Blunt, Sensei Ty Nguyen
- Team Managers – Rooz Movaffagh & Kristen Maclock

Karate Alberta Officials for 2024 Nationals:

Pat Karl, Heidi Fell, Geraldene Young, Anas Abdulla, Joe Alfonso, Gary Burniston, Daniel Verzotti

## Message from BOD & ED:

Looks like we avoided the snow for our tournament this past weekend.

I would like to thank all the volunteers, officials, coaches, staff and the tournament committee for a job well done this past weekend. Congratulations to all KA members who made the team roster. Thank you to all the officials who attended the Nationals course to improve their level of knowledge. We are nine weeks from Nationals, time to put the fine tuning on our training.

Shout outs to Doug Taylor & Saad Rahim for organizing and executing a well run tournament, Rooz Movaffagh for his tireless effort to organize the athletes and coaches, Dana Faraj for conducting the National Officials course, Jasen Pratt for background work and assisting at the tournament, Patricia Karl & Heidi Fell for their contributions to improving the officiating and athlete's knowledge, Namjal Squires for chairing the Raffle all season and Yaryna Motovylin for her contribution to improving KA's social media presence.

Lastly, good luck to Natalie Olson who will be competing in Punta del Esta, Uruguay in 3 weeks.

Sensei Heather Fidyk,  
President, KA

## 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/>



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