

HIGH PERFORMANCE DIRECTOR' REPORT

Submitted by Angelo Mendoza, High Performance Director, March 31, 2017

Karate Manitoba's second year of the new HP programs implementation was a resounding success.

The best karate-ka in the province ages 12+ continue to have access to a comprehensive sport karate high performance training program aimed at identifying future sport karate athletes from member clubs. Our high performance development program (HPd) and our gold star High Performance Elite Training (HPeT) program for our competitive athletes provide the latest in WKF High Performance tactical kumite and kata training for the competitive level.

Karate Manitoba has become a leader in comprehensive sport karate training with an integrated program of sport science applications, metrics testing and measurement of athlete performance and progress and supplemental elements of nutritional and fitness training.

This year, our high performance program produced two national medal podium finishes in female cadet (Roene Nasr, Bronze) and male juniors (Brandon Romaniuk, Bronze). Manitoba athletes competed for the Canadian National Junior Team at the Pan American Junior & Cadet Championships in Ecuador in August, 2016 and received invitations to the National Junior Training Camp for national team selection. Karate Manitoba HP Program continues to thrive with a larger team set on representing Manitoba at the 2018 National Championships in Halifax.