

# ONAKAI KATA SQUAD TRAINING

DATE	VENUE	TIME	SQUAD CATEGORY
Saturday 25-04-2009	Athlone regional sports centre	13.00hrs to 15.00 hrs	All
Saturday 30-05-2009	Athlone regional sports centre	13.00hrs to 15.00 hrs	All
Sunday 14-06-2009	Athlone regional sports centre	15.00hrs to 17.00 hrs	All
Saturday 04-07-2009	Athlone regional sports centre	13.00hrs to 15.00 hrs	All
Aug 22-08-2009	Athlone regional sports centre	13.00hrs to 15.00 hrs	All
September 11,12,13	Shannon Oaks Hotel & Country Club, Portumna	A brochure with all the details will be sent out to your clubs	Kata Camp for All

We hope to have a squad to travel to the, Grand Slam Competition on the 19 of September in Ireland, Welsh Open on the 10 of Oct and A.M.A. /I.W.K.A. Open International on Oct 3 in Dublin