



SLEEP & PERFORMANCE SESSION

May 24, 2026

7:00 - 8:00 pm

Learn how sleep affects Karate training and performance and learn how to sleep better

**Hosted by the
Saskatchewan Karate
Assoc.**

**Presented by Sport Medicine
and Science Council of Sask**



**Free Virtual Session open
to all SKA Members/Parents**

REGISTRATION

**Contact the SKA to register & receive your Teams
Invitation via email**

**Email: sk.karate@shaw.ca
Phone: (306) 374-7333**