



14/8/17

Athlete Liaison Representative

The EKF are delighted to announce the appointment of Kate Karwacinski as our Athlete Liaison Representative.

This is a new role and follows the importance the EKF put on athletes welfare. As a member organisation this role is vital in order for the Board to have contact with karateka, especially those views and suggestions of individual athletes in order to improve all aspects of our sport.

Kate will act as a point of contact for athletes and;

- Acting as spokesperson for the elite level athletes to the Board
- First Point of contact for athlete members needing advice/support/guidance, whereby your coach or Head of Association cannot help
- Be a soundboard for the Board to inform/influence strategic direction from an athlete's perspective.
- Communicate information to members within the EKF
- Eve Whitaker will act as Kate's point of contact for the Board of Directors

Kate Karwacinski profile



- I started Karate at 7 years old
- Achieved my 1st Dan Senior Black belt at the age of 11 years old
- I was first selected for the England Karate Team at age 14 for the Junior European Championships in Paris 2009
- I achieved my England Badge in both individual and team Kumite at Senior and Junior level and team kata at Junior level.

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- Since then I won 2 Junior European bronze Medals, 1 U21 European Bronze Medal and 1 Karate1 medal at my first premier league tournament.
- This year (2017) I have reached 3 Karate1 Premier league bronze medal finals.
- My current ranking is top 20 in the world, the highest ranked senior female in Great Britain and ranked top 10 in the ranking for this year.
- I have many international and domestic titles including Italian Open champion, Swiss Open champion and Swedish Open Champion.
- I run my own karate club alongside my two brothers - Gidea Park & Hornchurch Ishinryu. I have taught and lead many seminars both domestically and internationally.
- I am multiple British and English champion in both Kumite and team kata and am the current British champion 2017.
- I have also represented the British Universities (BCS) at European and World level.
- I recently completed 4 years at Queen Mary's University London passing my LLB Hons & then LLM (Masters in Law).

'I wanted to be part of an organisation where athlete welfare is a priority. The independent advice and guidance given to athletes can really make a difference to their performance and I am proud to represent the EKF now as an Athletes Liaison Representative.'

Contact Kate Karwacinski via email athleteliasion@englishkaratefederation.com