

# WRESTLING BC - PROVINCIAL DEVELOPMENT PLAN 2009-2010

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## SCHEDULE OF EVENTS

### PROVINCIAL TEAM

#### Qualifications, Identification & Selection Criteria

The athlete identification process for the 2009/10 season will be based on how athletes compete at the major tournaments as outlined below.

Identification and selection of team BC athletes will include provincial carding status and partial funding to the national championships. Training bursaries may also be available for athletes to attend the provincial camps. All selected athletes will also receive Team BC shirts. Selection criteria will be based on performance in the following provincial tournaments:

#### Juvenile Athletes *Born 1992 or 1993*

- War on the Floor** (SFU)
- Western Canada Age Class** (Kamloops).  
This tournament will count for double points, as it is our provincial age class championship incorporating national weight classes.
- BC High School Championship**

**Rationale:** These major tournaments are BCWA and BCSSWA championships. The War on the Floor tournament is our opening selection tournament for the year.

#### Cadet Athletes *Born 1994 or 1995*

Performance in the following tournaments:

- Western Canada Age Class** (Kamloops)
- National Cadet Championships** (SFU)  
Points will be awarded to athletes based on placements in the preceding tournaments.

Points will be awarded as follows:

1<sup>st</sup> place: 10 pts,    2<sup>nd</sup> place: 7 pts,    3<sup>rd</sup> place: 5 pts,  
4<sup>th</sup> place: 3 pts,    5<sup>th</sup> place: 2 pts,    6<sup>th</sup> place: 1 pt.

When less than 6 in a weight class, points will be awarded as;

5 Athletes - 8-5-3-2-1      4 Athletes - 7-4-2-1  
3 Athletes - 5-2-1          2 Athletes - 4-1  
1 Athlete - 3 points

### PROVINCIAL AND ELITE TRAINING

Provincial training practices for school athletes will be offered two days per week beginning the week of October 31, 2009.

**COST IS \$150.00 MEMBERSHIP FEE.**

**Wednesdays**      6:30 pm – 8:00 pm  
**Saturdays**        10:00 am - 12:00 pm

- There will be Elite clinics offered on select weekends for Pacific Sport provincial carded athletes and Team BC athletes.

#### Contact:

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The BCWA Technical Development Coordinator reserves the right to add, drop or delete athletes from the ranking lists based on athlete performance and behavior. Athletes who have extenuating circumstances may apply to the BCWA Development coordinator for special consideration to attend BCWA development opportunities.

Athletes ranked in the top five in their weight class will be eligible to attend all provincial development opportunities.

Rankings will be posted on BC Wrestling's web site following each tournament. Ranked athletes must attend provincial camps and demonstrate their commitment to training to be considered for funding.

**Athletes considered for the Provincial team selection must be "members in good standing" with the B.C. Wrestling Association.**

#### Provincial Christmas Camp (men & women)

*December 21-23, 2009*

Provincial training sessions will be held at *Burnaby Central Secondary*. All provincially ranked male and female athletes should plan to attend. Information will be made available on the BCWA website.

#### Washington State Wrestling Challenge. *(tentative)*

BC's best male and female squads of high school wrestlers will be selected to represent Team BC. The team will be selected based on results from the 2009 War on the Floor and the 2009 Christmas Provincial Camp trials.

#### Oregon Tournament (Women's Team)

*First week of January – Tentative*  
*Selected female athletes*

#### On Going Weekend Clinics/Camps

Throughout the season we will be offering weekend clinics, workshops and camps. These camps will include high performance training, testing, weight lifting workshops and sports psychology.

#### Spring Break Provincial Team Camp

*March 10-12, 2010*

During Spring Break BCWA will offer a camp at Burnaby Central Secondary for British Columbian high school wrestlers training for the Juvenile Nationals In Burnaby. This camp will be mandatory for all Pacific Sport Carded and BC team athletes. This event will be combined with a Washington State competition (if possible).

#### Participation in BC Wrestling Events

Any member in good standing will be entitled to travel with BMWC to any tournament in the province. Athletes will require letter of permission from current coach and a parental consent form. All transportation, accommodation, tournament fees, food and coaching will be provided. Costs will vary for each event.

#### National Championships

*April 9-11, 2010 SFU, Burnaby, BC*

Athletes must be sanctioned by the BCWA and pay an athlete's and referee surcharge fee to cover related tournament costs. It is the Coach's responsibility to ensure that any athlete who competes in the national championships demonstrate competence by placing top five at a major age class tournament.

#### International Travel

BC wrestling may offer a partially funded opportunity to travel internationally as part of the preparation for the 2011 Western Canada Summer Games. Selection to international team trips will be based on performance and commitment to the provincial program.

#### North West Regional Junior Championships April 2010

*Las Vegas, USA – Selected team*

#### Provincial Summer Camp

*July 2-6, 2010*

The provincial summer camp is a major fixture on the BCWA development plan. This camp hosts BC's best clinician's. It also provides a great opportunity for athletes to be developed, identified and selected for future BC teams. This camp will be the venue for the BC team's trial for international trips.

#### BC Summer Games – Langley, BC

*July 22-25, 2010*

The BC Summer Games will be a focus for BCWA development plan for the 2009-10 season. This competitive experience will be outstanding for all athletes on the team. Please view the BC Games link on the BCWA website for eligibility rules, weight classes, and zone representative contact information.