

**Our BC Wrestling Association  
High Performance System  
2016-17 Strategic Plan  
Operating Development and Performance plans**

**Overview**

The strategic objectives for our High Performance System have been developed by our professional staff with input from the membership through our Technical Committee. Performance reporting and scores punctuate and identify needs, and contribute to the development of our gap analysis. The system / program benchmarks inclusive of goals, indicators, and outcomes, provides us with direction in addressing our High Performance objectives.

This discussion will primarily focus on our Performance and High Performance current and future programming.

1. High Performance definition and objectives
2. Strategic plan
  - Development Program initiatives
  - Coaching
  - Age Class Performance plans and initiatives Next Generation
  - High Performance plans
  - IST Plan

**1. High Performance**

**A) Definition:**

High Performance is the pursuit and achievement of excellence at the highest level in our sport. Our principles of High Performance influence our processes, decisions, and outcomes. These principles are manifested in our planning and execution of our High Performance programs.

**Objectives:**

- The primary objective in our program will be to **implement a system** allowing for the optimal delivery of programming that results in High performance.
- As a provincial based program, we are looking at producing **medal performances ( Gold)** at each level of participation.
- Consistent with our method of evaluation, **% on national teams, medals at Nationals** are shared goals of the program
- **To develop, execute, achieve, and refine KPI's and individual benchmarks.**

## 2.

## 2016-17 Strategic Plan

The following are 5 key strategic areas in Development, Performance, and High Performance to be addressed in our 2016-17 operational plan.

### Enhance and expand Program Development

#### Gap Analysis:

We have seen a decline in general membership and Age class performance clubs in BC over the past 4 years. The number of age class clubs are declining. We are also seeing less international potential athletes being produced. The interaction of age class performance clubs also has led to a decline

#### Strategic Objectives and outcomes:

- To increase the overall athlete, coach membership and participating clubs.
- Define the seasons of play whereas clubs and school based programs do not compete
- Partnership with community operations, and other combative sports

#### Initiatives:

- Increase access to BCWA programming needs to increase.
- Refine seasons of play through a review. Club and school based programming needs to work in a supportive and non-competitive format.
- Sports on Mats program
- Website upgrade
- Hire Development programmer

#### Operational Plan:

The BCWA is currently conducting a review of programming and structure, and is in the process of formulating the 2016-2020 quadrennial plan. Input from the membership and staff reports are being accumulated by our Technical committee. The BCWA has partnered with other combative sports and taken the lead role in developing curriculum in a Sports on Mats program. Our Performance coaches and athletes have been involved in all facets of this program. Creating partnerships in the community will continue to be an objective of the program.

The Performance and High Performance program continue to access assistance from our partners such as CSI-Pacific, CAWA, and OTP in supporting and enhancing program development.

An overhaul of our website is currently being executed. Greater efficiencies and communication are key characteristics. An interactive calendar and a coaches corner will be added to our membership services.

## **Coaching programs**

### **Gap analysis:**

We currently have a drop in coaching membership in our school and club performance system. Additionally, we have fewer coaches taking BC athletes to international events. Our senior coaches are either no longer involved in the international game or entering their final quadrennial. To effectively address growth of our sport and elevate more of our coaching membership to international standard, a comprehensive effort over several years is needed. The BCWA currently runs a very successful annual provincial coaching clinic that brings new coaches into the system, is an upgrade for certification and non-certification purposes, and is a useful professional development opportunity for our paid and senior staff. We support this event with international level wrestling clinician providing up to date technical development. This area is supplemented with off mat sessions useful for program and sport specific science programming.

### **Strategic objectives and outcomes:**

- Increase number of new coaches into system
- Elevate certification of coaches
- Professional development opportunity for paid staff and senior coaches
- Share information on world trends and Best practices
- Enhance networking and communication within our performance system

### **Initiatives:**

- Recruitment of coaches through coaches clinic and alumni
- Coach mentorship
- Presentation at annual coaches clinic
- HP coaching unit tracking document

### **Operational plans:**

The annual coaches clinic will be presented during the 2016 fall competitive season. Certification and non-certification technical sessions will be conducted. WE will be accessing our IST professionals to present at the sessions. Finally, the Provincial HP coach will report to the coaches on the Rio International Coaches summit presenting on current trends in wrestling. The annual clinic represents a professional development opportunity for our staff and senior coaches. The Rio summit was attended by our BCWA HP coach as part of his professional development. This Fall, 6 BC coaches attended the Senior World Championships in Las Vegas. It is anticipated we will support an initiative to attend the Rio Games.

Addressing the mentorship initiative has been a Best practice of our Organization. Our top BC international coaches participated in the National coaching apprentice program. Last year, John Pineda our current Boys IPS performance coach apprenticed under our Provincial HP coach Dave McKay. Mr. Pineda (Head coach) worked with Mr. McKay (Assistant) at the Canada Games, the Senior National Championships, 3 international training camps and led training at the NTC- BM. John went on to become Head coach at the Junior World Championships and had a gold medal performance by BC's Amar Dhesi., and this years bronze medal by Nishawn Rhandawa. This year, Frank Mensah is starting in this mentored role as he has joined the NTC-BM coaching staff and is targeted coaching in our girls Performance program for the 2016-17 season and to work closely with our Provincial HP coach. Frank took BC female athletes to 5 international events and culminated in being named to the 2015 World Cadet coaching staff. Attending age class international events, focusing on training camps is a priority.

### **Coach performance indicators**

A High Performance coaching unit tracking document is also being used by the association and is on file with VIA sport.

### **Coach pathway**

The coach pathway is in line with PSO and NSO programming and certification. (included) .Coaches are eligible to participate at each stage consistent with certification. Our targeted coaches list is found inline the target athlete list on file with CSI-Pacific. From these lists, our performance staff assign and target coaches where appropriate consistent with CS4L guidelines. Job descriptions are articulated within assignments. Ex. Canada Games, WCSG staff, and BC summer games. Coaches who apply and are selected for international events follow NSO guidelines and job descriptions.

All of our BCWA paid staff coaches (2 IPS performance coaches, and provincial HP coaches) have clearly articulated job descriptions and reporting functions found within their contracts. Performance goals, indicators, and outcomes are measured and applied during CSI-Pacific reporting, BCWA annual reporting, and specific coaching program benchmarks found in our system benchmark document (included)

## **Next Generation Performance program**

### **Gap Analysis:**

Athlete development from performance to high performance continues to be a gap in our system, where athletes are delayed in technical development, and international exposure. Our athletes are generally deficient at the international cadet level. This deficiency is shared by our NSO and we (BCWA) are leaders in advancing and addressing this area. Included in this gap is a severe lack of funding at all levels.

An initiative focusing on our targeted age class athletes who have moved to the Junior level, has shown significant outcomes over the past few years with 3 consecutive Junior World medals.

### **Strategic objectives and outcomes:**

- Institute a Next Generation coach position
- Increase enhanced training opportunities for our age class athletes
- Increase the retention of matriculating athletes in BC
- Win age class national club competition
- Win provincial national team competition
- Increase BC age class athletes national teams

### **Initiatives:**

- Expand Performance coach responsibilities to next generation position in stage one, with planning to partner funding agents to become a full time position, complete with operating budget
- Increase camps and international exchanges
- Recruitment to BC Universities and colleges
- Expand talent ID initiatives and target athletes for enhanced programming
- Host National Talent ID camp
- Expand IST testing , exposure

### **Operational plan:**

Our age class performance programs continue to excel. We have seen significant improvement in our girls performance programming both in the number and magnitude of events attended, but also in our National results. The WCSG program allowed us to target our athletes for enhanced training. We had several athletes compete for Canada , initiating their international careers. Our athletes are programmed consistent with NSO objectives.

## **Talent ID**

- Athletes are identified and targeted through various methods
- Competitions - War on the Floor
- In concert with post secondary recruitment
- Camps - We host 3 provincial camps and talent ID camps in association with tournaments
- Host National talent ID camp
- The targeted athlete list is used for many purposes. It is defined through an objective points system, using both PSO and NSO events. **(included)**

## **Characteristics:**

- Identifies and defines our top competitors at each stage of development
- Used by our performance system coaches to target athletes for services
- Team selection (L3)
- Enables our athletes to use CSI- Pacific services.
- Access to Sport Medical and Sport science professionals
- Tracks our athletes movement in the system and effectiveness of our system
- Provides our coaches a resource to recruit and identify talent
- Allows for regional recognition

## **2015 -17 Targeted Athlete program**

The targeted athlete list identifies and recognizes our top current performers and aligns our top prospects. The criteria for selection encompasses general and wrestling specific criteria. This year, we have initiated performance process indicators, that are used to determine if the athletes are following critical process variables during the season.

The selection of athletes is in line with our NSO identification of National team members and recognizes Sport Canada carded athletes. The use of National Championships is the benchmark of selection and consistent with the goals of CSI-Pacific in putting BC athletes on National Teams.

The movement and conversion of athletes between levels is important to recognize. Our trends demonstrate that we are increasing in the upward movement and retention of athletes. (included) . Our recent and best examples are Sunny Dhinsa, (2013 World Junior Bronze medallist) Amar Dhesi (2014 World Junior Champion) and Nishawn Randhawa (2015 World Junior Bronze medallist) both moved through our system at all levels.

Our coaches are able to point to this objective athlete identification system and support athlete selection. Finally our targeted athlete program is not a reward program, but instead a system to identify athletes for future support. This creates a culture of excellence where we have many examples of high performance for others to follow.

## **Next Generation program**

We define this initiative in line with CS4L principles and meeting the conclusions of our gap analysis. This targeted performance age group is 15-23 years. We have emphasized this program over the past few years, with success culminating at the Junior age level. Key elements include coaching leadership. It is our objective to progressively move one of our performance positions to a full time position over the next 2 years. Funding partners including CAWA, OTP, and sponsors will be needed to secure this program.

### **Program characteristics.**

- Full time professional coaching position by 2017
- Professional athlete identification (Octothorpe decision making software)
- Limited athlete selection pool with athlete accountability
- Exposure to experienced coaches
- Access to international training and competition
- Funded IST
- Operating budget and financial accountability

**The BC Wrestling 2015-2016 Mens and Womens Provincial Development Plan follows. (The 2016-17 plan will closely follow this structure and elements found within)**

**Mission Statement:** The focus of the athlete development plan is to increase the participation of wrestlers and coaches within BC by providing equal and specific training opportunities and competitions.

#### **Provincial Development Plan Objectives:**

1. Increased participation of wrestlers
2. Increased opportunity for training and competition
3. Increased female coaches within BC
4. Athlete development
5. To provide athletes with a program that will enhance their performance and give them the tools needed to improve in the sport of wrestling.

## **BC Wrestling 2015-2016 Men and Women's Provincial Development Plan**

### **Provincial Team**

#### *Qualification, Identification & Selection Criteria*

The athlete identification process for the 2015-2016 season will be based on how athletes compete at the major tournaments outlined below.

Identification and selection of BC team athletes will include provincial carding status. Training bursaries may also be available for athletes to attend the provincial camps. Selection criteria will be based on performance in the following provincial tournaments:

<b><i>Juvenile Athletes Born (1998-1999)</i></b>	<b><i>Cadet Athletes Born (2000-2001)</i></b>
<b>1. War On The Floor (SFU)</b> <b>2. BC Secondary School Championship</b> <b>3. National High School Championship</b> (Medalists from the previous years nationals will be an automatic qualifier for provincial carding status)	<b>1. War On The Floor (SFU)</b> <b>2. National Cadet Championship</b> (Points will be awarded to national medalists)

**Rationale:** Unlike other sports that use a “tryout” system, in wrestling, tournaments are the most objective way to determine each wrestlers current and potential ability. The *War On The Floor* (WOF) has been selected because it is BC’s largest tournament. Additionally, the WOF is conducted early in the season, which allows it to be used as a tool to determine a “Long List” of potential Team BC and carded athletes. The other two competitions are selected because they are official BCWA and BCSSWA championships.

**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 Selection Criteria:** BC wrestlers who wish to compete at the National Championships *must be sanctioned by the British Columbia Wrestling Association*. A coach must accompany athletes attending.

### **Provincial & Elite Training**

Provincial training for high school athletes will be offered two days per week.

<b>Day</b>	<b>Location</b>	<b>Time</b>
Thursday (Men & Women)	SFU	4:30pm-6:30pm
Saturday (Men & Women)	SFU	11:00am-1:00pm

**Elite Clinics:** Elite Clinics will be offered on select weekends for *Pacificsport provincial carded* athletes and *Team BC* athletes.

### **Ranking Information:**



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 website following each tournament. *Ranked athletes must attend provincial camps* and demonstrate their commitment to training to be considered for funding.

The BCWA Development coach *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 considered for the Provincial team selection *must be 'members in good standing' with the BC Wrestling Association*.

### **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, weightlifting workshops and sports psychology.

### **Schedule of Events**

<b>Dates</b>	<b>Competition/Training Camp</b>
October 3	Provincial & Elite Practices Begin – SFU
October 16-18	Washington Camp & Thunderdome Throwdown Tournament <ul style="list-style-type: none"> <li>- Camp begins at 7:00 pm Friday and ends at 3:00 pm on Sunday.</li> <li>- Vandit Wrestling Academy, 2454 E Blackburn Road - Mt Vernon 98273</li> </ul>
October 24	Pre Season Camp – SFU <ul style="list-style-type: none"> <li>- free clinics for athletes and coaches</li> </ul>
October 29-30	Clansmen Camp – SFU <ul style="list-style-type: none"> <li>• free clinic for identified athletes with Wrestling Canada Coach Tonya Verbeek</li> </ul>
October 30 - November 1	Clansmen - College Division – SFU <ul style="list-style-type: none"> <li>• selected team</li> </ul>
Novmeber 21	Vancouver Island Clinic - Esquimalt, BC <ul style="list-style-type: none"> <li>• free outreach clinic for athletes and coaches</li> </ul>
December 6	Abbotsford Invite - Abbotsford, BC <ul style="list-style-type: none"> <li>• talent ID tournament</li> </ul>
December 9-11	War On The Floor – SFU

	<ul style="list-style-type: none"> <li>• selection tournament</li> </ul>
December 19-21	Provincial Christmas Camp – SFU <ul style="list-style-type: none"> <li>- all provincially ranked athletes should attend</li> <li>- info will be available on BCWA website</li> </ul>
December 31 - January 6	Team USA Camp & Duals – SFU <ul style="list-style-type: none"> <li>- Camp with Cadet Team USA</li> <li>- BC's alternates and selects will be selected to represent Team BC in duals</li> <li>- Team will be selected based on 2015 WOF results and 2015 Christmas Camp trials</li> </ul>
January 8-9	US Winter Tour – Olympia, WA <ul style="list-style-type: none"> <li>- BC's top athletes will be selected for training camp and duals, followed by a tournament</li> <li>- Winners of 2015 WOF are first team selects</li> <li>- Final selection at 2015 Provincial Christmas Camp</li> </ul>
January 22-23	Western Canada Age Class - Richmond, BC <ul style="list-style-type: none"> <li>• talent ID tournament</li> </ul>
February 25-27	BCSS Wrestling Championship - Abbotsford, BC <ul style="list-style-type: none"> <li>• selection tournament</li> </ul>
March 18-19	Junior National Championship - Fredericton, NB <ul style="list-style-type: none"> <li>• selected team</li> </ul>
March 14-16	Spring Break Provincial Team Camp – SFU <ul style="list-style-type: none"> <li>- camp for BC high school wrestlers training for Juvenile Nationals</li> <li>- mandatory for all Pacific Sport carded and Team BC athletes</li> <li>- if possible, will be combined with a Washington State competition</li> </ul>
March 25-27	Northwest Regionals - Battle Ground, WA <ul style="list-style-type: none"> <li>• selected team</li> </ul>
April 15-17	Cadet Juvenile Championship - Calgary, AB <ul style="list-style-type: none"> <li>• selected team</li> </ul>
April 27-30	Western Regionals - Las Vegas, NV <ul style="list-style-type: none"> <li>• selected team</li> </ul>
July 7 -10	BCWA Provincial Wrestling Camp - Port Alberni, BC
July	Fargo Washington Camp – Spokane, WA <ul style="list-style-type: none"> <li>• selected team</li> </ul>
July	International Tour – TBD
July 21-24	BC Summer Games - Abbotsford, BC

## **Reinforcement of a High Performance Culture**

### **Gap analysis:**

A centralized training approach has been our competitive advantage in Canada and has contributed to High Performance results on the International stage. There are fewer age class performers and less High Performers in BC and Canada. One key element to our success is a reliance on a strong training group supplemented by national and international training opportunities. At the performance level, younger athletes are exposed to more experienced coaches earlier in their careers as well as top level partners. This must not be endorsed, at the expense of the needs and development of the athlete individual club or school based program. Not only are there less performers, but a move toward club based programming. Clubs are not solely high performance and cannot be supported as such.

### **Strategic objectives and outcomes:**

- Create a culture of excellence
- More buy into centralized training opportunities for performance age, and complete buy in at the High Performance level by athletes
- Enhance articulation of programming
- Inject an athlete accountability framework
- Enhance communication with athletes and club coaches
- BCWA technical committee to take an active role in working with and supporting Provincial HP coach in communication of policy and decision outcomes.
- Continue to support full time HP coaching leadership
- Place BC athletes on National teams (including 2016 OG)
- Challenge for medals at international competitions

### **Initiatives:**

- Articulation of plans and objectives, website
- Expand on performance programming by supporting a High Performance Next Generation coach leadership positions
- Introduce an athlete accountability framework with expectations, IST testing, programming, benchmark reviews
- Improve on publicizing program plan , schedules, etc.
- NTC meetings with athletes and coaches.
- Engage the High Performance unit for input into development of plans
- Increase HP training opportunities
- Increase access to IST support

## **2015-17 Operational plan**

### **Characteristics:**

**The High Performance system encompasses athletes and coaches at the Learn to Compete and Learn to Win stages of the LTAD model. Our programs have been very successful including winning our 3<sup>rd</sup> consecutive World Junior medal. We continue to lead Canada with our BC athletes on the mats in International competitions. We are preparing to dominate the Canadian Olympic team and challenge for a medal at Rio.**

**Included are the recent and projected athlete and program benchmarks, complete with indicators used to assess progress. Tracking athletes also demonstrates retention and movement on our targeted lists.**

**The current plan has focused on our preparation for the Olympic trials and qualification. An additional focus has been on developing our next generation, as there will be a dramatic turnover in our system in the next few months. As mentioned previously in this document, our focus on the Junior Olympic initiative started a few years ago with some very tangible results. The greatest outcome is the fostering of a new culture of excellence for the future.**

**The training and competitive plans found in the program and sample YTP included are aligned with the activities of our NSO. Although in BC, we have the largest training group in the country, it is still insufficient, and needs to be supplemented to achieve High Performance results. As such, our programming includes international training opportunities combined with competitions. Our Performance team relies on cost effective opportunities in the US. Creating relationships with centres in the US continues to be a positive step for our training group.**

**Our coaching leadership of our HP group is also aligned with NSO programming. We are able to partner on activities and provide enhancement for BC athletes. Many of our targeted coaches have participated in NT programming and we continue with this effort.**

**2015-17 schedule (BC Performance and High Performance athletes)**

**Training / competitive opportunities ( attached YTP and 4 year projections)  
2015**

Jan 5-15	OTC camp	Colorado Springs
Jan 9	Olympia duals	Olympia
Jan 25	Clackamus college	Clackamus
Jan 28-31	Schultz	Colorado Springs
Feb 5-15	Cerro Pelado+ camp	Havana
Feb. select)	Europe	Europe (NT
Mar 27-28	Jr. Sr. Nationals	Guelph
May	Europe spring tour	Russia
June	Junior Panams	Cuba
June	Canada Cup	Guelph
June	Asia camp	Korea
July	Panam Games	Toronto
August	National team prep	Cuba, SFU
August	Junior worlds	Croatia
September	Senior Worlds	Las Vegas
October Springs	OTC camp	Colorado
November	National Development camp	SFU
November	SFU international	SFU
November	NYAC	NY
December	Russia competition	Siberia
December	Olympic Trials	Edmonton

**2016**

January	Guelph open	Guelph
January	Paris open	Paris
February	College regionals	US
March	Panam OQ	Dallas
March	Collegiate Nationals	US
March	Junior / Sr Nationals	NB
April	OQ#2	Mongolia
May	OQ# 3	Turkey
May	International camp	TBD
June	Canada Cup + camp	Guelph
June	Junior Panams	Columbia
July	SFU camp	SFU
August	Junior worlds	Europe
September	Russia tour	Siberia
November	SFU international	SFU
November	NYAC	NY

**2017**

March	Jr. Sr Nationals	TBA
April	Cadet / Juv Nationals	Windsor

## IST Program Services

### Gap analysis:

The IST program has been significantly expanded this year. We have accessed our team of professionals to assist in the preparation of our athletes. Additionally we have increased the testing of our performance athletes and retested and monitored this group. This was facilitated by the WCSG program personnel and programming. Taking the next step in utilizing the physical tests and movements screen results in a proactive manner is the challenge. Interpreting the usefulness is still under review.

### Strategic objectives and outcomes:

- Expand testing and performance analysis
- Collect data and compare with NT data
- Create nutritional templates for weight management protocols

### Initiatives:

- Team operation camps at SFU October 2015
- Physical scores and comparisons with NT norms
- Weight management protocols in conjunction with NT lead nutritionist

### Operational plan:

#### Performance Enhancement Services

Our top athletes can improve on receiving provincial / NTC based services. The difficulty down the system is in the delivery outside of the Lower Mainland. However, since our HP program is centralized, all athletes have access to services. We will have greater synchronization with the National leads on the PE area. Our **Strength and Conditioning** continues to be a priority. Carmen Bott has been retained as our lead expert in this area. Programs are individualized and expanded programming across the province to be conducted. This has been a significant improvement in this area as services are centralized at SFU. The SFU students work with Derek Hanson, and their programming needs to be in concert with our provincial and national leads. We have also used the services of Fortius performance centre and Syder gym. We plan to test our athletes this fall prior to the international winter season.

Use of **video technology** in BC will follow the lead of the National program. Video analysis has been upgraded with the hiring of lead David Gomez. A template for scouting is to be established. This will filter to the membership. Sports Tec Game Breaker technology to be tested.

#### Nutrition

We will work with Emman Mcrunden and NT lead Kelly Drager in this area. Extensive work on pre comp meal plans and weight loss has been available to our athletes.

- Develop clear treatment and strength & conditioning interventions to address deficiencies . Access Carmen Bott, SFU ST& Cond., Fortius , Syder gym

### **Medical Services**

We have the top Medical services team in the country servicing our program. Accessibility is also a huge asset. Scott Vass is our coordinator for PE and MS programming and allows for quick and efficient solutions. We will conduct the following:

- Expand with testing for targeted athletes for functional and physiological assessment
- Arrange with current service providers to arrange FMS
- Ensure all data is recorded and used for comparison with NT scores...to be developed
- Communicate performance enhancement plan to athlete and all relevant coaches and IST members through annual coaches clinic and website
- Identify and engage service providers to meet these needs and disseminate general information to level 2/3 athletes.
- Educate athletes on how to use the medical coverage that is in place
- Have our athletes attend TOPS conference and host mini tops at SFU

### **BCWA Wrestling Performance Program**

#### **2015-16 Sport Medical / Science Service provider list:**

Coordinator	Scott Vass	Vancouver College / CAWA
Medical	Dr. Bob McCormack	Orthopedic
Medical	Dr. Kevin Merth	BC Lions
Medical	Dr. Jason Crookham	Fortius
Physiotherapy:	Greg Kirk	Level 10 Fitness
Physiotherapy:	Tayna Rank	SFU
Athletic Therapy:	Al Best	SFU
Massage Therapy:	Rick Tkach	Burnaby Square Orthopedic
Chiropractic:	Wilbur Kelsick	Max Movement
Strength:	Carmen Bott	Langara
Strength	TJ Sider	Sider Strength
Strength	Sean McKeowen	Fortius
Strength:	Derek Hansen	SFU
Strength:	Wayne Wilson	Independent
Mental Performance	Donna Perry	CSC- Pacific

Mental Performance Rene Hawke

Sport Dietician Emma McCrudden CSC- Pacific

Sport Dietician Kelly Draper CAWA