



WRESTLING BC

BC Wrestling 2018-19 Men and Women's Provincial Performance Plan

Provincial Team

Qualification, Identification & Selection Criteria

The athlete identification process for the 2018-2019 season will be based on athlete performance and commitment at major tournaments and camps.

Identification, selection, and targeting of BC team athletes will follow BCWA provincial CSI- carding criteria. Training bursaries may also be available for athletes to attend the provincial camps. Performance based selection considers the following tournaments and attendance at Provincial camps:

U19 Athletes	U17 Athletes
1. War On The Floor (SFU) BC Age class 2. 2018 BC Secondary School Championship 3. 2018 U19 National Championship	1. War On The Floor (SFU) / BC Age class 2. National U17 Championship

Participation in BC Wrestling Events: Any member in good standing can travel with BCWA where possible, to tournaments in and outside of the province. This is subject to meeting minimum selection criteria, and with approval of the Provincial Coach. Athletes will require letter of permission from their current coach and a parental consent form. Costs will vary for each event.



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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 in the spring and summer period. **Note: Please view the calendar on the BCWA website for update.**

June 16th start date

Day	Location	Time
Saturdays (Boys)	Newton Rec Centre	11am-1pm
Tuesday (Girls)	Pinetree	6-7:30 pm
Saturday (Girls)	SFU	11:00am-1:00pm (pending)

Elite Clinics: Elite Clinics will be offered on select weekends for *CSI- Pacific provincial carded* athletes and *Team BC* athletes. TBA

On-Going Weekend Clinics/Camps:

Team Operations

This one day program will include high performance training, testing, weightlifting workshops, sports psychology and on mat sessions.

Provincial Coach contact: Dave McKay dmckaywrestling@gmail.com



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Schedule of Events

Date	Competition/Training Camp
April	Western Junior Regionals – Las Vegas, NV - selected team
April 9	U17, U19 National Championship
June 27-30 June 30- July 2	NW Dual Championships Oregon State University Fargo Washington Camp Randall, Washington
July	Regional BC Summer games. Training camps Various locations
July 16-18	BC Games Cowichan clinic TBA
July 5-8	Fargo Washington Camp – Battleground, WA
August 10-12	BCWA Provincial Summer Camp Fortius
August 11	Pacific Coast International Duals and Camp (Fortius) Boys-Washington, S. Dakota, Oregon, BC Girls – Washington, Japan
October	Thunderdome Throwdown Tournament - Selected athletes
October	Pre Season Camp - Free clinics for athletes and coaches - Athlete ID
November 4	Clansmen - College Division (selected)
December	War on the Floor
Dec 30-Jan 7	USA/ BC Duals - TBA
January	US Winter Tour – Gut Check Challenge, WA - BC's top athletes will be selected for training camp and duals, followed by a tournament - Winners of 2018 WOF are first team selects - Final selection at 2018 Provincial Christmas Camp
February	BCSS Wrestling Championship
March	Northwest Regional Junior Championships - selected team



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March	U21 National Championship (selected)
March	Spring Break Provincial Team Camp <ul style="list-style-type: none">- camp for BC high school wrestlers training for Juvenile Nationals- mandatory for all Pacific Sport carded and Team BC athletes- if possible, will be combined with a Washington State competition- Wild card selection for provincial carding list

*Tournaments and camps dependent on funds and interest. Plans are subject to change.

Color Coded Key:

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

Provincial Performance Plan Objectives:

1. Increased participation of wrestlers
2. Increased access and opportunity for training and competition
3. Increased number of female coaches within BC
4. Athlete development consistent with the Gold Medal Profile (GMP)
5. To provide athletes with a program that will enhance performance and provide them with the tools needed to perform at a high level in the sport of wrestling.