



WRESTLING BC

British Columbia Wrestling Association
Unit 8, 7850 Edmonds St. Burnaby, BC V3N 1B8 Tel: 604-737-3092
Website: www.bcwrestling.com Email: info@bcwrestling.com

BC Wrestling Pacific Coast Tour

2018 North West Boys Duals Championship OSU Corvallis , Oregon June 27-30

BC wrestling is once again planning to attend the annual NW Duals Championship (Zalesky camp) at Oregon State University. This is a great opportunity for our BC High School age male athletes to train and compete at a high level. The focus of this event, is designed for team building and dual meet competition. Each wrestler will have the opportunity to wrestle 10-15 matches during the competition. During the competition, wrestlers will be taught how to mentally and physically prepare themselves for competition at the highest level. Wrestlers will also compete in individual tournaments.

Washington State Fargo Camp Randall, Washington June 30 – July 3 (Subject to interest)

Tentative Schedule

DEPARTURE DATE: Wednesday June 27, 2018

RETURN DATE: Saturday, July 3, 2018

LOCATION: Corvallis , Oregon
Randall, Washington

COST: (Transportation, camp and tournament entry fee, room and board-7 nights)

NW Duals	500
Washington camp	<u>250</u>
Tour	\$750 estimate

EVENT INFO: <https://www.orangecrushrtc.com/nw-dual-championships>

To Bring:

Wrestlers should bring pillow, blankets, linens & towels, as they will not be provided at the NW tournament. Other items to bring: wrestling shoes, running shoes, multiple changes of workout clothes, soap & shampoo, headgear and mouthpiece is highly recommended (Laundry facility is provided for your use in the dorms).

Weight Classes: Boys - lbs (kg): 106 (48), 113 (51), 120 (54), 126 (57), 132(60), 138 (63), 146 (66.5), 152 (69), 160 (73),170 (77),182(83),195 (89), 220 (100), 285 (130),





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Team Selection

- BC will enter one full team (capped at 16 athletes) into the NW tournament
- **WE will attend either 1 or both events based on numbers**
- Targeted and selected athletes
- Selection for the BC Team based on performance at 2018 Nationals and Provincials
- Alternates will be chosen based on Head Coach's discretion (performance, ability to compete, and camp attendance are taken into consideration for selection).
- For those selected, there will be scheduled additional training prior to departure.

Note:

Notice of participation via email dmckaywrestling@gmail.com **June 22**

CONTACT: **Dave McKay**
Email: dmckaywrestling@gmail.com



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