

# BC Wrestling



Canadian Sport For Life  
**Development Pathway**

# ACTIVE START (age: 0-6)

- Focuses on daily, physical activity in unstructured free play environments emphasizing basic movement **skills**.
- Enjoy being active – stimulate curiosity
- Community programs/clubs
- Parent, family instructors.



# FUNDAMENTALS - (Age 6-9)

- Introduce FUNdamental Athletic Movements (run, jump, kick, etc)
- Basic movement **skills** and general **development** leading to **physical literacy** are most important
- Some organized physical activities. (variety)
- Semi structured competition (participation based).
- School system, Community Programs, clubs
- Teacher, Community/Club Coached

# LEARNING TO WRESTLE - (Age 10-12)

- Orientation to the sport of Wrestling;
- emphasis on core skill development.
- 2-6 week programs, 1-3x per week
- Festival environment, modified rules
- School, community programs/Clubs
- Teacher/Instructor/Club Coach



# Formalized Training (Age: 12-16)

- Acquisition of Core Skills through repetition.  
Introduction to cross training (off mat training).
- 8-12 week programs – 2-4x per week
- High repetition of core skills, emphasis on training.
- Regional, provincial & National competition
- School, Club programs/regional Provincial
- Teacher, Club, Provincial Development Coach

## Training To Compete (Age: 17-20)

- Specialization of training. Understand basis of athletic performance.
- Master core elements & develop variations
- Developing independence
- Provincial, National, Canada Games. Intro to International (Jr. Worlds)
- High School, University, Clubs, High Performance Centres/National Team Programs.
- Personal coach, High school/University/Junior Development Coach.

# Training for Peak Performance (Age 21+)

- Maximizes all physical, mental, emotional, and ancillary capabilities with a view to succeed competitively on an international stage.
- Personal interpretations & applications (problem solving, selectivity, choice, decision). Self directed and in control (independent/self reliant)
- Year round training 9-12x week. Individualized/quality
- National, International (world, major Games)
- High Performance Centres, National Team programs.
- Personal Coach, National team coach.

# Enriched for Life (enter at any age)

- Make use of positive lessons of sport
- competitive lifestyle with increased participation in other facets of the sport experience (refereeing, coaching, instructing, administration).
- Giving back to the sport.
- Masters

