



BC Wrestling 2016-2017 Men and Women's Provincial Development Plan

Provincial Team

Qualification, Identification & Selection Criteria

The athlete identification process for the 2016-2017 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:

<i>Juvenile Athletes Born (1999-2000)</i>	<i>Cadet Athletes Born (2001-2002)</i>
1. War On The Floor (SFU) 2. BC Secondary School Championship 3. National High School Championship (Medalists from the previous years nationals will be an automatic qualifier for provincial carding status)	1. War On The Floor (SFU) 2. National Cadet Championship (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.

Day	Location	Time
Tuesday (Men & Women)	Douglas College (New West)	4:00pm-6:00pm
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 *CSI Pacific 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.

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Female Contacts: Kate Walker - P: 604.351.4840 or E: kate@bcwrestling.com

Schedule of Events

Dates	Competition/Training Camp
October	Provincial & Elite Practices Begin
October	Dino's Invitational – Calgary, AB - selected athletes
October	Thunderdome Throwdown Tournament - Selected athletes
October 15	Pre Season Camp - Free clinics for athletes and coaches - Athlete ID
November 5	Clansmen - College Division (selected)
December	Tri State Tournament North Idaho - Selected athletes
December	War On The Floor (Selection Tournament)
December 28-30	Provincial Christmas Camp – SFU - all provincially ranked athletes should attend - info will be available on BCWA website - Wild cards selection for carding
Dec 30-Jan 7	USA/ BC Duals - BC's alternates and selects will be selected to represent Team BC - Team will be selected based on 2015 WOF results and 2015 Christmas Camp trials
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 2016 WOF are first team selects - Final selection at 2016 Provincial Christmas Camp
February	BCSS Wrestling Championship (Selection Tournament)
March	Northwest Regional Junior Championships - selected team
March 24-26	Junior National Championship (selected)
March	Spring Break Provincial Team Camp - 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

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April	Western Junior Regionals – Las Vegas, NV - selected team
April 7-9	Cadet Juvenile Championship (Selection Tournament)
June 3	Canada Summer Games Trials
June/July	North Idaho Wrestling Camp - Summer games team
July	Alberni Wrestling Camp - Summer games alternates
July	Fargo Washington Camp – Spokane, WA - Summer games team
July	BCWA Provincial Summer Camp - Wild Card selection for Provincial carding list - Summer games Prep Camp
August 10-12	Canada Summer Games

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

Colour Coded Key:

Men	Women	Men and Women
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Mission Statement: The focus of this 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.