



WRESTLING BC

Congratulations on your achievement this year at the BC Provincial Wrestling Championships. You have been selected as an elite athlete in BC and selected to compete and train for Team BC this summer. We have some elite training opportunities in Canada and the United States of America this post season, and we hope you can join us in training this summer. Below is a tentative schedule of the events we have scheduled along with pricing of the events. Do not miss out on this opportunity.

BC Development Coaches Sukhan Chahal and Gurjot Kooner are excited about this upcoming spring and summer and cannot wait to see the development of these chosen athletes.



WRESTLING BC

BC Wrestling 2022-2023 Men and Women's Provincial Performance Plan

Provincial Team

Qualification, Identification & Selection Criteria

The athlete identification process for the 2022-2023 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:

<i>U19 Athletes</i>	<i>U15/17 Athletes</i>
<ul style="list-style-type: none">1. Dino Open2. SFU Open3. War On The Floor (SFU)4. Western Canada Age Class5. Alberta Open6. 2022 BCSS Provincial Championship7. 2022 U19 National Championship	<ul style="list-style-type: none">1. War on the Floor (SFU)2. Western Canada Age class3. 2022 BCSS Provincial Championship4. Cadet World Team Trials5. National U15/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.



WRESTLING BC

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. February 26th start date

Day	Location	Time
Mondays (Boys/Girls)	Christine Sinclair Community Centre	4:15-6:15

****One Monday every month is mandatory training session****

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:	Sukhan Chahal	sukhan.chahal92@gmail.com
	Gurjot Kooner	gkooner55@gmail.com





WRESTLING BC

Schedule of Events

Date	Competition/Training Camp
December 11-12	War on the Floor - SFU
December 26-27	Winter Training Camp
January 11-13	Winter Tour – Edmonton, Alberta <ul style="list-style-type: none"> - BC's top athletes will be selected for training camp and tournament - Winners of 2021 WOF are first team selects Final selection at 2021 Provincial Winter Camp
February 5-6	Western Age Class - SFU
February 24-26	BCSS Provincial Wrestling Championship - Vancouver
March 19-20	Alberta Open – Edmonton, Alberta
April 23	Canada Summer Games Trials - Vancouver
April 24	BC Spring Break Wrestling Camp <ul style="list-style-type: none"> - camp for BC high school wrestlers training for Nationals - mandatory for all Pacific Sport carded and Team BC athletes
April 26-29	Cadet/Junior/Senior Trials - Edmonton, Alberta
June 9-12	U15/U17/U19 Canadian National Championships – Calgary, Alberta



WRESTLING BC

June 18-19	Women's Fargo Prep Camp, Washington
July 16	Mark Schultz Wrestling Camp - Puyallup, Washington
July 21-24	BC Summer Games - Prince George
Aug 6-15	Canada Summer Games - Niagara, Ontario
October	Preseason Training Camp
November	SFU International - Open weight classes (For select Wrestlers)

Must Purchase USA Wrestling Card if intending to compete in the USA at USA Wrestling tournaments

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

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.