

FULL CIRCLE VIRTUAL TRAINING

STAY IN AND WORKOUT

WHAT IS FULL CIRCLE VIRTUAL TRAINING (FCVT)?

Full Circle Virtual Training (FCVT) is a collective of on-line wrestling training programs available to BCWA members. The program was developed in response to COVID restrictions and allows participants to train under the guidance of NCCP certified coaches from the safety and convenience of their home. The program is a partnership between BCWA and Westsider Wrestling Club.

WHO CAN PARTICIPATE?

There are three age groups available: Elementary (6-13 years old), High School (14-18 years old), and Adult (19 years old and up).

WHERE IS THE PROGRAM DELIVERED?

FCVT is delivered on-line via Zoom. Access to the sessions is granted to registered participants through a Zoom link.

WHEN DOES THE PROGRAM TAKE PLACE?

The program begins in November and ends in February with two sessions per week for each age group.

WHY SHOULD YOU JOIN FCVT?

- Opportunity to continue or trial wrestling activities.
- Convenient accessible program available to all age groups.
- Low commitment requirement.
- Explore new untraditional programs.
- Affordable wrestling activity option.
- Supplement to club/team training.

HOW DO I REGISTER?

Register online on the BCWA 2MEV membership/event database.



WRESTLING BC
British Columbia Wrestling Association

