



HP PROGRAM 2024-25

BC WRESTLING

Submitted by:

Raj Viridi

HP LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Wrestling sport-specific criteria: The objective of this program is to provide enhanced training and competitive opportunities leading to BC medal success and participation/medaling in the 2024 Olympic Games and beyond.

Podium / Canadian Elite (Sport Canada AAP Carded)

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

Athletes Selected:

- 1.) Justina Di Stasio
- 2.) Darthe Capellan
- 3.) Ana Godinez
- 4.) Karla Godinez
- 5.) Amar Dhesi
- 6.) Nishan Randhawa
- 7.) Jorawar Dhinsa

Canadian Development

- Athlete must be training full-time at the National HP1 Centre – Burnaby Mountain;

AND

- Athlete must have placed in the top 2 of their weight class at the most recent Senior National Trials at an Olympic weight class or place 1st at the Non-Olympic Trials; **OR**
- Athlete must be a U20 World Team Member **OR**
- Athlete must be a U23 World Team Member; **OR**

- Athlete must be targeted by Wrestling Canada Lutte;

AND

- Athlete must submit to the BC Wrestling Provincial Coach evidence that they have met the criteria listed:
 - Submitting a quality Yearly Training Plan (YTP);
 - Participating in BCWA physical testing evaluation, functional screening and meeting the established benchmarks (see Appendix A), twice per year;
 - Participating in planned, monitored, and evaluated off-mat strength & conditioning program;
 - Attending Team BC Operations Camp

Athletes Selected:

- 1.) Owen Martin
- 2.) Teji Dhinsa
- 3.) Rupinder Johal
- 4.) Peiman Biabani
- 5.) Maddie Mackenzie
- 6.) Ashton Senko
- 7.) Madisyn Grof
- 8.) Arjun Nagra
- 9.) Rohit Bal
- 10.) Patrik Leder

Provincial Development Level 1

- Athlete must be training full-time at the National HP1 Centre – Burnaby Mountain;

AND

- Athlete must have placed in the top 3 of their weight class at the most recent National Senior Championships; **OR**
- Athlete must have placed in the top 2 of their weight class at the most recent U20 National Trials;
- Athlete must have placed in the top 3 of their weight class at the most recent U23 National Trials;

AND

- Athlete must submit to the BC Wrestling Provincial Coach evidence of completing two of the following four criteria:

- o Submitting a quality Yearly Training Plan (YTP);
- o Participating in BCWA physical testing evaluation, meeting the established benchmarks

Three times per year;

- o Participating in planned, monitored, and evaluated off-mat strength & conditioning program;
- o Attending Team BC Operations Camp.

Athletes Selected:

1. Sehajpal Sidhu
2. Marley Jackson
3. Lena McCrackin
4. Michaeljeet Grewal
5. Magnus McCrackin
6. Ryan Hicks
7. Baltej Mundi
8. Sam Peirea
9. Victoria Seal
10. Ella Finding
11. Jagroop Dhinsa

High Performance Schedule:

Jan 14-15 Golden Bear Open (Edmonton, AB)
 Jan 20: Guelph Open (Guelph, ON)
 Jan 20-22 Grand Prix De France Henri Deglane (Nice, France)
 Jan 23-28- International Training Camp (Paris, France)
 Feb-1-5 UWW Ranking Tournament (Zagreb, Croatia)
 Feb 28-Mar 2 Pan American Olympic Qualifier (Acapulco, Mexico)
 Mar 09-12: U20/Senior World Team Trials (Ottawa, ON)
 May 1- 5-23 Oregon, Training Camp (Corvallis, Oregon)
 May 9 -12 Last Chance Olympic Qualifier (Istanbul, Turkey)
 May 25-27 U23 Team Trials, (Calgary, AB)
 Jun 6-9 UWW Ranking Tournament (Budapest, Hungary)
 July 05-09 Spanish Grand Prix + Camp, Madrid, Spain
 Jul 11-13 U20 Pan Americans Championships, (Lima, Peru)
 Sept 2-8 U20 World Championships, Pontevede, Spain)

Aug 1-11 Paris Olympics

Oct 21-27 U23 World Championships Tirana, Albania
 Oct 28--31 Senior World Championships Tirana, Albania

Nov 9: SFU International (Burnaby, BC)

Nov 19-20: Bill Farrell Memorial International (New York, USA)

Dec 28-Jan 4: Winter Training Camp (TBD)

High Performance Training Centre situated at Burnaby Mountain (NTC- BM). All BC athletes in U20 or Senior categories, intending to participate and receive sanction for National or International camps and competitions, National team carding, and benefits of the BCWA HP programming (BCWA funding opportunities, CAWA affiliation fee, NTC- BM training), must adhere to the following guidelines.

Athletes must meet the following conditions for sanction to Nationals, international competition, and to receive benefits (to include funding) of the BC High Performance program:

- Be in good standing with the BCWA and CAWA
- Train fulltime including 4-5 mat sessions per week, with a minimum of 3 mat sessions per week at the National Training Centre (NTC-BM) at Simon Fraser. The 3 core training sessions are typically Monday, Wednesday, and Friday sessions. **Any exceptions to this rule, must receive pre-approval and permission from the BCWA Provincial coach.**
- Follow a YTP (on and off mat training) presented to and approved by the Provincial Coach that includes training and competition at the level they are participating in.
- Adhere to National team, CAWA, Sport Canada policy and procedures.
- Meet financial conditions and obligations within each project or program.
- Meet the expectations and guidelines of the NTC-Burnaby Mountain program.

Athletes must receive sanction from the Provincial coach in order to participate in any the aforementioned events or receive benefits from programs.

Training Schedule

Monday: 4:00-6:00pm

Tuesday: 7:00-8:30am

Wednesday: 4:00-6:00pm

Thursday: 7:00-8:30am

Friday: 4:00-6:00

Saturday 10:00-12:00 *(If needed, technical training)*

Performance Enhancement Services

Sport Science

We ran our own Testing day in June with a nutrition consult, physical testing, and functional assessments of our athletes. Our plan is to host another testing at Burnaby Mountain, in conjunction with a Winter Camp. We will conduct seminars in nutrition and mental training, as well as conduct physical tests of our athletes. We will evaluate results based on our 2 previous opportunities to collect data at team operations, and provide educational opportunities for our athletes. We will continue to provide sport science consultation for our athletes, exposing them to top professionals in their field.

Strength and conditioning

We have centralized the main training group to SFU. **TJ Sider -SFU** will coordinate the athletes off mat training in conjunction with the coaching staff. This group includes athletes outside of the SFU training group, for off mat strength and conditioning.

SFU Strength and Conditioning activity and planning Report

Provided below are the key elements of the approach to the work with the wrestling athletes at Sider Strength.

Key Services

- Program planning for strength, power and speed abilities.
- In person workout implementation on a daily basis
- Athlete monitoring and communication with regard to training status and testing results.
- Rehabilitation and return-to-play protocols.
- Recovery and regeneration strategies and protocols.

Training Programs

Training programs for the SFU varsity wrestling program are updated every four months, corresponding with the academic semesters (Fall, Winter and Summer semesters). We meet with the SFU wrestling coaching staff to determine key training objectives and competition dates prior to preparing the program in August, December and April of each year. For the most part, the Burnaby Mountain Wrestling athletes follow a similar program, with some minor adjustments made on an individual basis. National Team athletes have their programs updated on a more frequent basis (at least 4-5 times per year) to coincide with individual differences related to competition dates, travel and injury. In some cases, weekly changes have to be incorporated when athletes are traveling on the road for both training camps and competitions, taking into consideration time and energy constraints, as well as facility and equipment availability.

Technical Direction

There is a heavy emphasis on movement technique and biomechanics in all of the training done by the wrestling athletes. All weightlifting activities are monitored by our coaching staff on a daily basis with the typical frequency of weight training occurring three times per week. Speed, explosive medicine ball throws and plyometric work is also performed two times per week with an emphasis on movement efficiency and force application.

Endurance training protocols are typically carried out by wrestling coaching staff, as they have an extensive database on standards and norms for a variety of running distances.

Testing Protocols and Athlete Monitoring

Our standard testing protocol includes any number of the following exercises and drills, depending on time available to test and time of the year:

- Standing Broad Jump (metres)
- Standing Vertical Jump (centimetres)
- Bench Press (1RM)
- Power Clean (1RM)
- Back Squat (1RM)
- Bench Press – Maximum Repetitions (135lbs men, 65lbs women)
- Pull Ups – Maximum Repetitions
- 2 mile run

An ongoing challenge with our standardized testing protocols is finding appropriate times of the year to test large groups of athletes when they are not burdened and fatigued by travel, competitions, training camps and school commitments. Although, we are testing the athletes 3 times annually on the exercises listed above (February, July, and December).

Nutrition

We will work with our NT lead nutritionist Heather Hynes. A consults are ongoing and available to all of our athletes. Athletes had Heather whom may need consulting for a plan, can do so by booking an appoint to meet online or in-person.

Mental training

Consulting with Judy Goss

Medical Services

We have the top Medical services team in the country servicing our program. Accessibility is also a huge asset. Scott Vass is our coordinator for PE and MS programming and allows for quick and efficient solutions.

SFU Therapy clinic/East Van Sports Rehab/River District Physio

This clinic primarily for our centralized training provides daily training support for on mat training periods, injury assessment, and treatment for targeted athletes. We have collaborated with two clinics (*East Van Sports Rehab/River District Physio*). All targeted athletes have the ability to use either clinics for any injuries they may have sustained through out the year. We also provide medical coverage at clinics, training camps. All athletes complete a pre-season medical, which includes medical history and a functional assessment performed by a physician. We also require the completion of a baseline concussion test (SCAT 3) for targeted athletes. Follow-up meetings with coaching staff are conducted when needed. Provincial and NTC athletes are provided with the services below:

Service Providers

Coordinator	Scott Vass	Vancouver College / CAWA
Medical	Dr. Dory Boyer	Orthopedic
Medical	Dr. Crookham	UBC
Medical	Dr. Merth	Good Health Family Medicine
Physiotherapy:	Ryan Murray	East Can Sports and Rehab
Chiropractor	Dr. Wilbour Kelsick	MaxFit
Physiotherapy:	Vic Sanghera	River District Physio
Massage Therapy:	Rick Tkach	Burnaby Square Orthopedic
Strength:	Tj Sider	Sider Strength
Strength:	Tanner Care	SFU Athletics
Mental Performance	David Lopez	WCL
Sport Dietician	Heather Hynes	CSI- Pacific
Mental Training	Judy Goss	WCL