

BC Wrestling - Sport For Life Implementation Plan

Introduction

The Long Term Athlete Development (LTAD) Model was designed to provide a blueprint to facilitate options for development and life-long participation in wrestling. The model is to target and educate the athletes, parents, coaches, officials, administrators, and volunteers.

This LTAD approach focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration. This approach also suggests that in order to develop a world-level contender, progress must systematically focus first on developing well-rounded athletes and then on sport specific training.

Based on a partnership philosophy, our aim is to strive to adapt our programs to fit with the individual wrestler, and to the greatest extent possible, provide support that presents our athletes with opportunities to enter into and to stay involved in our sport of wrestling.

Objectives

- To assist in implementing the Canadian Amateur Wrestling LTAD model at the Provincial level, by working collaboratively with CAWA.
- To promote a wrestling sport system to Wrestling BC members that will provide healthy life-long sport participation and international results.

Priorities

- Educate & Promote LTAD model to the wrestling community (parents, coaches, teachers, officials, volunteers, administrators) Website, powerpoint, posters, brochures. (Sept 2009 ongoing)
- Continue to expand Active Start, Fundamentals, and Learning to Wrestle stages, making it fun & enjoyable. (April 2006 ongoing)
- Competitive restructuring to support the “Fundamentals” and “Learning to Wrestle” stages (November 2009)
- Present aspects of the LTAD model in strategic planning supporting the goals of the Canadian Sport Policy - Enhanced Participation, Enhanced Excellence, Enhanced Capacity, and Enhanced Interaction (Sept. 2009 strategic Planning)
- Seek means of engaging and developing community recreational programs. (June – August 2009 ongoing) Engaging in Community kids festivals, and community summer camps.
- Continue to promote physical literacy at all levels by partnership building with other sports and agencies. – ASRA, First Nations School Conferences, Community Centres, School Districts, Youth Program leaders, Judo (2005 ongoing)
- Align the system of educating, training and certifying coaches & officials within the LTAD model, increasing numbers of trained coaches at earlier stages, with the new community coaching program. Developing external sport credit/mentorship coaching program.(October 2008 – ongoing)

Overview of the CAWA sport specific LTAD document

ACTIVE START - (Age: 0-6)

Objective:	Include physical activity as part of daily life	Life Skills	Parental/family centred
Physical:	Active/ Safe exploration	Coaching	Parents, family, instructor
Technical:	Modeling general movement skills (standing, walking, running, etc)	# of participants	Population wide
Tactical	Uninhibited/spontaneous play	Training	Few organized physical activity programs)
Psychological	Enjoy being Active	Competition	Unstructured free play
Theoretical	Stimulate curiosity	Program Delivery	Active Movement environment programs/clubs

FUNDAMENTALS - (Age: 6-9)

Objective:	Experience joy/excitement of physical activity/Games	Life Skills	Role as participant
Physical:	General/overall development	Coaching	Teacher, community/Club
Technical:	Introduce FUNDamental athletic movements (run, jump, kick, etc)	# of participants	Population wide
Tactical	Experience the outcomes of competition	Training	Some organized physical activity
Psychological	Highlight the positive	Competition	Modified/semi-structured
Theoretical	Encourage learning	Program Delivery	School system, community

LEARNING TO WRESTLE - (Age: 10-12 may enter later) DIVISION: Kids

Objective:	Orientation to the sport of wrestling	Life Skills	Cooperative play, Sportpe
Physical:	Core wrestling principles	Coaching	Teacher/Instructor/club Co
Technical:	Concepts of take-downs & parterre actions	# of participants	3000+
Tactical	"thinking" of how to get an advantage	Training	2-6+wks, 1-3x/week. Wre Exploring movement in co
Psychological	Passion for wrestling as individual/combatative sport: (fun, basics, success)	Competition	Festival environment. Mo conditions 1+events/yr
Theoretical	Basic Rules of Wrestling	Program Delivery	Schools, community progr associations.
		Resources	Skills Awards program, N Instruction Manual

FORMALIZED TRAINING - (Age: 12-16)

DIVISION: Bantam/Cadets

Objective:	Acquisition of core skills through repetition	Life Skills	Ethical and moral develop sport, opponent & self)
Physical:	Introduction to cross training (off-mat training)	Coaching	Teacher, club coach/provi
Technical:	Broad exposure to core skills	# of participants	12000+
Tactical	Introduction to principles of tactics (action, reaction, deception)	Training	8-12+wks, 2-4x/wk. High emphasis on training
Psychological	Foster personal qualities for wrestling (combative mentality, perseverance)	Competition	Regional, provincial, nation competition experiences.
Theoretical	Language, protocol, structure and history of wrestling	Program Delivery	School system, club progr associations.
		Resources	Skills awards program, N

TRAINING TO COMPETE - (Age: 17-20)

Division: Juvenile/Junior

Objective:	Specialization of training	Life Skills	Developing independence
Physical:	Development of maximal capacity (high volume/overload)	Coaching	Personal coach, high school Junior development coach
Technical:	Master core elements & develop variations; (generic towards individualized)	# of participants	2500+
Tactical	Formulate personal strategies/tactics	Training	30+ wks 5-8x/wk High vo
Psychological	Plant a seed for peak performance (goal setting, desire, sacrifice)	Competition	Provincial, national, Cana International, Jr Worlds 30
Theoretical	Understand basis for athletic performance	Program Delivery	High school, University pr HP Centres, Provincial/Na
		Resources	Personal support team, vi system

TRAINING FOR PEAK PERFORMANCE - (Age: 21+)









Division: Senior

Objective:	Winning when it counts	Life Skills	Self directed and in contro reliant)
Physical:	Optimal functioning/fine tuning (tapering, peaking, pushing the limits)	Coaching	Personal coach, national t
Technical:	Doing the things I do very well (perfecting my repertoire)	# of participants	30+
Tactical	Study and refine personal/opponents actions	Training	Year round, 9-12x/wk. Mo Simulation, Individualized.
Psychological	Prepared for the unexpected (uncontrollable events/adversity)	Competition	National/international, Wo 15+ selective matches/yr
Theoretical	Personal interpretations & applications (problem solving, selectivity, choice, decision)	Program Delivery	Personal coach, HP Cent program
		Resources	Personal support team, P Sport Centres, Video anal

ENRICHED FOR LIFE - (enter at any age)

Objective:	Make use of positive lessons of sport	Life Skills	Enriched for life. Reflecting o
Physical:	Physically active for life	Coaching	Giving back to the sport
Technical:	Passing the torch to future wrestlers (coaching/sparring/teaching)	# of participants	Anyone currently or previous
Tactical	Strategic/planned approach in life	Training	Maintaining physical activity
Psychological	Mentally stronger for life	Competition	Masters
Theoretical	Life long learning	Program Delivery	Community programs/clubs

NCCP Timelines Indicated:

Sport Name	CSp-Init	CSp-Ong	Comp-Int	Comp-Dev	Comp-HP	Inst-Beg	Inst-Imd	Inst-Adv
Wrestling								
 Project not yet started  Project completed applying for conditional approval  Conditional approval granted  Final approval granted								

Provincial CS4L implementation & Initiatives

- BC Wrestling has adopted the Canadian Amateur Wrestling Association (CAWA) LTAD model presented above, as we are currently in line with the same development stages. The breakdown by generic ages is also consistent with the existing stages previously in place, with the expansion of fundamentals & active start. (as demonstrated through the bi-lateral kids / aboriginal program)
- NCCP programs have been redesigned to support LTAD initiatives to include the community coaching programs. Wrestling is very school based, and we hope to introduce more high school students to community coaching through the external sport credit program. This may assist in filling the void for trained instructors at the elementary (feeder schools) level. CAWA skills awards program provides a tool to assist the student/teacher instructors at this level. Community Coaching workshops are being provided at professional development days.
- Officials external sport credit program also offered at the high school level to encourage student official involvement at an earlier stage. Provides an avenue for the athlete to stay involved in the sport after exiting from competition.
- Expanding University/College programs will extend the competitive stages for developmental athletes.
- Involvement in Community Kids Festivals/Play days to introduce Fundamental active start of wrestling, to encourage future involvement in Recreation & Community Centres.
- Implementation of the new wrestling discipline “Grappling”, will enhance the growth of our sport at all levels, providing an even closer partnership with Judo athletes. Grappling consists of many of the skills required for Judo and wrestling. Provides opportunities for older athletes who do not continue participation in freestyle at the post secondary level.

BC Wrestling Overview / Audit

1. Active Start Stage – Chronological Age Males and Females : 0-6

- some clubs offer programs, younger siblings, parent & child class
- some programs in the Province but no distinct/formal program

Athletic development

- programs emphasize games, balance, coordination, offering balance, push, pull, games
- must provide parental education
- align ourselves with other sport governing bodies relating to this stage
- need to market sport, emphasize fun

Gaps and How to Address:

- clubs may need to develop an intro. “ Active Start” initiative
- focus on combative games
- lack of volunteer coaches at this level, need to get the parents involved “ Social activity”
- modify existing programs to wrestling “ street proof your kid ”, “ kids fit ”
- articulate to others what skills we would like to see (curriculum enrichment)

2. Fundamental Stage - Chronological Age Males: 6-9; Females: 6-8

- Some clubs offer kids programs, but few distinct/formal program
- Some growth in elementary school programs

Athletic development

- basic techniques need to be modified
- need for athletic foundation
- programs that exist are more towards “ Training to compete”, need a change of emphasis away from competition
- Pockets of teachers
- having a system for athletes to move through different levels of activities
- we offer good programs, but we just do not offer enough of them

technical development

- pre-competitive games / moderate combative games
- technical skills are broken down into the development of movement/motor skills
- rules changes
- skill award programming
- Provide more programs for Community Coaching training opportunities (parents, high school students)
- some tournaments for 9 year olds
- need to development rewards for development and good attitudes, skills and behaviors

Gaps and how to address

- tournaments for kids, evaluate them, offer skill awards, badges - divide kids by badge ability levels
- More officials development through external sport credit program - involve officials in skill development
- educate the coaches on how to utilize the” Skill awards ”
- ensuring that qualified coaches are involved in the programming
- locations that will be “ free”, affordable as facilities, onus must come from the club, and from the schools
- lack of programs in elementary schools – promote as a team sport, team vs. individual sport
- reward skill development, not outcome, skill awards program
- kid skills tournament, coaches teach and evaluate
- certificate of excellence, focus on rewarding skill development; reward sportsmanship
- education, coach camps
- online information, easy access
- reward coaches and programs that follow the LTADM

3. Learning to Wrestle stage

Chronological development age males: 9-12; Females 8-11 Division: Kids

- Significant growth in past year, but still undeveloped - losing girls at this age, fall off point
- technique is not taught enough at this age: kids attention span is limited for drilling of technique
- Skills Awards Program essentially begins, this program can be accessed by the schools
- clubs could do max 3x per week - hard to get kids to commit to 3x per week
- low coach recognition for development, winning is what counts, need for change, involve team of coaches across age groups to feel part of end product (champion)
- difficult to regulate outside participation
- modification of skills for various body maturation

athletic developmental & mental skill development

- could have more emphasis on mental skill
- coach / athlete relationship is important
- dependent on the coach, willingness to see these as useful, does the coach have time and resources to implement a complete program
- only in localized area, individually, informally
- need for education to facilitate the process

technical development

- New Community Coaching program developed and promoted provincially through ProD workshops.
- curriculum material is adequate
- expansion of skills and awards programs (downwards)
- skill awards, only wrestling sport specific technical
- need balance of fun, games and technique training (boring to train technique # reps)

Gaps and how to address

- gaps in how and what techniques are being taught, evident in athlete performances, a lot of stuff is missing
- need to do a better job identifying specific skills for this age group
- marketing the programs to Community Centres
- parent involvement- get them involved from the beginning, again parallel programs of parent/child; provide

- parents education
- take away the winning and losing aspect, no pinning, more participation based
- more role models (especially female), posters
- Proposing Community Coaching offered as external Sport Credit (Mentorship) program
- educate all coaches on skill awards program
- promote age group more, other martial arts, sport camps, marry with other sports
- school programs limited by regulations against extending the training season – promote club programs
- need for manual, guidelines, direction, child focus
- need teaching skills at this age, the age to introduce the sport
- development wrestling festival tournament format
- program for coach recognition
- provide an example of good practice, how do you get a facility, how do you start a program (school/ club)
- promote year long programs
- encourage less transition by changing coaches
- need to re-vitalize our alumni, this is our resource for coaches, volunteers, organizers, sponsors, financial support

4. Formalized Training Stage

Chronological Development Age Males: 12-16; Females; 11-15 Division: Bantam/Cadet

The contextual reality of Wrestling Programs B.C for this stage of development:

- most kids are just starting at this age,
- external coaches / educationally based
- high school programs, many end when the season ends - not all high schools have programs
- facilities specific to clubs and schools may not have all the adequate knowledge/abilities to fully realize the major fitness development stage
- 2-4 training sessions per week, club and school mixed (depending on the location) emphasis on cross-training for overall active-living
- largely school based (seasonal, at the mercy of the school) growth in club programs
- clubs may offer better continuity, long term development, involve progression through all age groups
- kids are just starting their careers, however, they also end their careers at this age

athletic developmental & mental skills

- high school vs. club program; high school during season, club after high school season.,
- clubs focus on technical (2x/wk.) together with school low quality
- risk of burn out, when high school and club both at the same time, training overload
- athletes participate in many sports, inhibit possibility to specialize
- need to spend more time with younger kids in this group
- weight training is not stressed or wrestling specific
- some emphasis on mental skills, how to focus for matches, relax with intensity, cool downs, motivation
- knowledge and success support by outside experts / other professionals
- too focused on the competitive outcome, the win
- strength training that is wrestling specific

coaches lack sport psychology training, may develop motivation and self-confidence areas

technical development?

- curriculum is adequate
- delivery of technique, discipline, mindset to hold athletes in programs
- rule changes / tactics will impact the materials
- more skill development (not specific skills), use games to develop skills
- drills focus on how to teach, not just what to (example, random vs. block drilling)
- increased coaching program to provide more clinics for coaches at schools
- need to develop female coaches

5. Training to Compete Stage

- College/University & club based – missing a good number of the wrestlers in the province
- maximum 8 times per week
- clubs that run recreational alongside elite programs

Athletic development:

- Need to keep athletes wrestling past grade 12, no longer association with their high school program
- improve education, professionalize of coaching and mandatory certification

- not enough clubs operating year round
- availability of higher level competition (serious athletes)
- Need for college programs / trade school program - we lose many good wrestlers to colleges and full time work, no incentive to continue to compete,
- only catering to university bound wrestlers, universities fund the programs - athletes not attending university often disappear, programs are tied to universities
- need for education or how much training is needed to perform at the Olympics, stories of athletes/Olympians of what it takes, need for year round training
- geography is a challenge, online programming and full times national team coaches can help
- currently to school centered, need to run summer schedule
- more development cards, carding specific to this age group, funding to clubs
- apprentice coaching
- need to keep coaches up to date, technique, strategy etc.

6. Training for Peak Performance

Chronological development Age Males 19+/- Females 18+/- Division: Senior

- triple periodization, CIS, Senior Nationals, Worlds
- our best coaches are working at this level
- average training 9-10 x/wk.
- often athletes enter this program that are still in the last stage (training to compete)

Gaps & how to address

- Clubs need to work together to meet needs of our athletes
- not all athletes go to university, paradigm shift to support club based, not only university based programs, create college program
- national coaches to build consensus with personal coaches and athletes
- national championships vs. international championships

7. Enriched for Life – Enter at any age

The contextual reality of Wrestling Programs in Canada for this stage of development;

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- need more encouragement for athletes to enter into coaching, officiating and managing
- education preparing athletes for adequate detraining
- shadow coaches, intro to coaching (parents)
- club requirement for 16yr old athletes to officiate younger age groups
- offer, encourage older athletes opportunity for coach certification
- offer retiring athletes avenues into other sports
- invited alumni to attend events & communicate with other alumni
- development of a masters program - Master category, need rules for masters wrestlers
- Establish Alumni database
- education via multi media, Internet
- need to focus on coaching and officiating - mentor ship
- get coaches to officiate
- more encouragement to athletes to become certified coaches
- need to educate alumni
- target athletes to become coaches

Developing Physical Literacy LTAD delivery

Every child can wrestle;

- Kids need not be tall, big, or speedy - youngsters of all shapes and sizes can excel and enjoy wrestling.
- Kids with physical, mental, social or emotional disabilities can achieve success on the wrestling mat.

Benefits to Participants;

- Individualized, structured learning experience,
- Introduction of a new sport, providing fundamental movement skills for other sports. Locomotor skills like walking, running, dodging, jumping, hopping, skipping; Stability skills like landing, balance, rotation. These skills can be transferred to other sports like Judo, gymnastics, soccer, rugby. Agility, balance, coordination, speed, are generic skills used in many sports.

Wrestling has had a number of successful athletes who have come from a Judo background, and certain that the transition has also went from wrestling to Judo. Partnership with Judo programs may assist in providing them access to training facilities with our close relationship with the secondary school programs. Partnership may also utilize better, membership and facility space with two combative sports offered in a shared facility.

Many developing high school wrestlers are often involved in both wrestling and rugby or football.

Geographic Delivery and Barriers

As in many sports, the Kootenay region is an ongoing concern. We are not seeing much growth, as there is not much support in the school system. Currently one club program. Distance is one of the main factors. Northern regions experience similar barriers, although there is far greater participation. Continue to increase coaching development, and promotion of Northern BC winter games provides competitive opportunities for the northern region.

Opportunities for growth and expansion in the lower mainland (Vancouver, Burnaby, New Westminster) with coaching development opportunities, and promotion of programs to Recreational and Community Centre programs.

Athletes with a Disability

Wrestling provides opportunities for inclusion of these athletes within our sport. Athletes with disabilities are welcomed as full participants on the wrestling mat.

Specific situations and conditions in relation to the 10 key factors of CS4L

Wrestling is categorized as a late specialization sport. With heavy influence with certain cultures within wrestling, there is a risk of specializing before the age of 10, resulting in one-sided sport specific preparation, early burnout, and retirement from training. Further education of parents and coaches will be required and implemented throughout the season.

Specific situations and conditions in relation to the 10 S's of training and performance

BC Wrestling has one of the top training centres in Canada in the Burnaby Mountain Wrestling Club. In partnership with Canadian Sport Centre Pacific, Regional Centres, SFU, and various club programs, coaching support for elite provincial and regional coaches provides skilled and qualified coaches in the province. Through coaching development, national & international experiences, these coaches serve as mentors and instructors to other coaches in the province, as well as providing athletes to technically skilled coaches.