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)
- 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)

<table>
<thead>
<tr>
<th>Objective</th>
<th>Physical</th>
<th>Technical</th>
<th>Tactical</th>
<th>Psychological</th>
<th>Theoretical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Include physical activity as part of daily life</td>
<td>Active/ Safe exploration</td>
<td>Modeling general movement skills (standing, walking, running, etc)</td>
<td>Uninhibited/spontaneous play</td>
<td>Enjoy being Active</td>
<td>Stimulate curiosity</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Parental/family centred</td>
<td>Coaching</td>
<td>Parents, family, instructors</td>
<td>Parental/family centred</td>
<td>Coaching</td>
</tr>
<tr>
<td># of participants</td>
<td>Population wide</td>
<td>Training</td>
<td>Few organized physical activities (programs)</td>
<td>Program Delivery</td>
<td>Active Movement environments, community programs/clubs</td>
</tr>
</tbody>
</table>

### FUNDAMENTALS - (Age: 6-9)

<table>
<thead>
<tr>
<th>Objective</th>
<th>Physical</th>
<th>Technical</th>
<th>Tactical</th>
<th>Psychological</th>
<th>Theoretical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experience joy/excitement of physical activity/Games</td>
<td>General/overall development</td>
<td>Introduce FUNdamental athletic movements (run, jump, kick, etc)</td>
<td>Experience the outcomes of competition</td>
<td>Highlight the positive</td>
<td>Encourage learning</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Role as participant</td>
<td>Coaching</td>
<td>Teacher, community/Club Coach</td>
<td>Population wide</td>
<td>Teacher, community/Club Coach</td>
</tr>
<tr>
<td># of participants</td>
<td>Population wide</td>
<td># of participants</td>
<td>Population wide</td>
<td>Program Delivery</td>
<td>Population wide</td>
</tr>
<tr>
<td>Training</td>
<td>Some organized physical activities</td>
<td>Training</td>
<td>Some organized physical activities</td>
<td>Program Delivery</td>
<td>Some organized physical activities</td>
</tr>
<tr>
<td>Competition</td>
<td>Unstructured free play</td>
<td>Competition</td>
<td>Modified/semi-structured (participation based</td>
<td>Program Delivery</td>
<td>Modified/semi-structured (participation based</td>
</tr>
<tr>
<td>Theoretical</td>
<td>Program Delivery</td>
<td>Delivery</td>
<td>School system, community programs/clubs</td>
<td>Program Delivery</td>
<td>School system, community programs/clubs</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Objective</th>
<th>Physical</th>
<th>Technical</th>
<th>Tactical</th>
<th>Psychological</th>
<th>Theoretical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation to the sport of wrestling</td>
<td>Core wrestling principles</td>
<td>Concepts of take-downs &amp; parterre actions</td>
<td>“thinking” of how to get an advantage</td>
<td>Passion for wrestling as individual/combat sport: (fun, basics, success)</td>
<td>Basic Rules of Wrestling</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Cooperative play, Sportpersonship</td>
<td>Teacher/Instructor/club Coach</td>
<td>Teacher/Instructor/club Coach</td>
<td>Teacher/Instructor/club Coach</td>
<td>Teacher/Instructor/club Coach</td>
</tr>
<tr>
<td># of participants</td>
<td>3000+</td>
<td># of participants</td>
<td>3000+</td>
<td># of participants</td>
<td>3000+</td>
</tr>
<tr>
<td>Training</td>
<td>2-6-wks, 1-3x/week. Wrestling specific activities Exploring movement in combat</td>
<td>Training</td>
<td>2-6-wks, 1-3x/week. Wrestling specific activities Exploring movement in combat</td>
<td>Training</td>
<td>2-6-wks, 1-3x/week. Wrestling specific activities Exploring movement in combat</td>
</tr>
<tr>
<td>Competition</td>
<td>Festival environment. Modified/semi-structured</td>
<td>Competition</td>
<td>Festival environment. Modified/semi-structured</td>
<td>Competition</td>
<td>Festival environment. Modified/semi-structured</td>
</tr>
<tr>
<td>Resources</td>
<td>Skills Awards program, NCCP Certification</td>
<td>Resources</td>
<td>Skills Awards program, NCCP Certification</td>
<td>Resources</td>
<td>Skills Awards program, NCCP Certification</td>
</tr>
</tbody>
</table>

### FORMALIZED TRAINING - (Age: 12-16)  DIVISION: Bantam/Cadets

<table>
<thead>
<tr>
<th>Objective</th>
<th>Physical</th>
<th>Technical</th>
<th>Tactical</th>
<th>Psychological</th>
<th>Theoretical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acquisition of core skills through repetition</td>
<td>Introduction to cross training (off-mat training)</td>
<td>Broad exposure to core skills</td>
<td>Introduction to principles of tactics (action, reaction, deception)</td>
<td>Foster personal qualities for wrestling (combative mentality, perseverance)</td>
<td>Language, protocol, structure and history of wrestling</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Ethical and moral development (sport, opponent &amp; self)</td>
<td>Coaching</td>
<td>Teacher, club coach/provincial development coach</td>
<td>Teacher, club coach/provincial development coach</td>
<td>Teacher, club coach/provincial development coach</td>
</tr>
<tr>
<td># of participants</td>
<td>12000+</td>
<td># of participants</td>
<td>12000+</td>
<td># of participants</td>
<td>12000+</td>
</tr>
<tr>
<td>Training</td>
<td>8-12-wks, 2-4x/wk. High emphasis on training</td>
<td>Training</td>
<td>8-12-wks, 2-4x/wk. High emphasis on training</td>
<td>Training</td>
<td>8-12-wks, 2-4x/wk. High emphasis on training</td>
</tr>
<tr>
<td>Competition</td>
<td>Regional, provincial, national competition experiences.</td>
<td>Competition</td>
<td>Regional, provincial, national competition experiences.</td>
<td>Competition</td>
<td>Regional, provincial, national competition experiences.</td>
</tr>
<tr>
<td>Program Delivery</td>
<td>School system, club programs/associations.</td>
<td>Program Delivery</td>
<td>School system, club programs/associations.</td>
<td>Program Delivery</td>
<td>School system, club programs/associations.</td>
</tr>
<tr>
<td>Resources</td>
<td>Skills awards program, NCCP Certification</td>
<td>Resources</td>
<td>Skills awards program, NCCP Certification</td>
<td>Resources</td>
<td>Skills awards program, NCCP Certification</td>
</tr>
</tbody>
</table>
**TRAINING TO COMPETE - (Age: 17-20)**  
**Division: Juvenile/Junior**

<table>
<thead>
<tr>
<th>Objective:</th>
<th>Specialization of training</th>
<th>Life Skills</th>
<th>Developing independence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical:</strong></td>
<td>Development of maximal capacity (high volume/overload)</td>
<td>Coaching</td>
<td>Personal coach, high school/University coach, Junior development coach</td>
</tr>
<tr>
<td><strong>Technical:</strong></td>
<td>Master core elements &amp; develop variations; (generic towards individualized)</td>
<td># of participants</td>
<td>2500+</td>
</tr>
<tr>
<td><strong>Tactical</strong></td>
<td>Formulate personal strategies/tactics</td>
<td>Training</td>
<td>30+ wks 5-8x/wk  High volume</td>
</tr>
<tr>
<td><strong>Psychological</strong></td>
<td>Plant a seed for peak performance (goal setting, desire, sacrifice)</td>
<td>Competition</td>
<td>Provincial, national, Canadian, International, Jr Worlds 30+</td>
</tr>
<tr>
<td><strong>Theoretical</strong></td>
<td>Understand basis for athletic performance</td>
<td>Program Delivery</td>
<td>High school, University programs, HP Centres, Provincial/National teams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TRAINING FOR PEAK PERFORMANCE - (Age: 21+ )</strong></th>
<th><strong>Division: Senior</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective:</td>
<td>Winning when it counts</td>
</tr>
<tr>
<td><strong>Physical:</strong></td>
<td>Optimal functioning/fine tuning (tapering, peaking, pushing the limits)</td>
</tr>
<tr>
<td><strong>Technical:</strong></td>
<td>Doing the things I do very well (perfecting my repertoire)</td>
</tr>
<tr>
<td><strong>Tactical</strong></td>
<td>Study and refine personal/opponents actions</td>
</tr>
<tr>
<td><strong>Psychological</strong></td>
<td>Prepared for the unexpected (uncontrollable events/adversity)</td>
</tr>
<tr>
<td><strong>Theoretical</strong></td>
<td>Personal interpretations &amp; applications (problem solving, selectivity, choice, decision)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ENRICHED FOR LIFE - (enter at any age)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective:</td>
</tr>
<tr>
<td><strong>Physical:</strong></td>
</tr>
<tr>
<td><strong>Technical:</strong></td>
</tr>
<tr>
<td><strong>Tactical</strong></td>
</tr>
<tr>
<td><strong>Psychological</strong></td>
</tr>
<tr>
<td><strong>Theoretical</strong></td>
</tr>
</tbody>
</table>

**NCCP Timelines Indicated:**

<table>
<thead>
<tr>
<th>Sport Name</th>
<th>CSp-Init</th>
<th>CSp-Ong</th>
<th>Comp-Int</th>
<th>Comp-Dev</th>
<th>Comp-HP</th>
<th>Inst-Beg</th>
<th>Inst-Imd</th>
<th>Inst-Adv</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrestling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- ▲ Project not yet started
- PC 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 underdeveloped - 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 thus stage of development;

− 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.