

Hello Wrestling Coaches, Athletes, Parents,

June 7, 2011

We would like to restate the WCSG program and athlete requirements that we have established. Multi-sport games such as the Western Canada Summer Games are high visibility and are a high priority for SAWA, Sask Sport and the Saskatchewan Government. The program we have set in place is intended to reflect that priority and result in a successful Team at the games.

It is the expectation that all athletes who want to be a part of the 2011 WCSG team are regular attendees at all practices, sessions, and camps.

We are requesting that club coaches assist us in running a successful WCSG program and encouraging the athletes to meet their requirements in order to be a part of the team. This may require that an athlete attend the WCSG practice rather than a club practice. It is hoped that coaches will accommodate the team program and modify their club practice days or times as necessary.

Any athlete not attending required sessions must provide an acceptable explanation in advance to the WCSG coaching staff. **Failure to meet the requirements may result in an athlete being ineligible for the team.**

Participation in the WCSG program is necessary to build a relationship between the members of the team and between the coaches and the athletes. The athletes and coaches need to become familiar with each other to be successful at the games. The program is intended to build a strong team and a strong TEAM atmosphere that is necessary at a multi-sport game.

Practices

Regina at Thomson School – Run by Kyle DuMont Assistant Coach

Monday & Wednesday – 6:00pm-7:30pm

Saskatoon at Walter Murray Collegiate – Run by Colin Hoeft Head Coach and Beth Thompson Manager

Monday & Wednesday - 5:00pm – 7:00pm

All athletes should already be aware of these times and locations. Again it is the expectation that athletes attend these practices. More practices may be added at WCSG coaching staff discretion.

Sport Science Sessions

There are several sessions created for the WCSG program. We are working closely with the Sports Medicine Council. These sessions are offered both in Regina and Saskatoon as well as being made available on-line to the group to view.

Mental Training – 4.5 hours

Nutrition – 4 hours

Injury Prevention - 1 hour

Drug and Doping – 1.5 hours

Bruce Craven in association with the Sports Medicine Council has also created a workout program that all WCSG athletes are expected to follow.

Team Training

All athletes are expected to attend the team training camps.

May 17 – Saskatoon

June 10-11- Regina

After the team is selected:

August 1-3 Games Preparation training in Regina

Training Camps

Boys – will be attending a training camp in Oregon July 2-9

Girls – will be attending a training camp in Washington July 4-11

These are both excellent camps with the focus being freestyle wrestling, they are excellent team building opportunities and a good chance to mentally prepare WCSG athletes to travel, compete, and learn how to take care of themselves while traveling (nutrition, sleep, taking care of minor injuries, etc.)

Games Itinerary

Aug 4- depart Regina

Aug 5- practice

Aug 6- practice & Weigh-ins

Aug 7- 9- Competitions

Aug 10- depart Kamloops

If you have any questions or concerns, please feel free to contact one of the coaching staff, or SAWA VP Technical, or the SAWA office.

Building Champions,
2011 WCSG Coaching Staff

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