

OAWA December Club Mailing

Best wishes from OAWA for the Holiday Season!

As we head in to the Holidays here are some reminders and new information from OAWA:

Included in this mailing:

1. **2024 Ontario Cadet and Juvenile Tournament** Information. Saturday/Sunday February 3 – 4, 2024. Markham Pan Am Centre. Markham, ON
 2. **2024 Ontario Junior Championships** – Sunday January 28, 2024. Western University, London. Tournament and Hotel Information.
 3. December 29 – OAWA sponsoring High Performance Athlete Training Session.
 4. OAWA hosting December 30, 2024 Junior Development Training Camp.
 5. NCCP workshops available – January and February workshops hosted by Wrestling Canada Lutte.
 6. Understanding NCCP Competition/Introduction – how to.
 7. OAWA Coaching Standards – requirements to coach at various events.
 8. Reminder: Sanctioning Process for Travelling outside Ontario – make sure you are covered!
 9. Update on Obtaining Vulnerable Sectors Checks for Toronto Volunteers.
 10. Event Convenors – send us your event information pre-event and your results post-event.
-

Ontario Cadet/Juvenile Championships

Reminder that the Ontario Cadet (u-17) Open and Juvenile (u-19) Championships are February 3 – 4, 2024 taking place at the Markham Pan Am Centre in Markham.

For the tournament information flyers, including Host Hotel Information, please click the link below:

2024 Ontario Juvenile Championships Feb. 3, 2024

2024 Ontario Cadet Open Feb. 4, 2024.

2024 Ontario Junior Championships

The 2024 Ontario Junior Championships will take place Sunday January 28, 2024 at Western University in London.

Get the event Flyer [HERE](#)

Need a Hotel? Get the Hotel Flyer [HERE](#)

Senior HP Athlete one-day Training Camp Fri. Dec. 29, 2024

OAWA Sponsoring a Senior High Performance Athlete Training Session Friday December 29, 2023 at Canada Games Park in Thorold.

This camp is for athletes training with Ontario's recognized High Performance Clubs. Please consult your coach about attending, or contact OAWA High Performance

Manager David Tremblay highperformance@oawa.ca

See the flyer for full camp details. Click [HERE](#)

Junior Development One-Day Mini-Camp December 30, 2023

Once again, the OAWA is hosting a one-day mini camp for U-19 athletes. This camp will take place Saturday December 30, 2023 at Canada Games Park in Thorold. You can get the full camp flyer [HERE](#) but here are some highlights:

Camp Cost:

\$50.00 for OAWA members

\$75.00 for non- OAWA members

Location:

Canada Games Park:
3540 Schmon Pkwy,
Thorold, ON L2V 4Y6

Camp Focus: The camp will focus on mastering leg attacks and defenses. Improve your skills in finishing techniques, counters, and defense. Participate in high-energy drills to enhance your proficiency, and cap off the session with live wrestling in the afternoon.

Clinicians: Clinicians will include David Tremblay, High-Performance Manager. We also hope to feature some of our Canadian Trials winners and future Olympians. More details will follow.

Camp Schedule:

8:30 am: Final Camp Registration

9:00 am - 11:00 am: Mat Session #1

11:00 am - 12:00 pm: Lunch Break

12:00 pm - 1:00 pm: Off-Mat Training Session:

Nutrition for Competition presented by the Canadian Sport Institute Ontario
(*This organization is the best in the business*)

1:00 pm – 3:00 pm: Mat Session #2

3:00 pm: All participants leave CGP

For more information, contact David Tremblay

Email: highperformance@oawa.ca

Upcoming WCL NCCP Workshops

For Coaches looking to take NCCP Training ahead of Provincial and National Championships, we encourage you to consider the following course. These are online courses:

January 14 – January 18

WCL Part B Workshop

Jan. 14 Design a Basic Sport Program

9:00 A.M. to 3:00 P.M. Eastern Time

Jan. 18 Technical and Tactical Part B

8:00 P.M. to 10:30 P.M. Eastern Time

For more information, including course details and how to register [CLICK HERE.](#)

January 28 – February 1

WCL Part A Workshop

January 28th- Planning a Practice 12:00 P.M. to 6:00 P.M. Eastern Time

February 1st – Technical and Tactical Part A 9:00 P.M. to 11:30 P.M. Eastern Time

For more information, including course details and how to register [CLICK HERE.](#)

February 11 – February 15

WCL Part B Workshop

Feb. 11 Design a Basic Sport Program

12:00 P.M. to 6:00 P.M. Eastern Time

Feb. 15 Technical and Tactical Part B

9:00 P.M. to 11:30 P.M. Eastern Time

For more information, including course details and how to register [CLICK HERE.](#)

February 18 – February 22

WCL Part A Workshop

February 18th- Planning a Practice 9:00 A.M. to 3:00 P.M. Eastern Time

February 22nd – Technical and Tactical Part A 8:00 P.M. to 10:30 P.M. Eastern Time

For more information, including course details and how to register [CLICK HERE.](#)

Understanding NCCP Competition/Introduction

OAWA has produced a short information piece for coaches on how to work through the NCCP Competition introduction program. How to check your current training credentials, how to start and complete NCCP Competition/Introduction training through to getting Certification. Also includes a quick summary of NCCP requirements to coach at various events.

Get the Summary [HERE.](#)

OAWA NCCP Coaching Standards

Not sure what is required to be accredited to coach at events?

Check out this Summary [HERE](#)

OAWA Grant Writer and Development Coordinator - Request for Proposals

OAWA is looking to work with a Grant Writer and Development Coordinator to collaborate with management staff and the Board of Directors to explore funding needs, develop strategies, and prospect research, structure and write proposals, develop collateral materials, complete and/or coordinate reporting and necessary follow-up, and provide post-award support to staff overseeing sponsorships and grant-funded projects.

Click [HERE](#) for a full copy of the RFP Document

Interested individuals or firms, please submit your proposal to admin@oawa.ca prior to:

January 29, 2024

Reminder: OAWA - Process for Sanctioning out of Province Travel

The OAWA encourages member-clubs to travel out of Province as part of their Athlete Development program. Any travel sanctioned by OAWA is eligible for OAWA member insurance. Clubs travelling outside Ontario without requesting and receiving OAWA sanction will not be covered by OAWA insurance.

Items to note:

1. **Liability** – Club OAWA Liability Insurance goes with your club outside the Province of Ontario, provided you apply for sanction. See details below.
2. **Accident Insurance** – this insurance, for things like required medical treatment not covered by government health insurance or not covered by private providers (eg. Private coverage through a work plan) covers OAWA members for travel within Canada, but does not cover OAWA members for travel outside Canada.

OAWA recommends that clubs require individuals to have or purchase travel insurance (Blue Cross or equivalent, or possibly through a work-benefits insurance package) when travelling.

Special Note from OAWA's Insurer: The liability coverage is essentially worldwide but there is a sanctions exclusion. What that generally means is that the coverage will not extend to any places that the UN has deemed unsafe to travel to. For current example and perspective, the coverage would not extend to places like Russia, North Korea, etc.

Process for Sanctioning of Travel projects:

1. The member club is to submit a list of Members (Coaches, Officials, Athletes, Supporters) who are travelling outside of Ontario, along with an outline of the project: Date for Departure and Return, where you are travelling to, outline of the competitions you will participate in as well as any locations where you will be training. **This must be provided to the OAWA at least two weeks before departure.**
2. Please use this application form to apply for Sanction and provide a list of who is participating:

Get the Travel Sanction Application [HERE](#)

3. The OAWA will review the project, and ensure that all club members participating are up-to-date members of OAWA. All participants must be members of the OAWA for the Liability Insurance to be in place. OAWA recommends that any parents or other supporters who may be attending and helping with the trip (eg. Driving) join the OAWA to ensure they are covered for Liability.

4. The OAWA will follow up, confirming that the event is a sanctioned activity.

If you have any questions regarding how to fill out this application, please reach out to Tim MaGarrey at admin@oawa.ca. If you have trouble downloading the form, you can have it e-mailed to you.

NEW:

Instructions for Toronto Coaches & Officials-obtaining a Vulnerable Sector Check

The Toronto Police Services has made it easier for Toronto Volunteers to apply for a Vulnerable Sector Check!

Applications for VSC for residents of Toronto can now be done online! **Before you apply, please contact the Ontario Amateur Wrestling Association to receive OAWA's Agency Code/Program Number for the online application.**

Please e-mail Tim MaGarrey at admin@oawa.ca to get the code.

Who Can Apply?

- Only residents of Toronto (your postal code beginning with "M") can obtain a Vulnerable Sector Check with the Toronto Police Service
- The individual can apply online and must provide the OAWA's unique Agency Code.

How to Apply:

Go to the Toronto Police Services Police Records Checks Section:

www.tps.to/police-checks

to apply online for police checks.

The TPS website includes lots of information on applying for your Vulnerable Sector Check, including cost, more information on who can apply, and more.

Reminder to Event Convenors

Hey Event hosts/convenors! Remember to send us your event information and your event flyers/entry forms to be included on the OAWA Competitive Monthly Calendar.

And send us your results too! We'll share them on www.oawa.ca

Remember to check the OAWA Events Calendar regularly for Event Listings, Tournament Flyers, Entry Forms and more:

View the Calendar [HERE](#)