



Wrestling Canada + Wrestle Like a Girl¹ Empowerment Camp

Dates: Jan 4-5, 2023

Location: **Toronto Pan Am Sports Centre (TPASC)**

875 Morningside Ave.
Toronto, Ontario M1C 0C7
Tel: 416.283.5222

Contact TPASC for facility information only.
For camp information use contacts provide below

Clinicians: **Justina DiStasio**

- 2018 World Champion
- 2019 Pan Am Gold Medalist
- 2022 Commonwealth Games Champion

Samantha Stewart

- 2021 World Bronze Medalist
- 2022 Commonwealth Games Silver Medalist

This camp is supported by a grant from:



This is an exclusive camp for aspiring (14-19-year-old athletes!)

Cost: \$56.50 (includes HST)

Cost includes lunch both days. Cost does NOT include accommodations. Athletes requiring accommodations should make their own arrangements and must be accompanied by a parent or coach.

All participants must be current members of OAWA or their Provincial WCL Affiliate Association.

[Registration Link](#)

**Registration info or questions: email Chris Stefopoulos:
ohpwrestling@gmail.com**

¹ Who We Are:

Wrestle Like A Girl (“WLAG”) is a 501(c)3 with a global impact, operating at the intersection of wrestling, gender equality, and social good. **Our mission is to empower girls and women using the sport of wrestling to become leaders in life.** We transcend borders and improve lives around the world regardless of gender, religion, class, or ethnicity.

Camp Itinerary:

**Schedule is subject to change*

WEDNESDAY, January 4, 2023

8:00am	Athletes Check-in @ Pan Am Centre
8:15am	Meeting Room - Athletes Expectations
8:30am	Introductions & Icebreakers
9:00	on-Mat Session 1
10:45am	Camp Photo #1
11:00am	Breakout Session A: Nutrition, Hydration & Hormone Cycles
12:00pm	Lunch (lunch is included in the camp price)
1:00pm	Mat Session 2
2:30pm	Breakout Session B: Canada Girls' Wrestle Culture Building
4:00pm	Day 1 Check-out / Depart Pan Am Centre

THURSDAY, January 5, 2023

8:30am	Check-in @ Pan Am Centre
9:00am	Mat Session 3
11:00am	Breakout Session C: Strength Building for Female Athletes
12:00pm	Lunch (lunch is included in the camp price)
1:00pm	Off Mat Activity (Clinicians' Choice)
2:00pm	Mat Session 4
4:00pm	Breakout Session D: Healthy Boundaries
5:00pm	Take Away - Camp Survey

Camp Contact:

Alishah Depass, Chair, OAWA Diversity & Inclusion Committee

Email: a.depass23@gmail.com Tel: 289.233.4564

Rules of Behaviour for all members at Ontario Amateur Wrestling Association Camps

While attending this Camp program, all athletes are reminded that they are representing their club, as well as their local community and family.

Rules:

1. All Participants are expected to behave in a courteous way at all times.
2. **All Participants are expected stay in camp at all times. DO NOT LEAVE ON YOUR OWN OR WITH ANOTHER TEAM MEMBER FOR ANY REASON WITHOUT LETTING A COACH OR MANAGER KNOW (for example, to go to the store, etc. - ask first!). If you receive permission to leave the camp site/hotel, always travel with a 'buddy'. DO NOT TRAVEL ALONE.**
3. All Participants are to respect each other and the property of others at all times, including while traveling to and from camp sessions, while residing in accommodations provided, as well as at all other times.
2. For this camp, no accommodations are provided. Athletes staying overnight must be accompanied by a parent or coach.
3. There is to be no smoking, drinking of alcoholic beverages or use of illegal drugs at any time during the camp program.
4. All members are to obey instructions of all Ontario Coaches and Managers, as well as those of the Organizing Committee of the Camp.

Course of Action if a member is in violation of the rules:

1. Any member of found breaking the law will be charged by the police.
2. All other violations will be reviewed by the Managers/Coaches running the camp.
3. If appropriate, the President of the Ontario Amateur Wrestling Association will be contacted.
4. If the Camp Staff recommend it, and the President of the Ontario Amateur Wrestling Association agrees, the member will be asked to leave. Parents must pick up the member on request or he/she will be sent home **at their parent's expense**.
5. Following the camp, a Disciplinary Hearing may be held by the Ontario Amateur Wrestling Association, at which time other penalties against the violator will be considered. This might include suspension from the O.A.W.A., and so on.