



2023 High Performance Camp

MAY 28-31, 2023

Place Bell Cité de la culture et du sport

Laval, QC



EVENT INFORMATION

(as of May 2, 2023)

WRESTLING CANADA LUTTE	Jolene Wong Phone: 613-748-5686 Email: jwong@wrestling.ca
TRAINING CAMP VENUE	PLACE BELL CITÉ DE LA CULTURE ET DU SPORT 1950 rue Claude-Gagné Laval, QC H7N 0E4 http://cite.placebell.ca/
HOST HOTEL	GRAND HÔTEL TIMES LAVAL 1700 rue Jeanne-Mance Laval, QC. H7T 0R2 Phone: 450-639-5000 https://www.grandtimeshotel.com/grand-times-laval/
ATHLETES	MANDATORY <ul style="list-style-type: none">• All Senior Canadian Champions & Alternates (True Seconds) in Olympic Weight Classes• All Carded Athletes (senior & development)• Exception: those athletes that have committed to the 3rd Ranking Series in Kyrgyzstan or other exceptional circumstances as determined by the High Performance Director• No camp fee for the above athletes (athletes will receive a coupon code by email to assist with registration) BY INVITATION <ul style="list-style-type: none">• All participants of the U23 Canadian Championships and Senior Non-Olympic Trials• Camp Fee: \$75 <p>*Training camp will begin Monday, May 29th, 2023, for athletes. **Travel and accommodations will be the responsibility of all athletes. ***Meals TBD. More information to follow shortly. ****All sessions (on mat & off mat) are mandatory for athletes.</p>

<p>COACHES</p>	<p>MANDATORY</p> <ul style="list-style-type: none"> • One coach from every HP Centre • One coach from every Club Excellence Centre <p>BY INVITATION</p> <ul style="list-style-type: none"> • All participants of the U23 Canadian Championships and the Senior Non-Olympic Trials are welcome to participate. • Camp Fee: \$75 <p>*Training camp will begin Sunday, May 28th, 2023, for coaches. **Travel and accommodations will be the responsibility of all coaches. ***Meals TBD. More information to follow shortly. ****All off mat sessions are mandatory for coaches. Coaches are welcome to attend on mat sessions.</p>
<p>REGISTRATION PROCESS</p>	<p>Event registration can be accessed at the following link for athletes and coaches: https://2mev.com/#!/events/high-performance-camp</p> <p>The registration fee for the 2023 High Performance Camp is NON-REFUNDABLE.</p> <p>Registration will close May 12th at 16:59.</p>
<p>COVID PROTOCOLS</p>	<p>All COVID-19 requirements in effect will be based on applicable health and safety measures required or recommended by the provincial and local public health authorities.</p> <p>It is strongly recommended that all individuals be fully vaccinated and maintain the recommended number and type of vaccine doses as updated by Health Canada.</p>
<p>SAFE SPORT REQUIREMENTS</p>	<p>As part of WCL’s commitment to Safe Sport, all individuals must complete and submit to WCL informed consent regarding the administration and enforcement of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).</p> <p>All individuals must complete Safe Sport Training & Screening Requirements as outlined in the following document: https://wrestling.ca/wp-content/uploads/2021/09/Safe-Sport-Training-Screening-Requirements-June-2021.pdf. All training & screening must be completed with the prescribed time period and no later than the final registration deadline.</p>



2023 High Performance Training Camp Canadian Coach & Athlete Schedule



(As of May 2nd, 2023. Subject to change)

Time/Day	SUNDAY	MONDAY			TUESDAY			WEDNESDAY			Time/Day
	May 28	May 29			May 30			May 31			
	COACHES	MEN	WOMEN	COACHES	MEN	WOMEN	COACHES	MEN	WOMEN	COACHES	
7:00-8:00		BREAKFAST			BREAKFAST			BREAKFAST <i>IST Session: 'Weight Cut Project'</i> (Heather Hynes & Judy Goss)			7:00-8:00
8:00-9:00		BREAKFAST			BREAKFAST			BREAKFAST <i>IST Session: 'Weight Cut Project'</i> (Heather Hynes & Judy Goss)			8:00-9:00
9:00-9:30		<i>IST Session: 'Identifying your Energy Needs'</i> (Heather Hynes)	WW Mat Session Warm Up - Saskatoon	WW Mat Session	MF Mat Session Warm Up - Team Impact	<i>IST Session: 'Week of Competition'</i> (Judy Goss)	MF Mat Session	Off	WW Mat Session Individual Warm Up Matches 9:00-10:30	WW Mat Session	9:00-9:30
9:30-10:00		Off	9:00-10:30	Lead - Montreal WC	9:00-10:30	Off	Lead - Calgary WC			WCL Lead	9:30-10:00
10:00-10:30		Transition			Transition			Transition			10:00-10:30
10:30-11:00		Transition			Transition			Transition			10:30-11:00
11:00-11:30		MF Mat Session Warm Up - London	<i>IST Session: 'Identifying your Energy Needs'</i> (Heather Hynes)	MF Mat Session	<i>IST Session: 'Week of Competition'</i> (Judy Goss)	WW Mat Session Warm Up - Guelph WC	WW Mat Session	MF Mat Session Individual Warm Up Matches 11:00-12:30	Off	MF Mat Session	11:00-11:30
11:30-12:00		11:00-12:30	Off	Lead - Montreal WC	Off	11:00-12:30	Lead - Calgary WC	11:00-12:30		WCL Lead	11:30-12:00
12:00-12:30		Transition			Transition			Transition			12:00-12:30
12:30-1:00		Transition			Transition			Transition			12:30-1:00
1:00-1:30		Lunch		Lunch & Learn <i>'Dare to Fuel'</i> (Alexia de Macar & Jodi Richardson)	Lunch & Learn <i>'Jill Gallays'</i>			Lunch & Learn <i>WCL Athlete Handbook</i> (Chris W, Kale W, Scott V)		Lunch & Learn <i>'KQJO APP: YTP Planning In-Service'</i>	1:00-1:30
1:30-2:00		Off		Off	Off	Off	Off	Off	Off	Off	1:30-2:00
2:00-2:30		Off		Off	Off	Off	Off	Off	Off	Off	2:00-2:30
2:30-3:00		Judy & Heather 1on1	Judy & Heather 1on1	Break	Judy & Heather 1on1	Off	Off	Off	Off	Break	2:30-3:00
3:00-3:30		Off	Off	Off	Off	Off	Off	Off	Off	Off	3:00-3:30
3:30-4:00		Judy & Heather 1on1	WW Mat Session Warm Up - McMaster	WW Mat Session	MF Mat Session Warm Up Cat Town WC	Judy & Heather 1on1	MF Mat Session	Off	WW Mat Session Warm Up Montreal	WW Mat Session	3:30-4:00
4:00-4:30			3:00-4:30	Lead - Brock WC	3:00-4:30		Lead - BMWC		3:00-4:30	WCL Lead	4:00-4:30
4:30-5:00		Transition			Transition			Transition			4:30-5:00
5:00-5:30		MF Mat Session Warm Up - Edmonton	Off	MF Mat Session	Off	WW Mat Session Warm Up Black Bear	WW Mat Session	MF Mat Session Warm Up Montreal	Off	WW Mat Session	5:00-5:30
5:30-6:00		5:00-6:30		Lead - Brock WC		5:00-6:30	Lead - BMWC	5:00-6:30		WCL Lead	5:30-6:00
6:00-6:30	Dinner:	Transition			Transition			Transition			6:00-6:30
6:30-7:00	Camp Intro & <i>IST Session: 'Building a Competitor'</i> (Judy Goss & David Lopez)	Transition			Transition			Transition			6:30-7:00
7:00-7:30		Dinner & Learn: <i>'Athlete Performance Analysis session'</i> (David Lopez)		Dinner & Learn: <i>'Application Session'</i> (Heather Hynes & Judy Goss)	Dinner & Learn <i>'Differences in Training Response between Male & Female Athletes'</i> (Presenter to be confirmed)			Coach & Athlete Departure			7:00-7:30
7:30-8:00											7:30-8:00