



ANNUAL REPORT

2022-2023

VISION

Achieve sustainable international excellence through the growth of wrestling in Canada.

MISSION

Provide leadership, support and safety nationally for our athletes & other participants in pursuit of international podium success.



VALUES

COLLABORATION

Uniting and cooperating in synergy with others towards a commonly shared purpose or outcome.

EXCELLENCE

Drive and determination to success by striving to do better in every aspect, both on and off the mat.

TRUST

Belief and confidence in the honesty and reliability of WCL and its Participants.

INCLUSIVITY

Embodiment and acceptance of diverse people and ideas that builds a culture of respect, dignity and equity for all.

INTEGRITY

Being honest, transparent and confident that all participants will act in the best interests of WCL, its Athletes and other Participants.

AREA OF FOCUS

ADF 2 GOVERNANCE & MANAGEMENT

Use of contemporary business governance principles including effective strategic oversight & fiscally-responsible standards.

ADF 3 PODIUM PERFORMANCE

Place competitors in the top four positions (1st, 2nd, 3rd, 4th) in major events.

ADF 4 RETURN TO SPORT THROUGH DEVELOPMENT

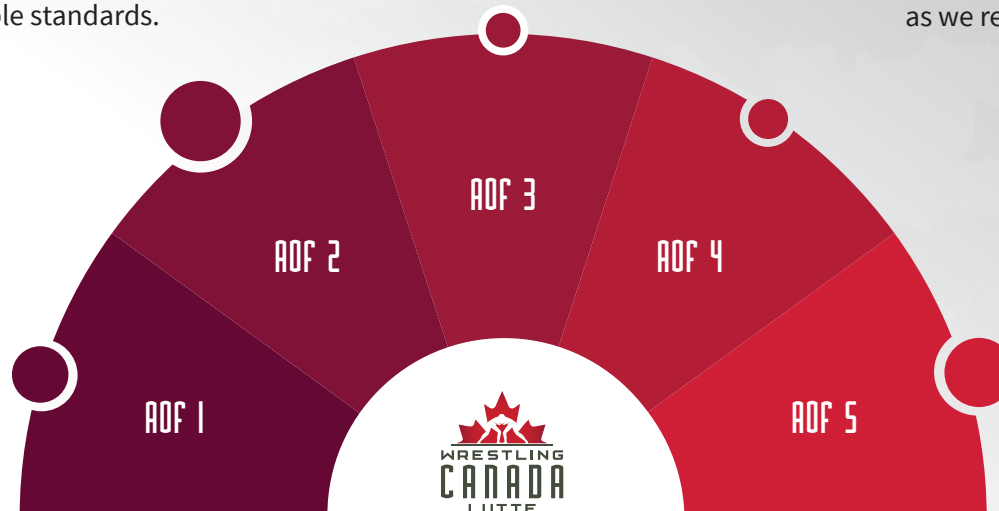
Renewing and supporting the reconstruction of wrestling's grassroots systems and clubs, as we return to sport in Canada.

ADF 5 SPORT PROMOTION

Fostering sport promotion through excellence in event hosting, strategic communication and marketing efforts, as well as alumni engagement and support.

ADF 1 CULTURE

Creating a safe and value-based culture that is supported by and for our Athletes and other Participants.



MESSAGE FROM CHAIR & CEO

**“OUR TEAM
WON 12 OF 12 MEDALS
AT THE COMMONWEALTH GAMES.”**

As we reflect on the 2022-23 year, we continue to be buoyed by the resiliency and determination of our athletes as we return to wrestling.

Alongside the rest of the nation, we experienced the continued impacts of COVID at the start of the season, but with the persistent optimism of the community, we have come through the other end, not entirely unscathed, but with a renewed energy as we approach the Olympic year.

We are proud to be supported and led by a cohesive and committed team of staff, support personnel and partners, who work tirelessly daily alongside the athletes and coaches. We are also guided by a dedicated Board of Directors who volunteer countless hours supporting WCL’s vision. The passion and dedication from everyone contributes to our achievements both on and off the mat.

Our commitment to providing a safer and more inclusive environment for our community remains, and we look to further engage with our athletes and Members to ensure that their voices are heard.

As we look back over the last year:

- Our team won 12 of 12 medals at the Commonwealth Games.
- Our athletes won two bronze medals, and two 5th places at the Senior World Championships and a 6th place for the women’s team.
- Delivered two Canadian Championships, albeit postponed and the first since 2019, including a new U15 age category.
- Participated in the 2022 Canada Summer Games with great success.
- Participated in the 2023 U SPORTS Championships, after a two-year hiatus.
- The new 2022-2027 Strategic Plan, adopted by the Board of Directors and the Members lays the foundation for activities through this shortened Olympic cycle and into the next.

- Launched a new registration database and event registration system.
- Adopted the UCCMS and signed on to Abuse-Free Sport.
- Launched a governance review.
- Participated in various Olympic familiarization and preparation activities.
- Started the 2024 Olympic qualification process.
- Signed a new partnership agreement with FloSports as WCL’s official streaming service.
- Signed a new partnership agreement with Gadar Promotions as the official merchandise provider to WCL.

We take this opportunity to note the importance and commitment of our key funding partners, including Sport Canada and the Canadian Olympic Committee, as well as other partners and sponsors. We are thankful for this support, which enables us to continue to deliver our vision.

As we continue to strengthen the foundation of governance to ensure strong and diverse leadership into the coming years, we acknowledge the efforts of the Board of Directors, staff, committees, volunteers, and the Provincial and Territorial Associations who serve as the foundation for our future athletes, coaches, officials and volunteers. Without a doubt there is more to be done, and we look forward to working collaboratively in the coming year.

Yours in Sport,

**Lee MacKay, Chair
Tamara Medwidsky, CEO**



COVID-19 UPDATES:

- Regular review of COVID mandates, domestic and international public health standards and recommendations.
- WCL implemented an interim vaccine mandate in spring 2022.
- As of August 29, 2022:
 - All COVID-19 requirements in effect will be based on applicable health and safety measures required or recommended by the provincial public health authorities.
 - Strongly recommend that all individuals be fully vaccinated.
 - When travelling to other countries as sanctioned by WCL, individuals are additionally required to follow the laws, and comply with applicable COVID-19 health and safety measures required or recommended issued by local government and related event organization policies in effect.

[READ MORE](#)

SAFE SPORT:

Our commitment to providing a safer and more inclusive environment for our community remains, and we look to further engage with our athletes and Members to ensure that their voices are heard.

Highlights:

- Approval of revised safe sport policy manual, including adoption of UCCMS.
- Joined Abuse-Free Sport December 29, 2022.
- Continue to support safe sport training & education and implement mandatory screening and training.
- All safe sport related allegations are addressed independently either through ITP Sport or OSIC.

[READ MORE](#)

SUMMARY OF DISPUTES / DISCIPLINARY MATTERS:

Doping:

- 1 anti-doping rule violation

Complaints (safe sport):

- 1 referee conduct (ongoing)
- 1 independent investigation conduct (concluded)
- 2 coach conduct (concluded & being appealed)

Appeals at SDRCC:

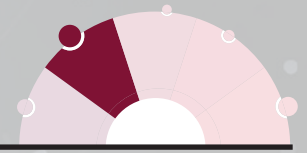
- 2 coach conduct (ongoing)

Claims:

- 5 with WCL as defendant (ongoing)
- 5 with WCL as defendant (ongoing)
- 1 with WCL as defendant (discontinued)

GOVERNANCE AND MANAGEMENT

Use of contemporary business governance principles including effective strategic oversight & fiscally-responsible standards.



KEY HIGHLIGHTS:

Governance:

- Launch of governance review and revision
- Governance Working Group
 - Kelly Rich (BOD)
 - Jess Tang (BOD)
 - Bill Whiteway(BOD)
 - Tamara Medwidsky (staff)
 - Benoit Girardin (LBB Consultants)

Policy Development, including approval & revision of key policies:

- Enterprise Risk Management Policy
- Conflict of Interest Policy
- Donation & Tax Receipt Policy
- Payment Policy
- Investment Policy
- Restricted Surplus Account Policy
- Strategic Planning
- Approval of new [Strategic Plan \(2022-2027\)](#)
- Strategic Planning Advisory Group
 - Samantha Stewart (athlete)
 - David Tremblay Sr (coach / club)
 - Candice Warren (official)
 - Lee MacKay (BOD)
 - Kelly Rich (BOD)
 - Chris Woodcroft (staff)
 - Tamara Medwidsky (staff)
 - Sheffe Consulting

National Office & Staffing:

- Additions - Jolene Wong (Program Coordinator, National Team, Events & Administration).
- Renewed national office lease at RA Centre for 5-year period.

National Database:

- Launch of WCL participant database and event registration system with Interpodia in January 2023.



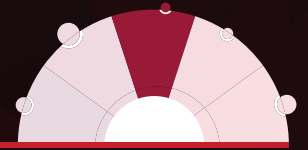
PODIUM PERFORMANCE

Place competitors in the top four positions (1st, 2nd, 3rd, 4th) in major events

KEY MILESTONES & HIGHLIGHTS:

- Medal performances at numerous international events
- Delivery of several national team camps
- Olympic familiarization activities
- Regular engagement with HP coaches
- Regular engagement with HP newsletter
- Policy development:
 - 2023 Pan Am Games INP
 - 2024 Olympic Games INP
- Coach Selection
- World Team Selection (all age groups)
- Athlete Assistance Program

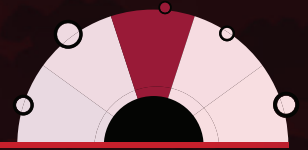
PODIUM PERFORMANCE



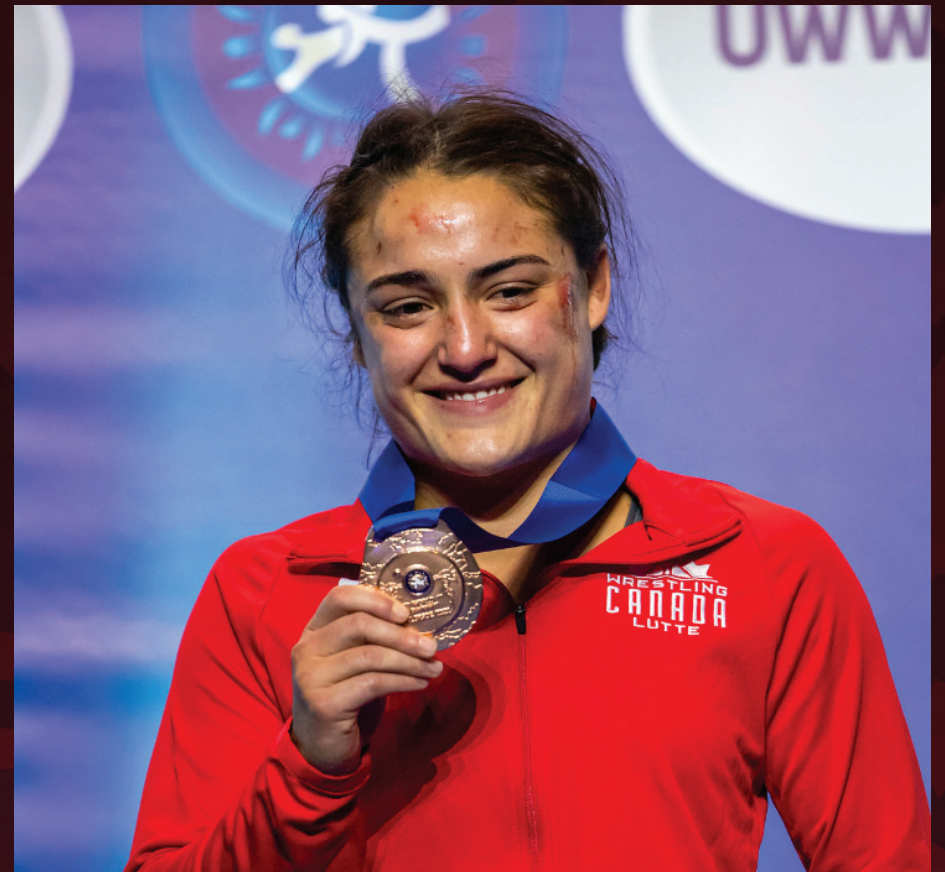
2022 Senior World Championships -
Women's Team 6th Place



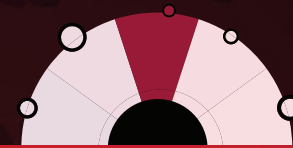
PODIUM PERFORMANCE



2022 Senior World Championships
Karla Godinez Gonzalez and Linda
Morais (Bronze)



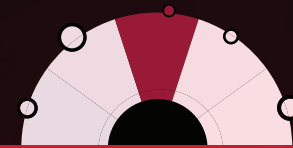
PODIUM PERFORMANCE



Ana Godinez, Justina Di Stasio
and Amar Dhesi (5th place)



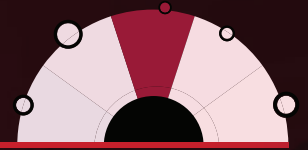
PODIUM PERFORMANCE



2022 Women's World Cup
Karla Godinez Gonzalez
selected to Team UWW



PODIUM PERFORMANCE



2022 Commonwealth Games



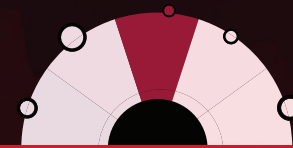
Men's Freestyle:

- 2 Gold: Nishan Randhawa, Amar Dhesi
- 2 Silver: Lachlan McNeil
- 2 Bronze: Darthe Capellan, Jasmit Phulka, Alex Moore

Women's Wrestling:

- 1 Gold: Justin Di Stasio
- 4 Silver: Madison Parks, Samantha Stewart, Ana Godinez Gonzalez, Linda Morais
- 1 Bronze: Hannah Taylor

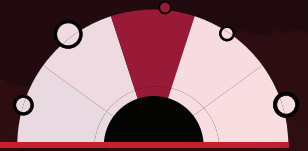
PODIUM PERFORMANCE



2023 Ranking Series



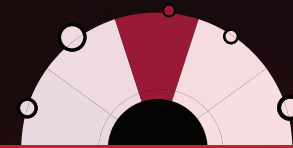
PODIUM PERFORMANCE



EUROPEAN TOURS



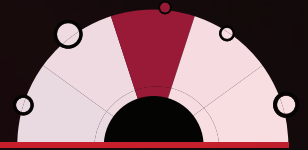
PODIUM PERFORMANCE



NATIONAL CAMPS



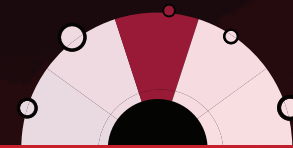
PODIUM PERFORMANCE



2022 World Cup of Wrestling International
Camp in Iowa - Thanks Marty and Vanessa;
Tonya V, Clarisa and Terry Steiner, USA



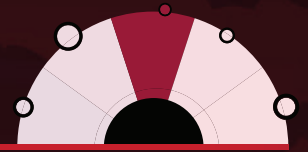
PODIUM PERFORMANCE



Wrestle Like A Girl Camp



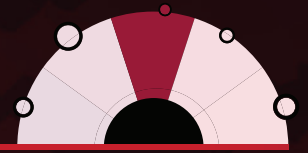
PODIUM PERFORMANCE



Olympic Familiarization



PODIUM PERFORMANCE

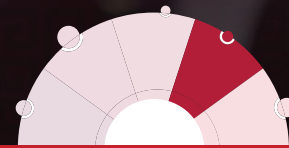


Olympic Trials Ladder is Set

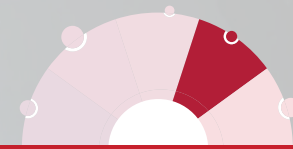


RETURN TO SPORT THROUGH DEVELOPMENT

Renewing and supporting the reconstruction of wrestling's grassroots systems and clubs, as we return to sport in Canada.



RETURN TO SPORT THROUGH DEVELOPMENT



COACH EDUCATION & DEVELOPMENT UPDATES

- Coach Education & Development Advisory Committee (CEDAC)
 - Gord Sturrock (Chair)
 - Grant Lavallee
 - Andy Ross
 - Megan Morrison
 - Shawn Daye-Finley
- 51 coach exemption requests reviewed for Canadian Championships
- New policy for foreign coaches coaching Canadian athlete implemented
- Maintenance of Certification resource developed
- Special thanks to all the staff who support the administration of the program and create an environment for continued innovation

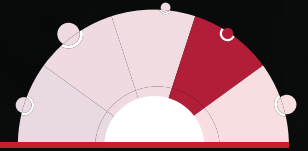
NCCP: COMPETITION-INTRODUCTION

- Program leads - Grant Lavallee & Kim Walsh
- Part A - 6 workshops delivered by WCL
- Part B - 6 workshops delivered by WCL
- 48 evaluation requests
- 2 Learning Facilitator update sessions
- 2 Coach Evaluator update sessions
- 4 new certified Learning Facilitators
- 3 new certified Coach Evaluators
- Thank you to Anny Chandonnet (SportsQuébec) and Manon Ouellette (Coach New Brunswick / Entraîneur Nouveau Brunswick) for assisting delivery of Planning a Practice and Basic Sport Program.

NCCP: COMPETITION-DEVELOPMENT

- 3 workshops delivered by WCL
- Thanks to David Lopez, Gord Sturrock and Luc Morin to developing pilot materials and testing
- Evaluations were focused on Canada Games coaches
 - 16 portfolio evaluations
 - 18 practice evaluations
 - 17 tournament evaluations
- Thank you to David Lopez, Doug Krochak, Gord Sturrock, Grant Lavallee, Kim Walsh and Owen Dawkins for their work as evaluators.
- WCL is including licences for Dartfish Mobile (performance analysis) and KojoPlan (yearly training plans) as part of course materials.

RETURN TO SPORT THROUGH DEVELOPMENT



U SPORTS CHAMPIONSHIPS:

- Hosted at U of Alberta (February 2023)
- Back after a two-year hiatus
- Following a sport model review, wrestling will be moving to a P2 Championship in 2024-2025 season.
- Congrats to University of Alberta's Women's Team and Brock University's Men's Team for capturing team titles.

[READ MORE](#)



RETURN TO SPORT THROUGH DEVELOPMENT



NIAGARA 2022 CANADA SUMMER GAMES:

- The Canada Summer Games assembles the next generation of national, international and Olympic athletes in Canada's largest multi-sport and cultural event.
- Over 5,000 participants, 4,000 volunteers and countless visitors enjoyed 18 sports & over 250 events.
- The Games marked just the third occasion in the event's 55-year history that they were held in the province of Ontario and the first time in 21 years.
- Wrestling will have important legacy with new mats and permanent wrestling space at the Walker Sports and Abilities Centre (Brock University)
- Participation from 12 PTSOs
- Congratulations to Team BC on winning the Women's Team Title and Team ON on winning the Men's Team Title.

[READ MORE](#)



SPORT PROMOTION

Fostering sport promotion through excellence in event hosting, strategic communication and marketing efforts, as well as alumni engagement and support.



Website and Newsletter Key Statistics (April 1, 2022- March 31, 2023)



525,569
PAGE VIEWS
(previous period: 299,683)

223,102
SESSIONS
(UP 63.5%)

NEW (82.7%)
vs
RETURNING (17.3%)

67
ARTICLES POSTED



1,291
NEWSLETTER
SUBSCRIBERS

43.3%
OPEN RATE

NEWSLETTERS SENT:
4 (QUARTERLY)

SPORT PROMOTION



Social Stats
(April 1, 2022- March 31, 2023)



22,600

FOLLOWERS

32,250

AVERAGE MONTHLY
TWEETS IMPRESSIONS

1,536 (4.7%)

AVERAGE
ENGAGEMENTS



9,100

FOLLOWERS

POSTS 248

135,979

POST REACH

548

AVG. POST REACH

61

AVG. POST
ENGAGEMENT



7,469

FOLLOWERS

REACH 29,749

(UP 38%)

29,247

PROFILE VISITS

(UP 80.9%)

102

TOTAL POSTS

421

AVG. POST
ENGAGEMENT

SPORT PROMOTION



Streaming Stats (April 1, 2022- March 31, 2023)

2023 CANADIAN WRESTLING CHAMPIONSHIPS

(U19, U17, U15)

53.3k total views, across all streams
(one per mat each day)

2023 CANADIAN WRESTLING CHAMPIONSHIPS

(U19, U17, U15)

53.3k total views, across all streams
(one per mat each day)

2023 CANADIAN WRESTLING CHAMPIONSHIPS

(Senior, Junior, Cadet)

61.7k total views, across all streams
(one per mat each day)

* Note: 2023 streaming was done with multiple playlists,
users could have been watching multiple mats at the
same time which would create duplication in views.

2022 CANADA CUP

5,096 total views

2022 NON-OLYMPIC WEIGHT CLASS TRIALS

3,815 total views

2022 CANADIAN WRESTLING CHAMPIONSHIPS

50,688 total views

2022 CANADIAN WRESTLING TRIALS

57,700 total views

ORIGINAL CONTENT (WRESTLER ORIGINS) THREE VIDEOS

3,076 total views

2,260 SUBSCRIBERS

to our YouTube Channel

SPORT PROMOTION

RECOGNITION AND AWARDS:

In 2022, WCL awarded two athletes Quest for Gold Awards. The awards went to Linda Morais and Karla Godinez Gonzalez who both captured a bronze medal at the 2022 Senior World Championships in Belgrade, Serbia. Morais' medal came in the women's 68 kg weight class, while Godinez Gonzalez won hers at 55 kg. Each athlete received \$2,000.

[READ MORE](#)

WCL HALL OF FAME

The WCL Hall of Fame welcomed three new members in 2023. Builder John Cook, and athletes Dean Schmeichel and Lyndsay Belisle. Cook was inducted during the 2023 Canadian Wrestling Championships (Senior, Junior, Cadet) in Waterloo, Ontario on March 11, while Schmeichel and Belisle were inducted at the Canadian Wrestling Championships (U19, U17, U15) in Vancouver on March 25.

[READ MORE](#)



SPORT PROMOTION



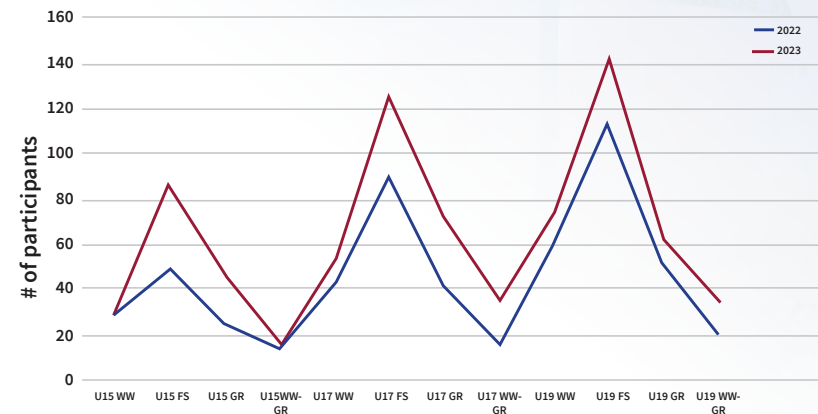
EVENT HOSTING HIGHLIGHTS

- **Canadian Championships back after a two-year hiatus**
 - 2022 Championships (Senior, Junior, Cadet) - Edmonton
 - 2022 Championships (U19, U17, U15) - Tsuut'ina Nation
 - 2023 Championships (Senior, Junior, Cadet) - Waterloo
 - 2023 Championships (U19, U17, U15) - Vancouver
 - Introduced new U15 age category in 2022
 - Introduced new U23 age category in 2023
- **Launch of domestic event hosting review**
- **Events & Hosting Advisory Committee**
 - Kelly Rich (Chair)
 - Samantha Stewart
 - Owen Dawkins
 - Jim Mitchell
 - Chris Stefopoulos
 - Kyle Hunter

Canadian Championships (Senior, Junior, Cadet)



Canadian Championships (U19, U17, U15)



BOARD OF DIRECTORS

BOARD OF DIRECTORS

- Chair: Lee MacKay
- Director: Bill Whiteway
- Director: David Zilberman
- Director: Daniel Olver
- Director: Gary Bird
- Director: Jasmit Phulka
- Director: Jess Tang
- Director: Kelly Rich
- Director: Paul Bellavia
- Director: Rachna Kumar
- Director: Rob Moore
- Director: Russ Pawlyk

EXECUTIVE COMMITTEE:

- President: Lee MacKay
- Director: Russ Pawlyk
- Director: Jess Tang
- Director: Gary Bird

OFFICERS

- Chair: Lee MacKay
- Treasurer & Secretary: Kelly Rich
- CEO: Tamara Medwidsky

PTSOs



PARTNERS, SPONSORS AND SUPPLIERS

PARTNERS IN EXCELLENCE



SPORT PARTNER



SPORT PARTNERS



PARTNERS, SPONSORS AND SUPPLIERS



APS (Nike Wrestling) - Nike continues to be the official supplier of WCL National Teams. WCL restructured our agreement with Nike to increase VIK received annually and receive larger discounts on additionally ordered items.



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[READ MORE](#)

PARTNERS, SPONSORS AND SUPPLIERS



FloWrestling – in 2023, WCL entered into a partnership with FloSports (FloWrestling) to be the official streaming service. The new service provides a means of revenue generation for WCL in addition to a clearer, higher quality product that will be used to aid in official reviews and training and coaches training. The partnership will include the livestreaming of all WCL Canadian Championships until the end of the 2027 calendar.

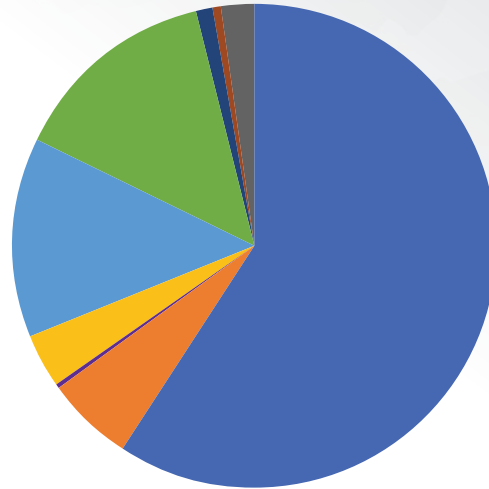
[READ MORE](#)



OPRO - WCL continues to work with OPRO to be the official mouthguard of WCL. Through OPRO and their supplier, WCL receives an annual allotment of mouthguards and is able to provide members 20% off any OPRO mouthguard or support product.

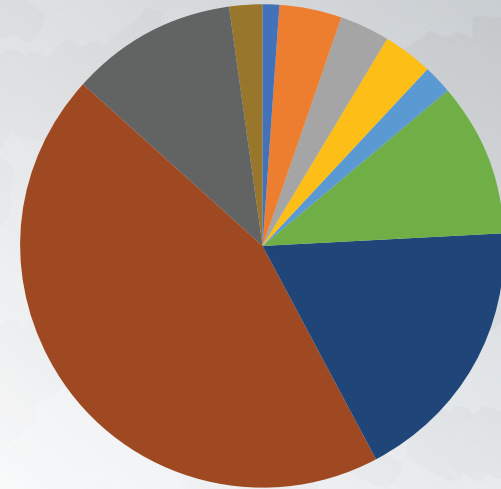
FINANCIALS AND FUNDRAISING

INCOME



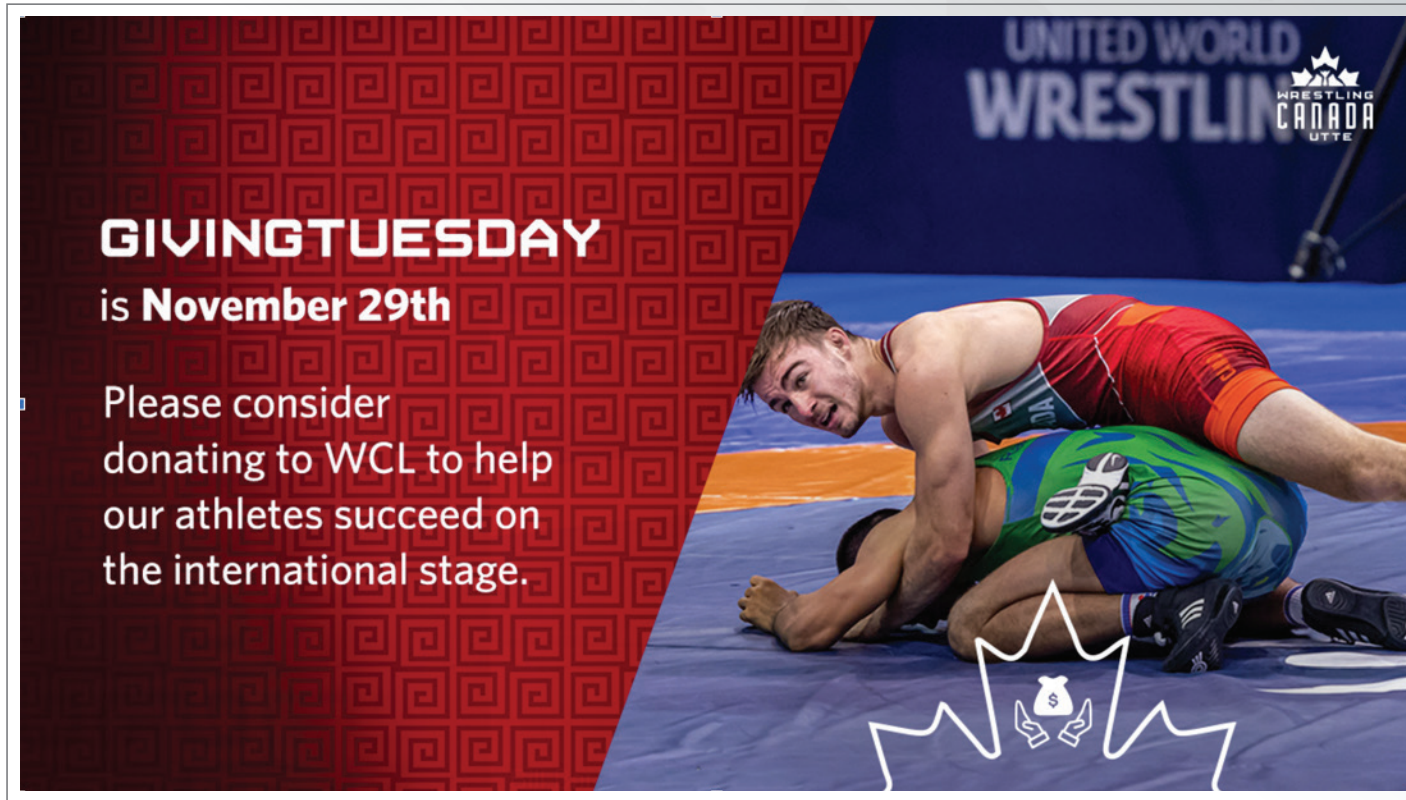
Government Support	\$1,878,000.00
Other Agency Support	\$189,630.34
Donations	\$3,501.30
Member Fees	\$119,370.00
Event and Sanction Fees	\$418,199.65
Program Fees	\$444,817.47
Miscellaneous Revenue	\$31,165.51
NCCP Courses	\$21,207.50
Sales & Marketing Revenue	\$64,655.33
TOTAL	\$3,170,547.10

EXPENSES



UWW Fees	\$34,521.05
General Administration	\$129,859.31
Legal & Complaints Management	\$103,322.74
Governance & Management	\$103,590.22
Marketing and Communication	\$59,629.46
Staff Salaries & Travel	\$323,380.88
Coaching & Technical Leadership	\$554,922.48
National Teams	\$1,370,944.41
Events	\$340,159.15
Development and Partnerships	\$65,766.42
TOTAL	\$3,086,096.12

FINANCIALS AND FUNDRAISING



FUNDRAISING:

WCL ran a fundraising campaign for GivingTuesday in 2022, an annual international movement that is dedicated to giving. Many organizations that support numerous causes are hoping Canadians heed the call and donate to a cause that matters to them. In total, WCL raised \$3,300 from the campaign.



www.wrestling.ca