



ANNUAL REPORT

2023-2024

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

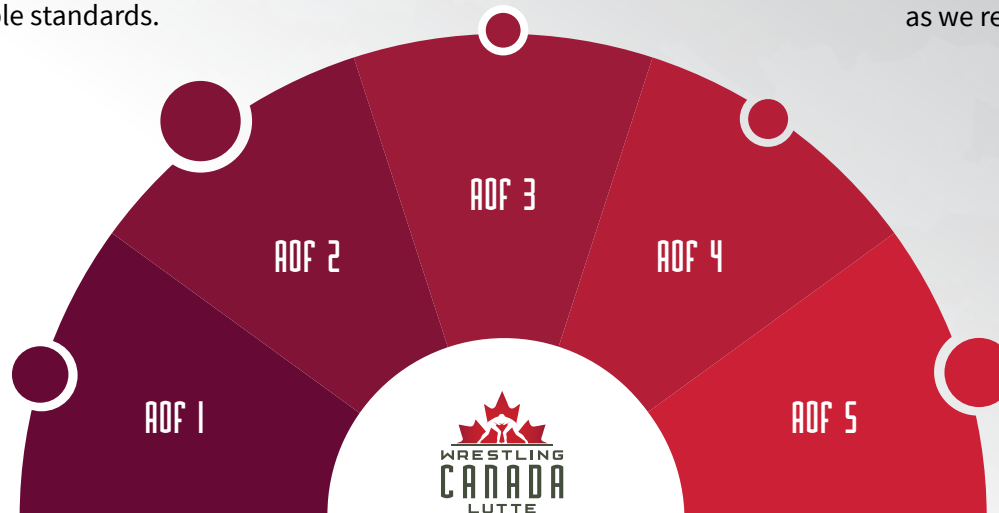
Renewing and supporting the reconstruction of wrestling's grassroots systems and clubs, as we return to sport in Canada.

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 CEO

2023-24 was another year of strong performances across all national teams, as well as the lead-up to the Paris Olympic Games with both international and domestic qualification, through the Canadian Team Trials. We recognize these performances are the result of tireless efforts and commitment of athletes, coaches, support personnel, volunteers and staff.

Efforts were renewed in development and grassroots, with activities across three community sport initiatives, including a new style of wrestling, supported and driven by the Provincial & Territorial Associations.

We are equally proud of the growth achieved in governance, with a new nominations process and a Board of Directors elected under new bylaws that have a foundation in broader diversity and independence.

As we reflect on this past year, we are motivated and further committed to working on activities and goals outlined in the 2022-2027 strategic plan:

- Started the international phase of Olympic qualification & qualified 6 athletes for the Olympic Games, an overall improvement from 4 athletes qualified for Tokyo
- Qualified two female officials for the Olympic Games
- Delivered Canadian Team Trials to select athletes for Olympic qualification
- Our athletes won 5 medals at the 2023 Pan American Games
- Our athletes won 6 medals at the 2023 Francophone Games
- Delivered 2 Canadian Championships, including the first ever U23 Championships

- Adopted key governance changes including election of Board of Directors under new bylaws
- Began implementation of Community Sport for All Initiatives, including Try Wrestling, Inuit Wrestling & Beach Wrestling
- Signed a new partnership agreement with FloSports as WCL's official streaming service

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, as outlined in our financial position. We are grateful for this support, which enables us to continue to deliver our shared vision.

We acknowledge the strong and diverse leadership 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.

As we embark on this Olympic year and into the next quadrennial, we look to continued synergies with our community in improving the cultural landscape by embodying the values of collaboration, excellence, inclusivity, integrity and trust so we can ensure a safe and respectful environment for all.

Yours in Sport,
Tamara Medwidsky, CEO

IN MEMORIAM

Dr. Bert Taylor

Natasha Fox

Andy Mitton

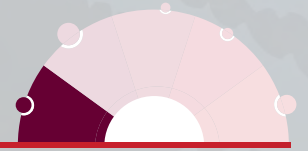
Bev Holmes

Kjeld Brodsgaard



CULTURE

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



SAFETY IN SPORT:

Our commitment to providing a safer and more inclusive environment for our community remains, and we continually look to engage and collaborate with our athletes and Members.

Highlights:

- Annual sessions with Members to discuss alignment on safety in sport.
- Implementation of Safe Sport Participant Fee Policy.
- Participation in Sport Environment Assessment.
- 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:

OSIC (safe sport):

- 4 cases opened (deemed admissible)
- 2 cases closed
- 1 case with provisional measures currently imposed

ITP Sport (safe sport):

- 1 referee conduct (ongoing)

Investigations:

- 1 athlete safety concerns (concluded due to lack of participation)
- 1 WCL & PTSO joint investigation into coach conduct (dismissed)

Matters before SDRCC:

- 1 coach conduct (ongoing)
- 4 jurisdictional arbitrations with WCL as a respondent (dismissed)

Other:

- 1 anti-doping rule violation (ends 2031)

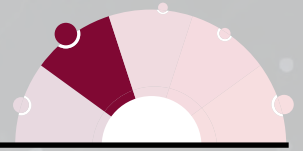
Claims:

- 5 with WCL as defendant (ongoing)



GOVERNANCE AND MANAGEMENT

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



GOVERNANCE HIGHLIGHTS:

- Governance Working Group:
 - Kelly Rich (BOD)
 - Jess Tang (BOD)
 - Bill Whiteway(BOD)
 - Tamara Medwidsky (CEO)
 - Benoit Girardin (LBB Consultants)
- Revisions to Bylaws approved, including foundational principles in the Canadian Sport Governance Code, including precise target requirements for diversity on boards of directors as well as parameters around board independence and term limits.
- New Nominations Policy
- New Nominations Committee
- Election of BOD under new Bylaws



PODIUM PERFORMANCE

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

PERFORMANCE MILESTONES & HIGHLIGHTS:

Medal performances at numerous international events, Championships & Games

- Olympic qualification
- Olympic preparation & planning
- Regular engagement with HP athletes & coaches
- Regular engagement with HP & IST newsletter

Policy development:

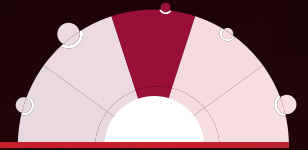
- World Team Selection (all age groups)
- Athlete Assistance Program

PARTICIPATION AT MAJOR CHAMPIONSHIPS & EVENTS:

- 2023 Pan American Championships (U17, U20, SR)
- 2023 World Championships (U17, U20, U23, SR)
- 2023 Francophone Games
- 2023 Pan American Games
- 2023 Ranking Series
- 2023 International Tournaments
- 2024 Ranking Series
- 2024 Senior Pan American Championships
- 2024 Pan American Olympic Qualifier
- RBC Training Ground
- Wrestle Like a Girl Camp



PODIUM PERFORMANCE



2023 Senior Pan Am Championships



From L to R: J.Poirier, A.Godinez Gonzalez, J.Di Stasio, J.Phulka

Women's Wrestling:

- 2 gold: Diana Weicker, Ana Godinez Gonzalez
- 1 silver: Alexandria Town
- 3 bronze: Aleah Nickel, Katie Mulkay, Justina Di Stasio

Men's Freestyle:

- 4 silver: Connor Quinton, Jasmit Phulka, Alex Moore, Jeremy Poirier
- 2 bronze: Jason Luneau, Nishan Randhawa

Men's Greco-Roman:

- 1 bronze: John Yeats

PODIUM PERFORMANCE



2023 U20 Pan Am
Championships



K.Mahil

Men's Freestyle:

- 1 gold: Karanveer Mahil
- 4 silver: Nathan Hunyady, Amaan Gulacha, Connor Church, Sam Pereira,
- 2 bronze: Treye Trotman, Nathan Rainville

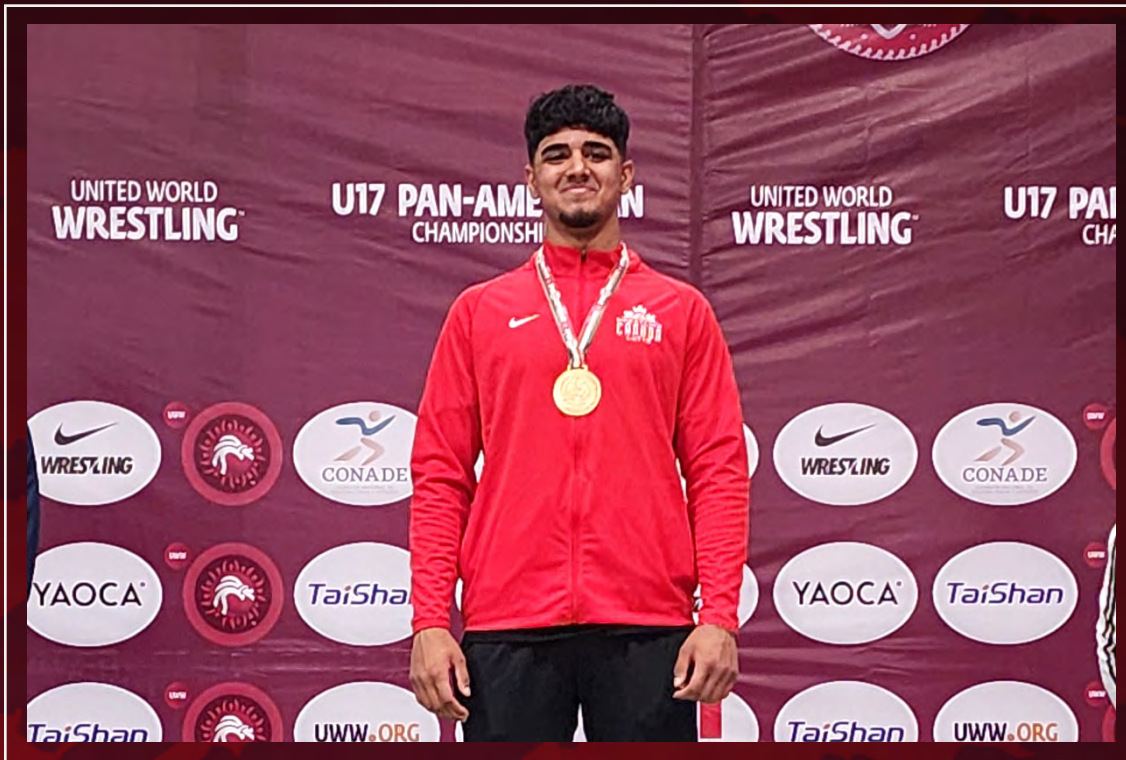
Women's Wrestling:

- 2 silver: Paige Maher, Myah Phillips
- 1 bronze: Serena Di Benedetto

PODIUM PERFORMANCE



2023 U17 Pan Am
Championships



M.Grewal

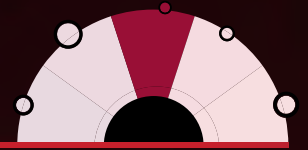
Men's Freestyle:

- 1 gold - Michealjeet Grewal
- 2 silver - Zakir Ibrahimkhil, Jagroop Dhinsa
- 1 bronze - Cruz Lewis

Women's Wrestling:

- 2 bronze: Manavi Asthana, Beatrice Galaise

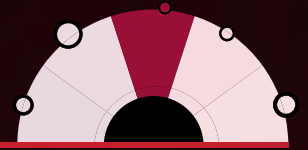
PODIUM PERFORMANCE



2023 Senior World Championships
Karla Godinez Gonzalez
(5th place)



PODIUM PERFORMANCE



2023 U23 World Championships
Vanessa Keefe, Michaela Rankin, Mia Friesen
(5th place)



V.Keefe



M.Rankin



M.Friesen

PODIUM PERFORMANCE



2023 U20 World Championships
Karan Mahil, Gabriella Cross
(5th place)



PODIUM PERFORMANCE



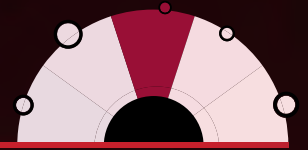
2023 Francophone Games



Canadian athletes win 6 medals led by Team Flag Bearer and Gold Medalist Aleah Nickel.

- 2 gold: Aleah Nickel, Katie Mulkay
- 1 silver: Nyla Burgess
- 3 bronze: Aidan Stevenson, Vivian Kutnowski (Team NB) & Elena Sehic (Team NB)

PODIUM PERFORMANCE



2023 Pan American Games



From L to R: H.Lee, S.Kuebeck, H.Taylor, A.Thomson, O.Di Bacco, N.Randhawa

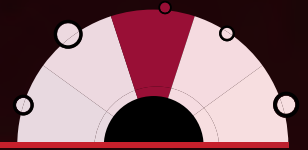
Women's Wrestling:

- Silver: Hannah Taylor
- Bronze: Olivia DiBacco

Men's Freestyle:

- Bronze: Adam Thomson, Hunter Lee, Nishan Randhawa

PODIUM PERFORMANCE



2024 Senior Pan American Championships

Women's Wrestling:

- 2 gold: Laurence Beauregard, Olivia Di Bacco
- 1 silver: Ana Godinez Gonzalez,
- 2 bronze: Katie Mulkey, Miki Rowbottom

Men's Freestyle:

- 3 silver: Tejvir Boal, Peiman Biabani, Jasmit Phulka



PODIUM PERFORMANCE



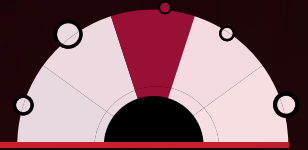
2024 Senior Pan American Championship



2nd place Women's Team
&
2nd place Men's Team

L: C. Woodcroft (HPD)

PODIUM PERFORMANCE



2024 Pan Am Olympic Qualifier
5 athletes qualify for the Olympic Games

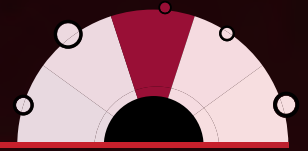


From L to R: A.Godinez Gonzalez, J.Di Stasio, H.Taylor



From L to R: A.Dhesi, A.Moore

PODIUM PERFORMANCE



WW57 - Hannah Taylor



WW76 - Justina Di Stasio



WW62 - Ana Godinez Gonzalez

PODIUM PERFORMANCE



FS86 - Alex Moore



FS125 - Amar Dhesi

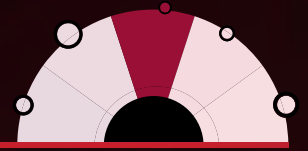
PODIUM PERFORMANCE



2024 Last Chance Olympic Qualifier:
Linda Morais (WW68) qualifies for Olympic Games



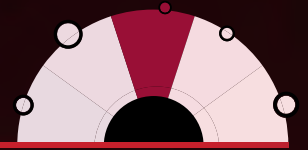
PODIUM PERFORMANCE



Ranking Series:

Numerous international medals won at 4 Ranking Series events

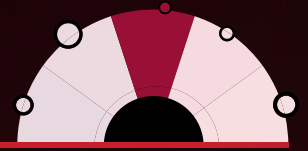
PODIUM PERFORMANCE



WCL Partners with RBC Training Ground

Mia Friesen one of 30 finalists,
named RBC 'Future Olympian' &
receives funding support

PODIUM PERFORMANCE



WCL partners with “Wrestle Like a Girl” and Dinos WC to host a female training camp.

Led by Carol Huynh & featuring Justina Di Stasio, Genevieve Morrison & Danielle Lappage with more than 100 athletes



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 & SPORT DEVELOPMENT HIGHLIGHTS

- 80 coach exemption requests reviewed for Canadian Championships by the Coach Education & Development Advisory Committee
- Four “Top Tier Fundamentals” sessions piloted in November 2023 and March 2024. WCL will continue to offer new sessions in the fall / winter 2024.

NCCP: COMMUNITY SPORT

- 1 workshop delivered by WCL

NCCP: COMPETITION-INTRODUCTION

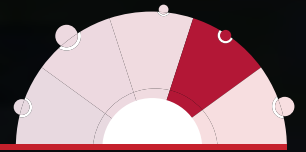
- Program lead - Grant Lavallee
- 16 workshops delivered by WCL
- 14 evaluations
- 1 Learning Facilitator update session
- 1 Coach Evaluator update session
- Special thanks to outgoing program lead Grant Lavallee who is retiring. Grant will continue as an active Learning Facilitator and Evaluator for Competition-Introduction and Community Sport programs.
- Welcome new program lead Ken Burgess. Ken’s responsibilities will include managing the evaluation process, supporting the training and monitoring process, as well providing important feedback on policy development and operational processes.

NCCP: COMPETITION-DEVELOPMENT

- 2 cohort workshops delivered by WCL
- 4 portfolio evaluations completed
- 1 tournament evaluation completed

RETURN TO SPORT THROUGH DEVELOPMENT

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



COMMUNITY SPORT FOR ALL INITIATIVES (CSAI)

- WCL was approved for three CSAI initiatives through Sport Canada's special project funding.

TRY WRESTLING (SPORT DEVELOPMENT):

- Project aims to review and revise sport development and coach community sport programs to be delivered at the community level.
- Deliver program in various communities across the country as an introduction to the sport, at no cost to participants, focusing on underserved communities, including new Canadians.

INUIT WRESTLING:

- Project aims to create resources and programming featuring Inuit and targeted for Inuit youth for access to freestyle and traditional Inuit wrestling.
- Deliver resources at wrestling clinics across various Inuit communities, including training Inuit coaches to deliver and run future wrestling programs in local Inuit communities.

BEACH WRESTLING:

- Project aims to create resources and opportunities to deliver this new style of wrestling, approved and being delivered by United World Wrestling
- Introduce and deliver beach wrestling clinics and test events across the country, at no cost to participants, to new and existing participants.



RETURN TO SPORT THROUGH DEVELOPMENT



U SPORTS CHAMPIONSHIPS:

- Hosted at U of Guelph (March 01, 2024).
- Following a sport model review, wrestling will be moving to a P2 Championship starting 2025.
- Congrats to Brock University's for capturing both Women's and Men's team titles.

[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



440,456
PAGE VIEWS

204,000
SESSIONS

133,000
USERS

1:01 AVERAGE
ENGAGEMENT
TIME

54
ARTICLES
POSTED

TOP 3 SUB PAGE VIEWS

①

HOME
62,000

②

EVENTS
43,000

③

2024 CANADIAN
WRESTLING
CHAMPIONSHIPS
EVENT PAGE
(U19, U17, U15)
24,000

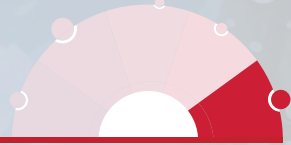


1,615
NEWSLETTER
SUBSCRIBERS

51.3%
NEWSLETTER
OPEN RATE

NEWSLETTERS SENT:
3 (QUARTERLY)

SPORT PROMOTION



Social Stats



22,459
FOLLOWERS



9,811
FOLLOWERS

225
POSTS

312,000
POST REACH

64,800
PAGE VISITS

28,000
INTERACTIONS



9,418
FOLLOWERS

54,000
REACH

56,600
PROFILE VISITS

151
TOTAL POSTS

500
STORIES

4,100
CONTENT
INTERACTIONS

SPORT PROMOTION

Wrestling Canada Lutte's partnership with FloSports (FloWrestling) officially began in May 2023. All events during the period below were streamed using FloSports.



Streaming Stats

**CANADIAN
U23 CHAMPIONSHIPS &
SR WORLD TEAM TRIALS**
May 27-28, 2023

723
Total Unique Viewers

0:56:26
Average View Time

**CANADIAN
TEAM TRIALS**

December 15-17, 2023

1,383
Total Unique Viewers

1:11:40
Average View Time

**CANADIAN WRESTLING
CHAMPIONSHIPS
(SR, JR, CADET)**
March 14-17, 2024

1,087
Total Unique Viewers

1:02:09
Average View Time



SPORT PROMOTION



INDIGENOUS AWARDS

Two Canadian wrestlers have been honoured with Indigenous awards. Burnaby, B.C.'s Justina Di Stasio (Burnaby Mountain Wrestling Club) was named a recipient of the 2023 Bitove Indigenous Awards, while Winnipeg's Connor Church (Montreal – NTC) was named a recipient of a 2023 Tom Longboat Award.

[READ MORE](#)



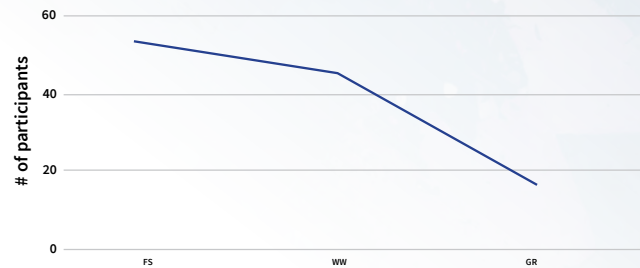
SPORT PROMOTION



EVENT HOSTING HIGHLIGHTS

- 2023 Canadian Team Trials (aka Olympic Trials) - Edmonton
- Canadian Championships:
 - Introduced new U23 age category in 2023
 - 2023 U23 Canadian Wrestling Championships & Non-Olympic Weight Class World Team Trials - Calgary
 - 2024 Championships (Senior, Junior, Cadet) - Ottawa
 - 2024 Championships (U19, U17, U15) - Mississauga

2023 Canadian Team Trial



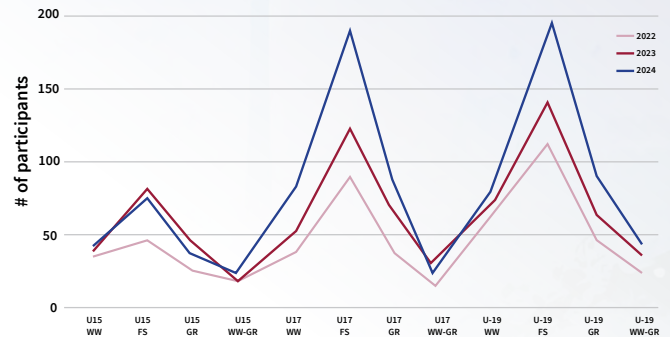
2023 Canadian U23 Championships and NOW Team Trials



Canadian Championships (Senior, U20-Junior, U17-Cadet)



Canadian Wrestling Championships (U19, U17, U15)



BOARD OF DIRECTORS

OUTGOING

- **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

INCOMING

- **Chair:** Brittane Laverdure
- **Director:** Bill Haliburton
- **Director:** David Bush
- **Director:** Indhyra Helfrich Linares
- **Director:** Kim Ma
- **Director:** Michael Joko
- **Director:** Theresa Vladicka

EXECUTIVE COMMITTEE:

- **President:** Brittane Laverdure
- **Director:** Theresa Vladicka
- **Director:** Bill Haliburton

OFFICERS

- **Chair:** Brittane Laverdure
- **Treasurer:** Indhyra Helfrich Linares
- **Secretary:** Michael Joko

PTSOs



PARTNERS, SPONSORS AND SUPPLIERS

PARTNERS IN EXCELLENCE



SPORT PARTNERS



PARTNERS, SPONSORS AND SUPPLIERS



APS (Nike Wrestling) - Nike continues to be the official supplier of WCL National Teams.



Gadar Promotions – Gadar Promotions continues to be the official merchandise provider to WCL and WCL's online shop operator.



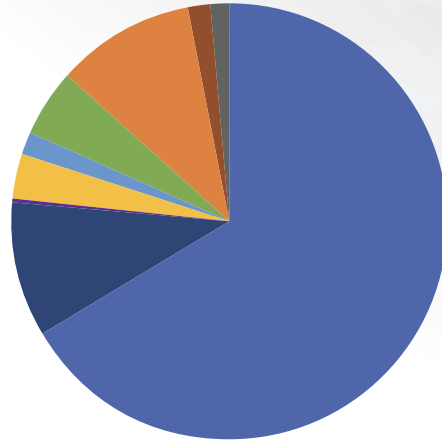
OPRO - OPRO continues to be the official mouthguard of WCL.



FloSports - FloWrestling continues to be the streaming partner of WCL.

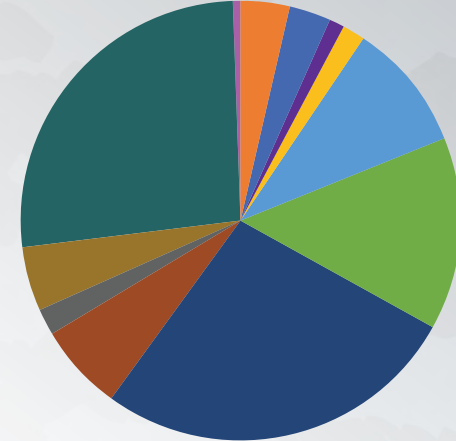
FINANCIALS AND FUNDRAISING

INCOME



| | |
|---|--------------------|
| ■ Government Support | \$2,622,500 |
| ■ Other Agency Support | \$384,459 |
| ■ Donations | \$15,198 |
| ■ Member Fees | \$130,000 |
| ■ Safe Sport Participant Fee | \$69,395 |
| ■ Event and Sanction Fees | \$190,565 |
| ■ Program Fees | \$403,523 |
| ■ Sales & Marketing Revenue | \$73,642 |
| ■ Miscellaneous Revenue + Interest | \$45,191 |
| TOTAL | \$3,934,473 |

EXPENSES



| | |
|---|--------------------|
| ■ General Administration | \$151,816 |
| ■ Legal, Complaints & Safe Sport | \$109,526 |
| ■ Meeting & Governance | \$53,776 |
| ■ Promotion & Communication | \$56,311 |
| ■ Staff Salaries & Travel | \$379,435 |
| ■ Coaching & Technical Leadership | \$550,233 |
| ■ National Team Programs | \$1,057,119 |
| ■ Sport Science & Medicine | \$254,632 |
| ■ Equipment & Uniforms | \$69,983 |
| ■ Events | \$187,353 |
| ■ Development & Partnerships (includes CSAI) | \$1,030,463 |
| ■ Contingency + Contribution to Reserve Fund | \$19,326 |
| Total Expenses | \$3,919,973 |

FINANCIALS AND FUNDRAISING



GIVING TUESDAY
is November 28th

Please consider donating to WCL to help our athletes succeed on the international stage.

FUNDRAISING:

WCL ran its second fundraising campaign for GivingTuesday in 2023, an annual international movement that is dedicated to giving. Giving Tuesday falls on the last Wednesday in November and is a time where 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 \$1,900 from the campaign.



www.wrestling.ca