SaskWrestling BoD Approved: May 28, 2024

High Performance Athlete Carding and Travel Funding Policy

Part of the mission of Sask Wrestling is to help athletes compete at the highest level of proficiency and to achieve excellence in fully developing their athletic potential. Sask Wrestling commits to providing funding to athletes to realize this mission. The High Performance funding is a grant to help enable training in the present competitive season based on performances from the previous competitive season. Athletes not training for competition will not receive funding without a physician supported medical exemption.

A portion of the Sask Wrestling annual budget will be dedicated to providing funding to High Performance Athletes. Amounts will vary from year to year depending on the amount budgeted to the High Performance Athlete Carding category and the High Performance Travel category.

Funding Criteria

● High Performance Athlete Carding funding and High Performance Travel funding will be allocated at 50% for men and 50% for women.

● If not all funds are used by one gender then those funds will be transferred to qualified athletes of the other gender within that tier.

● If not all funds are used by one tier then those funds will be transferred to qualified athletes from other tiers

● Athletes must be members in good standing of Saskatchewan Wrestling.

● Athletes must be engaged in their yearly training program.

○ To receive the first funding instalment the athlete must have competed in at least one competition from the present season before the funding release date;

○ Or have a written attestation from their high performance coach that they are engaged in their yearly training program;

○ Or a physician-supported medical exemption is granted by the Sask Wrestling Board of Directors or designate.

● Athletes must compete in the Saskatchewan Wrestling age group Provincial Championships and compete for Saskatchewan at the National Championships or National Team Trials. ○ Failure to meet this criterion will result in the forfeiture of remaining funding unless a physician-supported medical exemption is granted by the Sask Wrestling Board of Directors or designate.

● High Performance Athletes will be categorized into three programming levels: ○ High Performance - Tier 1

○ High Performance - Tier 2

○ Next Generation - Tier 1

● Athletes must win at least 1 match for the competition to be used to meet the tier criteria ● Only Freestyle results will be used, however, exceptions may be made for outstanding Greco-Roman results upon approval by application to the Saskatchewan Wrestling Board of Directors through the High Performance and Technical Committee

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Payment Schedule

● A first-half payment of up to 50% of an athlete’s funding allotment is eligible for payment on or before January 1st of each year.

● A second half payment of the remaining funds of an athlete's allotment is eligible for payment upon competing in the appropriate age group National Championships.

Appendices

● Appendix A - Seasonal Funding; Appendix B - Qualified Athletes Spreadsheet; Appendix C - HP Travel Submission for Reimbursement; Appendix D - Athlete Contract

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High Performance - Tier 1

● Goals

○ Winning National events including

■ WCL National Team Trials

■ WCL Carding Tournaments

○ Making WCL World Teams

○ Making Olympic Teams

○ Attaining WCL National Card or WCL Next Gen Tier 1 status

● Athletes

○ WCL Senior National Team Trials - Top 3

○ WCL Olympic Team Trials - Top 3

○ WCL Jr. National Champion

○ WCL Carded Athlete

○ Sr., U-23, Jr, World Team Member

○ NCAA Division 1 - All American (Top 8)

● Target Competitions and Camps

○ Target competitions and camps will be determined by the HP-Technical Committee in consultation with the HP Coaches and may include but are not limited to:

■ Olympic Games

■ Sr., U-23, Junior World Championships, Pan-Am Championships

■ Sr. National Championships

■ Olympic Trials

■ International Competitions with camps

■ Guelph Open, SFU, NYAC, Canada Cup

● Training Intensity

○ Training year round except for YPI based recovery breaks

○ On mat 4 to 6 times per week with 1.5 to 2 hour training sessions

○ Engaging in 3 to 4 Strength and Conditioning sessions per week

● Athlete Supports (Individualized)

○ Strength and conditioning program supported through Sask Sport Science or WCL ○ Nutrition supported through Sask Sport Science

○ Sport Psychology supported through Sask Sport Science

● Funding

○ 70% of the High Performance Athlete Carding and High Performance Travel budgets will be allocated to High Performance Tier 1 Athletes

○ Funds will be distributed equally to each High Performance - Tier 1 Athlete per gender ○ High Performance - Tier 1 Athletes will always be funded at a higher level than High Performance - Tier 2 Athletes, and Next Generation - Tier 1 Athletes

○ High Performance - Tier 1 Athletes will receive a maximum of $5000 per season

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High Performance - Tier 2

● Goals

○ Placing in the top 3 at National events including

■ WCL National Team Trials

■ WCL Carding Tournaments

■ Olympic Team Trials

○ Placing in the top 3 at USport, NCAA, NAIA Championships (if applicable)

○ Attaining WCL Development Card

○ Attaining a WCL Next Gen Tier 1 or 2 status

● Athletes

○ WCL Senior National Team Trials - Top 6

○ WCL Jr. National Championship Medalist

○ WCL U-23 Trials - top 3

○ USport Nationals - top 3

○ NCAA Division 1, Division 2, or NAIA National Championships Top 3

● Target Competitions and Camps

○ Sr., U-23, Junior Team Trials

○ USport National Championships

○ NCAA Division 1, Division 2, or NAIA National Championships

○ International Competitions with camps

○ USA National or RTC Camp

○ Guelph Open, SFU, Canada Cup and camp

● Training Intensity

○ Training year round except for YPI based recovery breaks

○ On mat 4 to 6 times per week with 1.5 to 2 hour training sessions

○ Engaging in 3 to 4 Strength and Conditioning sessions per week

● Athlete Supports (Group Sessions)

○ Strength and conditioning program supported through Sask Sport Science ○ Nutrition supported through Sask Sport Science

○ Sport Psychology supported through Sask Sport Science

● Funding

○ 20% of the High Performance Athlete Carding and High Performance Travel budgets will be allocated to High Performance - Tier 2 athletes per gender

○ These funds will be distributed equally to each High Performance - Tier 2 Athlete ○ High Performance - Tier 2 Athletes will always be funded at a higher level than Next Generation - Tier 1 Athletes

○ High Performance - Tier 2 Athletes will receive a maximum of $3000 per season

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Next Generation - Tier 1

● Goals

○ Placing in the top 3 at National events including

■ Junior National Championships

■ U-17 and U-19 National Championships

■ USport National Championships

○ Placing in the top 3 at Regional Tournaments

○ Attaining a WCL Next Gen Tier 2 status

○ Wrestling in USA regional events and camps

● Athletes

○ WCL Cadet and Jr. National Team Trials - Top 3

○ U-19 National Medalist

○ U-17 National Champion

○ USport National Participant

○ NCAA Division 1, Division 2, or NAIA National Championships Participant

○ NCAA Division 3 National Medalist

● Target Competitions and Camps

○ WCL Jr National Team Trials

○ WCL Cadet National Team Trials

○ USport Championships

○ U-17, U-19 Nationals Championships

○ North American Indigenous Games (NAIG)

○ Varsity/Open tournaments

○ Regional Camps (Christmas break, February break, Summer break)

● Training Intensity

○ Training year round except for YPI based recovery breaks

○ On mat 4 to 5 times per week with 1.5 to 2 hour training sessions

○ Engaging in 3 to 4 Strength and Conditioning sessions per week

● Athlete Supports (Group Sessions)

○ Strength and conditioning program supported through Sask Sport Science

○ Nutrition supported through Sask Sport Science

○ Sport Psychology supported through Sask Sport Science

● Funding

○ 10% of the High Performance Athlete Carding and High Performance Travel budgets will be allocated to Next Generation - Tier 1 Athletes per gender

○ This allocation will be used to fund an event(s) approved by the HP-Technical Committee in consultation with and planning by the HP Coaches

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Appendix A - Seasonal Funding

Starting in the 2023-24 wrestling season the following budget lines have been combined to make the High Performance Athlete Carding category.

2023-2024 funding = [(Sr Athlete Assistance, $13,200) + (Sr Carding, $10,000) + (Jr. Male Carding, $4,400), (Jr. Female Carding, $4,400)] = $32,000

High Performance Travel will remain its own budget line.

2023-2024 funding = $24,975

Amounts will vary from year to year depending on the amount budgeted to the High Performance Athlete Carding category and the High Performance Travel category.

|  |
| --- |
| Funding Specifics for the 2023-2024 Season |
| Category HP Athlete Carding $32,000 | HP Travel Men HP AC $24,975 50% | Women HP AC 50% | Men HP Travel 50% | Women HP Travel 50% |
| HP Tier 1 - $22,400 70%  | $17,482.50 $10,700  | $10,700  | $8,741.25  | $8,741.25 |
| HP Tier 2 - $6,400 20%  | $4,995 $3,200  | $3,200  | $2,497.50  | $2,497.50 |
| Next Gen $3,200 Tier 1 - 10%  | $2,497.50 $1,600  | $1,600  | $1,248.75  | $1,248.75 |

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Appendix B - Qualified Athletes Spreadsheet

https://docs.google.com/spreadsheets/d/1sGnjs0Sj6etEyeSvh1ndLmFkX9Ly mGo9WSovPyp9at0/edit?usp=sharing

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Appendix C - HP Travel Submission for Reimbursement



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Appendix D - Athlete Contract

High Performance Athlete Carding and Travel Funding Contract 

Part of the mission of Sask Wrestling is to help athletes compete at the highest level of proficiency and to achieve excellence in fully developing their athletic potential. Sask Wrestling commits to providing funding to athletes to realize this mission.

A portion of the Sask Wrestling annual budget will be dedicated to providing funding to High Performance Athletes. Amounts will vary from year to year depending on the amount budgeted to the High Performance Athlete Carding category and the High Performance Travel category.

**Funding Criteria**

In order to be eligible for funding you must meet the following criteria.

**●** High Performance Athlete Carding funding and High Performance Travel funding will be allocated at 50% for men and 50% for women.

**●** If not, all funds are used by one gender then those funds will be transferred to qualified athletes of the other gender within that tier.

● If not, all funds are used by one tier then those funds will be transferred to qualified athletes for other tiers

**●** Athletes must be members in good standing of Saskatchewan Wrestling. **●** Athletes must be engaged in their yearly training program.

**●** Athletes must compete in the Saskatchewan Wrestling age group Provincial Championships and compete for Saskatchewan at the National Championships. **o** Failure to meet this criterion will result in the forfeiture of remaining funding unless a physician-supported medical exemption is granted by the Sask Wrestling Board of Directors or designate.

● High Performance Athletes will be categorized into three programming levels: o High Performance - Tier 1

o High Performance - Tier 2

o Next Generation - Tier 1

● Athletes must win at least 1 match for the competition to be used to meet the tier criteria ● Only Freestyle results will be used; however, exceptions may be made for outstanding Greco-Roman results upon approval by application to the Saskatchewan Wrestling Board of Directors through the High Performance and Technical Committee

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**Payment Schedule**

**●** A first-half payment of up to 50% of an athlete’s funding allotment is eligible for payment on or before January 1st of each year.

**●** A second half payment of the remaining funds of an athlete's allotment is eligible for payment upon competing in the appropriate age group National Championships.

In order to receive funding, you must also follow the following criteria

**●** Athletes must be members in good standing of Saskatchewan Wrestling. **●** Athletes must be engaged in their yearly training program.

**●** Athletes must compete in the Saskatchewan Wrestling age group Provincial Championships and compete for Saskatchewan at the National Championships.

**o** Failure to meet this criterion will result in the forfeiture of remaining funding unless a physician-supported medical exemption is granted by the Sask Wrestling Board of Directors or designate.

Agreement to the above conditions 

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Date