

## **Canada Games Team Selection**

### **Stage 1 Selection Provincial Championships Flin Flon**

The 2013 Provincial High School Age Group Championships in Flin Flon will serve as the first stage of the selection process. Athletes who want to try out for Canada Games should compete in the weight class that they want to compete in at the games. Athletes born in 1998 must compete in the High School Age Category to be eligible. All athletes who compete at provincials will be eligible to attend the trials stage 2 tournament (April 27). Athletes who wish to compete in the Team Manitoba Canada Games Trials are strongly recommended to train with provincial coaches at the Provincial Training Centre. At a very minimum they should train once per week with the Provincial Team and a total minimum of 3 times per week wrestling specific practices (for example one practice with Provincial team and two with their home club). Note this applies only up to the date of the trials. After April 27 the winners of the trials and alternates must commit to training with provincial coaches at the provincial training centre. In addition they must commit to a strength and conditioning program as specified by the Provincial Coaching staff. Athletes living too far from Winnipeg to train on a regular basis with the Provincial coaches must submit a training plan to the Provincial Coaching staff outlining how they will train to prepare for the games. They will also be expected to attend some mandatory events (TBA). Training at the Provincial Training Centre will be provided free of charge to these athletes.

### **Stage 2 Trials Ladder Tournament April 27 at Elmwood High School**

Selection of the wrestlers for each weight category shall be chosen using a ladder-type wrestle-off, similar to the Canadian Wrestling Olympic trials.

The gold, silver and bronze medalist at the Provincial tournament will automatically receive a spot in the ladder tournament for their weight class i.e. gold – 1<sup>st</sup> rung, silver – 2<sup>nd</sup> rung, bronze- 3<sup>rd</sup> rung. The ladder will only include athletes that meet the above criteria regardless of whether 3 spots are allocated Athletes that did not medal at the provincials will form a pool which will be single elimination. Winner will take the bottom place on the ladder.

- If none of the athletes meet the above criteria then no ladder will be developed and athletes will be placed into a pool or bracket draw.
- Athletes wishing to wrestle in a different weight class from the one they wrestled at the provincial championships will have to compete for the bottom rung on the ladder of their new weight class.
- Weigh-ins for both the non-ladder and ladder tournaments will be Between 5:00 – 6:00 pm the night before the competition
- Coaches will only be allowed to oversee the actual weigh-in of their personal athletes
- Non-ladder tournament will occur at 10 a.m. and run until completion
- Ladder tournament will begin at 1 p.m. with the following format:
  - 4th place (pool or bracket winner) vs. #3
  - winner of above vs. #2
  - Winner of above vs. #1 - note - athletes will wrestle best 2 or 3 matches. If one athlete wins 2 matches in a row then the competition is over

- If the ladder does not have 3 athletes then the pool or bracket winner will assume the lowest spot on the ladder. If the lowest spot is #2 then he/she will wrestle the final in a best 2 of 3.
- If there are only 2 athletes in the weight class, they will wrestle best 2 of 3 matches regardless of whether there was a ladder or not.
- If a weight class is uncontested coaches will use their discretion to fill the weight class

The trials tournament shall use a referee, a judge and a mat chairman for all matches.

**The Canada Games Coaching staff reserve the right to refuse entry at any weight class for an athlete they feel cannot be reasonably expected to maintain the weight they wish to enter. To do so, the Canada Games coaches must be in unanimous agreement with the Executive of the MAWA that the athlete in question is not capable of safely making and maintaining the weight class through to and at the Games.**

**Top 2 finishers must commit to training schedule as prescribed by Canada Games Coaches. It is expected that they will attend all Canada Games practices and activities. Absences must be for medical reasons (may be asked to verify with a doctor's note) or family emergencies. Athletes living too far to travel to Canada Games practices must submit a training plan to be approved by Coaching Staff and must commit to attend some mandatory events.**

Injury Provision: Under extenuating circumstances an injured athlete who is unable to compete in the Provincial Team Selection Trials will be allowed to submit a petition to be reviewed by the Provincial Team Committee with the following conditions:

- i) The athlete must have medaled in at least two tournaments during the current wrestling season or finished no worse than 3rd at the recent Provincial Championship at the weight class he or she is requesting the petition in.
- ii) A medical certificate must accompany the petition. However, the MAWA may request a medical examination by a MAWA designated physician.
- iii) The athlete must start down one match in a best of three if they challenge for the team spot in that weight category.
- iv) If multiple injury provisions occur in one weight class, the injured athletes must wrestle-off against each other before challenging the winner of the ladder tournament.
- v) There will be no weight allowances. Wrestlers must weigh in at scratch weight for their category weight.

Stage 3 Training Practices, Camps and Competitions as specified by Canada Games Staff

The Trials Ladder Tournament Champion will represent Manitoba at the Canada Games if they commit to the Canada Games Program (under coaches' discretion). 2<sup>nd</sup> place finishers will be named as the

alternate. If wrestle-offs are required because of an athlete not being able to compete at the trials tournament due to injury( see injury provisions above) they will occur a minimum of 30 days prior to the departure for the games. **\*\*Important Notice: Winner of the trials does not guarantee a spot on the team. The athlete must earn that right through a commitment to the training and competitive program leading up to each event. He must also demonstrate the ability to compete at the national level (determined by the team coaches and selection committee).**

1. Athletes named to the team who do not meet training, attendance or weight standards may be replaced by the alternate at that weight class. If the athlete cannot commit to the CSG Program, or if based upon the unanimous decision of the appropriate Games Team Coaches (men's or women's as applicable) and the MAWA Executive, the Trials Champion does not maintain his/her training and preparedness for the Games, the Trials Champion may be removed from the Team and the Alternate put in his/her place.
2. If the Alternate cannot commit, or is by the unanimous decision of the appropriate Games Team Coaches (men's or women's as applicable) and the MAWA Executive not prepared for the Games, the Coaching Staff have the option to select a team member who is best felt will represent Manitoba at the Games, whether or not they competed at the Trials. This decision must also be by the unanimous decision of the appropriate Games Team Coaches (men's or women's as applicable) and the MAWA Executive.
3. To continue to be eligible as Alternates, athletes must continue to participate as required in the Canada Games Team Development Program, including being available for any wrestle-offs (see above) if required.
4. In the case of an injury to the Canada Games Team member, the alternate is not guaranteed a spot on the team. At the coaching staff's discretion, a special wrestle off may take place to determine the final spot. .