

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.

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.
- 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

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 - HP Travel Submission for Reimbursement](#); [Appendix B - Athlete Contract](#)

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

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

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

Appendix A - HP Travel Submission for Reimbursement



HP SASK WRESTLING EXPENSE CLAIM

RECEIPTS SUBMITTED MUST BE IN THE ORDER AS THEY ARE WRITTEN BELOW

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

IF THERE IS NOT ENOUGH ROOM FOR ALL YOUR CLAIMS PLEASE SUBMITT A SECOND EXPENSE FORM. NUMBER THE CLAIM FORMS.

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

EVENT: _____
 DATE: _____
 LOCATION: _____
 EXP CLAIM:

- _____ = \$ _____
- _____ = \$ _____
- _____ = \$ _____

GRAND TOTAL OF CLAIM
 • = \$ _____

REIMBURSE TO: (PRINT)

NAME: _____ PH #: _____
 ADDRESS: _____ EMAIL: _____
 CITY: _____ DATE: _____
 POSTAL CODE: _____ SIGNATURE: _____

OFFICE USE ONLY DATE: _____		ED AUTHORIZATION _____	
ACCOUNT # _____	AMOUNT \$ _____	CHQ DATE _____	INVOICE BATCH _____
ACCOUNT # _____	AMOUNT \$ _____	CHQ DATE _____	INVOICE BATCH _____
VENDOR# _____	GST1015\$ _____	CHQ \$ _____	ISSUED BY _____

Appendix B - 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 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](#)
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- 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

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 National Team Trials.

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.
 - 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

Printed Name

Signature

Date