

High Performance Athlete Carding and Travel Funding Policy for the 2025-2026 Season based on the results of the 2024-2025 season

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

- All athletes within each tier will be funded equally
- 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

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 C - HP Travel Submission for Reimbursement](#);
[Appendix D - 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 (includes non-Olympic trials)
 - WCL Olympic Team Trials - Top 3
 - WCL U-23 National Team Trials Champion
 - WCL Jr. National Champion
 - USport Champion
 - WCL Carded Athlete
 - Sr., U-23, Jr, World, or Pan Am Championships Team Member
 - Pan American Games 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**
 - 78% 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 (includes non-Olympic trials)
 - WCL Jr. National Championship Medalist
 - WCL U-23 Trials - top 3
 - USport Nationals - top 3
 - U-19 Nationals - top 2
 - NCAA Division 2, or NAIA National Championships Top 3
 - Canada Games - top 2
- **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**
 - 22% 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 Nationals - top 4
 - U-17 National - top 2
 - USport Nationals - top 6
 - NCAA Division 1, Division 2, or NAIA National Championships Participant
 - NCAA Division 3 National Medalist
 - Canada Games - top 4
- **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**
 - 100% of the Talent ID-Next Gen Training Event budget 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

SaskWrestling BoD Approved August 26, 2025

High Performance Athlete Carding

The 2025-2026 funds from the Sask Wrestling 2025-2026 budget will be paid to HP Tier 1, HP Tier 2, and Next Gen Tier 1 athletes based on the results of the 2024-2025 competitive season from September 1, 2024 to August 30, 2025.

Funding specifics for payments in the 2025-2026 fiscal year						
Category	HP Athlete Carding	HP Travel				
	\$28,800.00	\$22,475.00				
HP Tier 1 - 78% of HP Carding and Travel	\$22,464.00	\$17,530.50				
HP Tier 2 - 22% of HP Carding and Travel	\$6,336.00	\$4,944.50				
Category	Next Gen Tier 1					
Next Gen Tier 1 - 100% of Talent ID-Next Gen Training Event	\$3,200.00 + 2,497.00 = \$5,697.00 (Former Next Gen Tier 1 Card + Next Gen Tier 1 Travel)					

Appendix B - Qualified Athletes

Appendix C - 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 TOAL OF CLAIM

• = \$ _____

REIMBURSE TO: (PRINT)

NAME: _____

ADDRESS: _____

CITY: _____

POSTAL CODE: _____

PH #: _____

EMAIL: _____

DATE: _____

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 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.

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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.
 - 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.
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- 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.

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.
- Athletes must notify the Sask Wrestling office immediately if injured and unable to compete.

TRAVEL Funding will be released at the end season with the submission of TRAVEL RECEIPTS

Original Travel Receipts must be submitted with the expense form- Eligible receipts are for accommodations, food during the event (put name of event on receipt), flight costs. (Mileage is not accepted.)

Receipts for Travel can only be used once and cannot be submitted for multiple grants or reimbursements.

I am in good standing with Sask Wrestling	YES NO
I have competed in one tournament already this season-	Please Name:
I have a YTP in effect	YES NO
I am currently injured and in rehab for the season and will attach a doctor's note	YES NO Attach doctor's note: YES NO
I will compete at Sk Provincials 2025	YES NO
I will compete at Nationals 2025	YES NO

Agreement to the above conditions ☐

Printed Name

Signature

Date