



SASK WRESTLING

Est. 1968

November Newsletter



Annual General Meeting Sunday November 30- 10:30 am

Each club is required to attend the AGM to be eligible for Membership Assistance Funding
A notice to all clubs will be sent out to assign a delegate who will be eligible for voting on behalf of the club.

Documents to be sent out:

Agenda

Minutes AGM 2024

Audited Financials Statement

Year in Review 2024-2025

Bylaw Amendments- Already sent out

Voting link will be sent out prior to AGM for voting

To attend the AGM you must REGISTER
[CLICK HERE](#)

STRONG AND UNITED



Highlights:

- AGM Nov. 30th @10:30
[Notice of Ssk Wrestling's AGM](#)
- New Clubs In Sask Wrestling
- Advanced Coaching Training Clinic Nov. 15th & 16th
- Individual memberships for 2025-2026 are now open! [Link](#)
- Club Memberships for 2025-2026 is now open! [Link](#)
- Officials Training Nov. 15th Saskatoon

[LINK for Poster for Sport Medicine and Science Series.](#)

hello
NOVEMBER

Want to have something **ADDED** to the monthly news letter?**
Email Angela or Wendy to get it added.





SASK WRESTLING

Est. 1968

Newsletter November 2025



Saskatchewan Games

FLYING DUST FIRST NATION | WINTER 2026
CITY OF MEADOW LAKE

Coach- Manager Contact List by District

Lakeland Coach	Louis Welgemoed	saskvalleybearsrestling@gmail.com
Lakeland Manager	Amy Janzen	dajanzen@sasktel.net
North Coach	Kaylin Moise	k.moise23@hotmail.com
North Manger	Hayden Alcrow	
Prairie Central Coach	Jon Johnson	jonnyj@sasktel.net
Prairie Central Manager	TBD	
Regina Coach	Sara Tokarz	s.tokarz@rcsd.ca
Regina Coach	Riley Nadoroznick	rileynadoroznick@gmail.com
Saskatoon Coach	Corban Taylor	c.thomastay@gmail.com
Saskatoon Manager	Quinn Boutin	quinnlauraye@gmail.com
South West Coach	Curtis DuMont	curtis_dumont@hotmail.com
South West Coach	Frankie Gawryluik	fgawryluik@gmail.com
South East Coach	Greg Kiraly	gkgreg@outlook.com
South East Manager	Wendy MArcotte	Wendy.marcotte92@gmail.com
Rivers West	Kaiden McGinnis	Bordercitybadgerswrestling@gmail.com
Rivers West	Theresa Stene	Stenetheresa@gmail.com

EXPRESSION OF INTEREST FORMS- Submitted by deadline for Newsletter

Please contact Manager/Coach for your District for more information

Lakeland District: [Click Here](#)

Rivers West: [Click Here](#)

Saskatoon: [Click Here](#)

South West: Trail Date: Sunday January 4th in Swift Current- No fee

llake



**SASK
WRESTLING**

Newsletter November 2025

Est. 1968

Advanced Coaching Training Clinic

More info and REGISTER HERE

Sask Wrestling is hosting an Advanced Coach Training Clinic

November 15-16 in Saskatoon

All Coaches Welcome

Facilitator: David Lopez, WCL Performance Analyst Coach

Cost: \$250 (includes lunch Saturday)

Spots Still available

 **Location:** Saskatoon (Sask Wrestling Building + Modern WC)

 **Inquire:** Angela – info@saskwrestling.ca

REMINDER: New this season: \$150 grant reimbursement for NCCP Coach Training/Coach

See new policy on our website under [DOCUMENTS](#)

Welcome to our Newest Sask Wrestling Club Teams!



Northeast Wrestling Club: Coach - Kevin Duchscherer
Manager - Amy Edwards

Estevan Wrestling Club: Coach Ashley Bradley



SASK WRESTLING

Est. 1968

November Newsletter

Congratulations!

Sask Wrestling is pleased to Congratulate the following Wrestlers into:

Saskatoon Sports Hall of Fame:

Jillian Gallays

University of Regina Sports Hall of Fame:

Ali Bernard

ATTENTION WRESTLING CLUBS

Planning for the 2025-2026 season

Sask Westling is making a last CALL FOR SRF's
for the upcoming
2025-2026 Season

CLICK HERE

Sanctioning Events Request Form

**Please fill out the form to let us know
you are looking to host an sanctioned
event with Sask Wrestling**



2025-2026

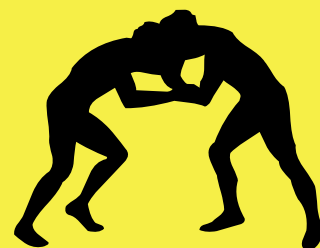
**Memberships
Registration**

Opened

September 1st



REGISTER NOW





2025-2026 Sask Wrestling Tournament Schedule:

November 28, 2025 - HUSKIE DUAL- U OF S Admission \$15.00

November 29, 2025 - HUSKIE OPEN- U OF S Education Bldg

Huskie Open Tech Package HERE

November 30, 2025 - HOUND CLASSIC U OF S Education Bldg

Hound Classic Tech Package HERE

December 6th 2025 - **Weyburn's** Barber Motor Classic Wrestling
Tournament **U9-U19**

Weyburn Tech Package HERE

December 14th 2025 - SWC Pupsel Tournament - **Saskatoon**

PUPSEL Technical Package HERE



February 15th 2026 - 18th - Sask Winter Games - **Meadow lake, Flying Dust**

March 21st 2026 - Provincials **U9- U13**

Location Warman Host: Modern Wrestling Club

March 29st 2026 - Provincials U 15- Masters

Location Prince Albert Host: Prince Albert Wrestling Club

For Full Calendar and links for the 2025-2026 season
[CLICK HERE](#)





Newsletter November 2025

SASK WRESTLING

Est. 1968

ATTENTION

Club Registration and Individual Memberships for the 2025-2026 are now active!!! [Link](#)

2025-2026 Sask Wrestling Membership Fees

U9 (2018, 2019, 2020) Freshie Athlete	\$70.00
U11 (2016, 2017) Novice Athlete	\$70.00
U13 (2014, 2015) Pee Wee Athlete	\$70.00
U15 (2012, 2013) Bantam Athlete	\$70.00
U17 (2010, 2011) Cadet Athlete	\$80.00
U19 (2008, 2009) Juvenile Athlete	\$80.00
U21 (2006, 2007) Junior Athlete	\$80.00
Senior Athlete (2005 or Older)	\$80.00


Membership Link

NEW : Sask Wrestling NATIONAL COMPETITION PARTICIPATION FEE \$50.00

Coach	\$80.00
Official	\$80.00
Patron	\$45.00
Wrestle for fun (valid 1 day)	\$20.00
Recreational Non Competitive	\$20.00





SASK WRESTLING

Newsletter November 2025
Est. 1968



COMPETITION INTRODUCTION -



Coaching Course - Regina

Sask Wrestling will be hosting an NCCP COMMUNITY COACHES COURSE for all our coaches who would like to obtain some coach training and receive NCCP Coaching PD Points. This course is highly recommended for coaches dealing with any young beginner athletes and are looking to increase their coaching skills to the next level.

DEADLINE TO REGISTER: January 17th 2026

Facilitator: Ron Gonzales

DATE: January 18th 2026

In Class time: 9am - 12pm

Location - TBA

On Mat Time: 1pm- 5:30 pm

Location - Regina- Sports Performance Centre

1464 Broadway Ave. Regina S4P 1E2

COST: \$225

(Includes Lunch)

IF you have not completed the following prerequisites, you will need to contact the office to get approval to attend. .Check Coaches Association of Saskatchewan or NCCP Locker Calendar

- WCL Basic Mental skills
- NCCP Planning a Practise
- WCL Teaching and Learning

Contact Angela with any questions at info@saskwrestling.ca

EXPRESSION OF INTEREST FORM

Get added to the contact list for up to date information





SASK WRESTLING

Newsletter November 2025
Est. 1968

**WANT TO LEARN HOW TO
OFFICIATE WRESTLING**



Provincial Officials Training Saskatoon

Sask Wrestling will be hosting a Provincial Officials Training Clinic for all our coaches who would like to obtain some officials training and assist our events on the mat to officiate. This course is highly recommended for new Officials to assist with provincial events and are looking to increase their officiating skills to the next level.

FACILITATOR: SAWOA AE Curtis Leung

DATE: November 15th, 2025

LOCATION:

Saskatoon - 510 Cynthia st. Sask Wrestling Office

TIME: 12pm - 2 pm

COST: FREE

Must be have a Sask Wrestling 2025-2026 membership and be in good standing.



REGISTER NOW



SASK
WRESTLING

Est. 1968

Sport Science and Medicine Development Series

Sask Wrestling is excited to announce a valuable developmental opportunity focused on sport science and sport medicine education. We've organized a series of Zoom sessions open to all athletes and clubs across the province, designed to enhance understanding of key aspects of sport beyond the mats.

ALL ARE WELCOME TO ATTEND

CONTACT VANESSA BROWN FOR MORE INFO: vanessabrownj@gmail.com

Thursday November 13 at 8:00pm Online **Importance of Healthy Relationship with Food**

Lead by Heather Hynes

Heather is a Registered Dietitian with the Sport Medicine and Science Council of Saskatchewan and the Canadian Sport Centre Saskatchewan. She has been working with the Council since May 2002.

<https://us02web.zoom.us/j/84060106478?pwd=RFKAhgxbgObHCMJPTtAoWCOPA9Uy4B.1>

Tuesday November 18 at 7:15pm Online **Resilience and Mental Performance**

Lead by Lisa Hoffart

Lisa has been working in sport for 16 years as a Mental Performance Consultant, and 8 with the additional designation as a Registered Psychologist. Most recently Lisa has been to the 2023 Santiago PanAm Games as the Mental Health Lead for Team Canada.

<https://us02web.zoom.us/j/84642744905?pwd=GlcYbSU12GuRLRWCD8wVlw3NSR0Oby.1>

Thursday December 4th at 7:30pm Online **Understanding your Body-Know when to press the Help Button**

Lead by Jessica Pawlik.

Jessica is a Registered International Sport Physiotherapist with over 22 years of experience working with athletes of all ages and levels of experience. She is currently the Head Therapist with Huskie Athletics.

<https://usask-ca.zoom.us/j/95069665659?pwd=Z0vSCrfyOS21amvybVbhPq9ZVaNAuN.1>

Tuesday December 16th at 7:00pm Online

COACHES ONLY

Mental Wellness; Tools to better support your athlete

Lead by Lisa Hoffart

<https://us02web.zoom.us/j/88160642680?pwd=OX4zb4OiWB4bvs2uwg4QdUCRYF8GIL.1>

NOTICE OF ANNUAL GENERAL MEETING
Saskatchewan Amateur Wrestling Association

The Annual General Meeting of the Saskatchewan Amateur Wrestling Association will be held virtually on Sunday November 30, 2025 at 10:30 AM (Saskatchewan)

REGISTRATION OF DELEGATES

The Annual General Meeting will be held virtually using the ZOOM platform and member delegates must register to participate in the virtual meeting.

Each Member as per bylaws may appoint one delegate to attend as the voting member at the Meeting.

Members are asked to identify their delegate no later than November 14, so that their information can be verified and entered into the electronic voting system prior to the meeting.

Please send the following to Angela Cromarty
(Info@saskwrestling.ca) by November 14 2024

- **Full Name of Voting Member/Delegate**
- **Club that the Voting Member/Delegate is representing**
- **Email address of the Voting Member (this email will be used during the AGM)**

Several days prior to the meeting registered voting delegates will receive the ZOOM meeting link as well as further information on how to participate in the virtual meeting.

Clubs will also receive a nominee package that identifies the nominees who are running for the vacant positions on the Board of Directors

The following documents will be distributed to the membership on or before November 15,2025:

- **AGM Agenda – November 30, 2025**
- **Minutes – Annual General Meeting held November 24, 2024**
- **Sask Wrestling Bylaws – Approved October 17, 2021**
- **ByLaw Amendments sent out Oct 3, 2025**
- **Audited Financial Statement for the period ending August 31, 2025**
- **Year in Review 2024-2025**

Yours truly, SASK WRESTLING

SASK WRESTLING AWARDS 2024-2025



NOMINATIONS NOW BEING ACCEPTED

NOMINATION FORM: [CLICK HERE](#)

Categories for Awards for 2024-2025 Season:

Female/Male Athlete of the Year (U15, U17, U19 Junior, Senior, Master)

Coach of the Year:

(Grassroots U9-U 13, Next Gen U15-U 19, High Performance Jr/Sr)

Official of Year

Builder/Volunteer of the Year

Club Development of the Year

Special Achievement Award

DEADLINE FOR NOMINATIONS

DECEMBER 31, 2025

Awards will be presented at the Awards Banquet at U 15-Masters Provincial

Saturday March 28 in Prince Albert

Sask Wrestling Awards Policy can be found on our Website: www.saskwrestling.ca

For more information: info@saskwrestling.ca





SASK WRESTLING

Est. 1968

NOTICE:

The Sask Wrestling website: www.saskwrestling.ca has been experiencing some technical difficulties. It is intermittent and if you find you are unable to get into the site, please try again a few minutes later. We are working diligently to try and resolve the issue as quickly as possible.

Direct link to Membership Registration is encourage to be used if the website is not working.

[Direct Sask Wrestling Membership LINK](#)



Non-voting Sask Wrestling Individual member who wish to attend the AGM must Register prior to November 29 to receive the AGM Link

[REGISTER HERE](#)

Sport Medicine and Science Series

[POSTER WITH ZOOM LINKS](#)

**All links in Newsletter can be found in
[Calendar of Events](#)**