

SECTION 10

WOMEN'S PROGRAM

10.1 PROGRAM RATIONALE

The CAWA will receive numerous benefits by actively supporting and encouraging the sport of wrestling for women. The following are a list of possible benefits derived from becoming a sex-integrated organization:

- a. The sport can attract additional participants from a segment of the population not previously approached.
- b. By taking this position the CAWA identifies wrestling for women as a separate, distinct sport with it's own rules and it's own participants. This avoids possible conflicts with mixed competitions.
- c. Wrestling will become more acceptable to athletic directors and government agencies striving for gender equity.
- d. Publicity may be more easily obtained for a co-educational sport.
- e. It may be possible to access funds not previously available to amateur wrestling.
- f. Canada could be very competitive at an international level, due to the early developmental stage of the sport.

The initiation of a women's wrestling program exposes a large segment of the population to the many intrinsic values inherent within the sport. Listed below are some of the benefits of wrestling which participants, regardless of gender, may experience.

- Emotional development - self-confidence, assertiveness, perseverance, etc..
- Physiological development - strength, speed, power, endurance, flexibility and balance.
- Motor skill development - kinaesthetic mechanisms.
- Psychological development - independence, mental toughness, concentration skills, etc..
- Intellectual development - wrestling, as with any physical activity, has been shown to improve academic performance.
- Social development - new team mates and friends.
- Moral and ethical development - sportsmanship.
- Technical and tactical skill development
- The development of self-defence skills (i.e. to combat violence against women)
- With success comes the opportunity to travel and experience different peoples and cultures.

Participation of women in Olympic wrestling can also have a positive influence on men's perception of women. It reinforces concepts of gender equality in sport and society in general. It also presents a sex-integrated environment which may displace antiquated stereotypical attitudes and images.

10.2 PROGRAM OBJECTIVES

- a. To encourage and develop the widest participation and the highest proficiency in women's Olympic wrestling in Canada.
- b. To coordinate and assist women as wrestlers, coaches, managers, trainers and officials in the pursuit of excellence in Olympic wrestling, regionally, provincially, nationally and internationally.
- c. To promote the sport of Olympic wrestling for women in Canada through it's members and to the public at large.
- d. To unify and coordinate the efforts of all women wrestlers, coaches, managers, trainers and officials in Canada.
- e. To provide and maintain the highest standard of women's wrestling, coaching, managing, training and officiating in Canada.
- f. To improve the skill and technical knowledge of women wrestlers, coaches, managers, trainers and officials in Canada.
- g. To provide all women wrestlers, coaches, managers, trainers, officials and other representatives a voice in the C.A.W.A. and the International Amateur Wrestling Federation (F.I.L.A.).
- h. To create and maintain research projects that will benefit all those interested in Olympic wrestling for women in Canada.
- i. To be a resource centre for the distribution of literature, films, research material and other material pertaining to women's Olympic wrestling, collected from sources within Canada and abroad.
- j. To act and/or react to all suggestions made to improve the sport of Olympic wrestling for women including, but not limited to, coaching, managing, training and officiating within Canada.

10.3 ATHLETE DEVELOPMENT

According to the 1990 CAWA Development Survey there were approximately 300 entry level (i.e. Junior High school or Elementary school level) female wrestlers in Canada. Unfortunately, due to a lack of programs and the absence of a competitive structure at higher levels, these girls were not actively encouraged to continue beyond this level.

The first priority in athlete development was the establishment of women's programs within the educational system. This sport delivery system has closely mirrored the existing system for male wrestling. Junior High School and High School teams and leagues are being developed by senior women (club) competitors, female/male Physical Education instructors and present Junior High School and High School wrestling coaches. These athletes will then gravitate to the club and/or University level and onto the national team.

Of secondary priority has been the establishment of a proficient and stable women's club program for those women who desire an elite competitive environment. This focus has been directed at the recruitment of senior competitors and the development of technical skills at this level. One of the benefits associated with this endeavour, has been the development of future grassroots' and elite women coaches from these athletes. These senior athletes will act as role models for younger women.

10.4 COACHING DEVELOPMENT

The initial women coaches have come from the male system. Coaches will be recruited from the ranks of former competitors, coaches and officials. High School and Junior High School coaches will be encouraged to include girls in their practices and on their teams. A goal will also be to develop women physical education instructors (and potential coaches) to teach wrestling courses in the classes.

Educational information has been sent to school districts throughout the country to encourage the development of wrestling units in Physical Education classes for girls.

Female students have been encouraged to take the introductory and advanced wrestling courses offered at universities and teacher colleges across the country. Although women have participated in wrestling courses in the past, instructors and university coaches need to be more proactive in encouraging a larger female participation in the future. These students should prove to be a valuable resource as future competitors, coaches, officials, volunteers and administrators and need to be encouraged to assume these roles.

The National Coaching Certification Program (NCCP) has been utilized in the development of women coaches. This program has certified women coaches in the past (i.e. Canada has 175 women registered as NCCP level I coaches). Although the NCCP list of women coaches gives CAWA a mailing list for women who have been exposed to coaching wrestling, the certification has tended to be in conjunction with the university wrestling courses. Many of these women no longer reside at these addresses and their only contact with wrestling was the one university course.

To date the NCCP courses have been directed at coaching within the male wrestling system. The technical wrestling component of the NCCP will have to be modified to include specific chapters with respect to the demands of female wrestling. The NCCP committee will be required to develop resource (educational) material such as videotapes, NCCP supplements, etc.

Resource materials dealing with co-ed physical education programs and women in wrestling need to be developed for school boards across the country. Teachers need to be able to access this information in the development of physical education curriculum and intercollegiate programs.

Professional women coaches need to be developed. If available, the CAC Apprenticeship program or FAS student internship program may be utilized to achieve this task.

In a situation (particularly in junior and senior high school) where there is a male coach, the team should be accompanied, whenever possible, by a woman sponsor. The sponsor may be another teacher or a parent. This policy is especially important when teams stay overnight at tournaments.

10.5 OFFICIALS' DEVELOPMENT

Officials' associations at the national, provincial/territorial and municipal level will have to take an active role in recruiting female officials to their ranks.

A vice-chairman of the Canadian Amateur Wrestling Officials' Association (CAWOA) will be responsible for the necessary programs for the recruitment and training of international officials. Each provincial/territorial officials' association will also be asked to identify an individual who's responsibility it will be to recruit and develop female officials in that province/territory.

Presently, females comprise the majority of pairing masters throughout the country. This area requires the least amount of development for women, but the knowledge and experience these women possess may be beneficial in leadership roles in other areas of the sport.

10.6 COMPETITIONS

Women participants will only be eligible to compete in sanctioned women tournaments. The CAWA does not support the concept of mixed gender competitions.

The provinces/territories will be encouraged to offer provincial /territorial tournaments for women at different levels.

The Canada Summer Games and the Western Canada Summer Games organizations will be lobbied to offer a women's wrestling division in these domestic multi-sport events. The Canadian organizations responsible for the Pan American, Commonwealth and Olympic Games will be lobbied to in turn lobby the international associations for the inclusion of women's wrestling.

10.7 PRACTICES/INSTRUCTION

At some point in the future, women's wrestling programs should establish their own facilities and/or practice times. This would be particularly desirable at the elite or national team level. Although it would be ideal to develop a complete parallel system, realistically, an integrated environment will probably be the most efficient system initially.

As with male wrestlers, women wrestlers should be encouraged to seek out and train with the best wrestlers possible, both male and female, in order to improve their skills. However, in the situation of females wrestling males, it is recommended that the scrimmaging (including all aspects of practice, i.e. drilling, technique, etc) be conducted under the supervision of a coach and that both competitors consent to scrimmaging and practising with each other.

10.8 RULES

All local, regional, national and international competitions held in Canada will be subject to the "International Rules Specific to Women's Wrestling" identified in the Federation Internationale de Lutte Amateur Rule Book (see Appendix A). This information covers basic rules, age categories and weight classes, dress, weigh-in, length of the match, general technical rules and illegal holds.

10.9 ADMINISTRATION

The CAWA will apply to federal agencies to access funds for the employment a full-time or part-time woman administrator to work for CAWA in the development of the woman's program.

The development of a women's wrestling program in Canada will be overseen by the CAWA Women's Program Planning Committee. This committee is composed of the Vice-President Development, Athlete's Representative, Technical Director and four members at large. The committee will have the following responsibilities;

- a. Take an inventory of women's programs, athletes, coaches, officials, competitions and funding across the country.
- b. Develop a policy statement for women's wrestling in Canada.
- c. Initiate a development plan for women's wrestling in Canada that is accepted and supported by the provinces.
- d. Develop a strategic plan to have wrestling for women accepted into the educational system.
- e. Develop a clinic, camp and competitive schedule for women's wrestling in Canada.
- f. Access funds available for women's wrestling through national sport and fitness associations as well as other federal funding agencies.

- g. Develop and monitor a marketing plan for the women's wrestling program (i.e. press conferences, promotional items, women's wrestling exhibitions at National Championships and Commonwealth Games, etc.).
- h. Further the goals outlined in the Development Plan for Women.
- i. Evaluate the Development Plan for Women and make adjustments accordingly.

Provincial/territorial associations will be encouraged to appoint a provincial/territorial committee and/or a provincial/territorial executive member to coordinate the development of women's wrestling at the provincial/territorial level. The associations will be encouraged to access provincial/territorial funds for this program and to assist in the development of women's clubs in their province/territory.

With the development of a women's wrestling program, there will be a need for an evaluation process which will ensure that the views of all women's groups, impacted by the CAWA wrestling women's policy, are obtained.

10.10 FUNDING

In order for the successful initiation of a women's wrestling program in Canada, the development of independent funding sources is imperative. Funding sources will be explored in the following areas:

- Federal, provincial/territorial and municipal government agencies need to be approached to obtain funds to be identified specifically for women's wrestling.
- At the national level, the CAWA will be responsible for accessing grants for women's wrestling through national funding agencies and associations such as Sport Canada, Fitness Canada, the Coaching Association of Canada and the Canadian Association for Health, Physical Education and Recreation and other agencies designed to promote gender equality.
- At the provincial/territorial level, the provincial/ territorial associations will be responsible for accessing any grants offered by their provincial/territorial sport and fitness bodies. It is essential for the development of the women's program that the provinces/territories are able to access funding.
- At the municipal level, it will be the responsibility of the clubs to access any available grants offered through municipal governments.
- Accessing funds through bingo's, casinos, raffles, etc., will be handled through the development of incorporated clubs for women's wrestling. Volunteers, such as parents' organizations, can be instrumental in developing and maintaining such fundraising mechanisms.

10.11 PROMOTION

Provincial/territorial wrestling associations/clubs/teams will be encouraged to develop a women's program.

An additional goal will be to promote women's wrestling to the public.

Press releases will be distributed to the media promoting each of the national women's wrestling championships. A list of local media sources will be gathered from the organizing committees.

10.12 PRIORITIES

1. Employ a full-time or part-time women's administrator to develop the program. The success of many of the goals, within the timeframe identified, will be determinant upon a full-time person working to achieve these ends. These goals will eventually be realized, but the introduction and growth of the program will be slowed considerably without the influence of a full-time person.
2. Selling the provinces/clubs on the development of women's wrestling. The CAWA can only do so much. The success of women's wrestling in Canada will be based on the ability and willingness of the provinces and clubs to develop women programs. The women's program needs to be presented to the provinces/territories/clubs in a win-win situation. Provinces/territories and clubs need to be shown the numerous advantages available to them when introducing and developing a women's program.
3. Increase the membership base.
4. Access federal, provincial/territorial and municipal grants to fund the women's program.
5. Develop a competitive structure for women athletes.