![TeamImpact_Logo[1]]()

**Common Sense of Purpose**

**History:**

Team Impact Wrestling Club is an incorporated not-for-profit organization that is athlete-centered, and teamwork driven. Team Impact was founded in 1972 by Don Westlake and Craig Matthie under the name Durham Regional Wrestling Club, which supported high school level athletes. The name was changed in 1988 to the Oshawa Olympic Wrestling Club and again in 2000 to Team Impact Wrestling Club.

**TEAM IMPACT was selected as the new club name as it reflects what we were about; teamwork and making a difference (impact) in the lives of our athletes**. The club expanded its membership to include elementary school aged athletes in 1998. In 2000, we included a satellite club in Toronto, which included a senior program.

**Mission Statement** (who we are, what we do, and why we are here)

To positively IMPACT the lives of our members by providing an inclusive, structured, constructive and supportive environment where athletes can achieve their individual potential.

**Goals:**

* To provide quality coaching in support of developing quality wrestlers and exemplary citizens.
* To run an inclusive athlete-centered wrestling program where we are constantly putting athletes on the podiums at provincial, national and international championships.
* To create a culture of success by leading with high standards and being a class act.
* To produce outstanding athletes, but more importantly outstanding citizens with successful careers.

**Vision Statement:** (where we are going)

Work together to create an inclusive athlete-centered environment where podium results can be attained and a culture of success is prominent.

**Philosophy:**

* To pass along good values and life skills in creating exceptional athletes on and off the wrestling mats. Skills acquired in sport easily transfer into all facets of life.
* To build a solid base by developing a strong grassroots-feeder (U-14) system.
* A future successful career path is more important than winning wrestling medals.
* The athlete is at the center of our model and teamwork is what makes the dream reality.
* Our aim is for everyone to contribute towards producing a sustainable culture of success where all team members can reach their potential and ultimately exceptional results are the norm.
* To work together as a TEAM; lead by example and leadership which starts at the top with parents, coaches, and volunteers.

**Core Values:**

Optimum performance in life as well as in our club, will be best attained when the emphasis is on our core-value-based character development. Being a hard-working respectful team player with a positive optimistic attitude not only towards sport, but also towards life is paramount. Our values and best practices will reflect adherence to the highest of standards. **Being a class act is more important than being champions, being champions with no class is a failure**.

Teamwork

* Support each other in all aspects of life as well as sport
* Create an environment where everyone is welcome and encouraged

Respect

* Treat everyone with kindness and dignity
* Be helpful, honest and trustworthy

Work Ethic

* Hardworking on and off the mats
* Continue to grow and learn
* Push personal boundaries to challenge yourself and improve

Optimistic

* Positive attitude/ Growth Mindset
* Look for the good in everything

**Strategic Plan:**

According to Canadian Sport for Life ([www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)), it takes an athlete about 10 to 13 years of practice to reach high levels of international excellence. Thus, participation is encouraged at a young age in order to reach maximum potential as a young adult. Four main elements in our program are year-round training, periodization, long-term athlete development and being current with trends in and out of sport.

It is crucial that young athletes receive good instruction from the beginning to eliminate the forming of bad technical habits and **to achieve high performance results in the future. We will focus on high percentage low risk techniques consistent with the trends of wrestling at a senior level.** Skills that work at the younger ages but not at the older ages should not be a major focus.

The objective of the club is to primarily recruit athletes at a young age (under 14) and focus on developing a solid foundation of basic multi-lateral athletic development, high percentage effective core technical skills and good body position (bio-mechanics) for the years to come.

We want to cultivate a passionate and committed environment where athletes are mentally working towards the sport for the long term. The club is committed towards long term athlete development, primarily focusing on the development of exceptional skills and knowledge. **We want to strongly encourage participation before 14 years of age, with 10 years of age being the ideal average.** As part of our risk management, participation under the age of 10 with require a parent or guardian present at the entire practice.

**Strategic Plan Consideration:**

In an ongoing study by German Sport Scientist Dr. Harold Tuennemann involving data collected from Olympic and World Wrestling Champions, the average starting age to wrestle is 11 years. Dr. Tuennemann also states that by the age of 21 years the wrestler’s technical repertoire does not change drastically. The average age of the male wrestling champion is 27 years (Leipzig University, 1996) and 23 for women. Often, young wrestlers learn beginning techniques from coaches who may not know the most up-to-date effective techniques. According to Dan Gable (Coaching Wrestling Successfully, Human Kinetics, 1998.), less updated skills could result in fewer great wrestlers down the road, especially if some of these techniques result in bad habits that are hard to change.

**Objectives (2022-23)**

1. Improve means of communication and to develop a more effective means of team work
2. Clarify specific roles and responsibilities for all staff, coaches, parents and volunteers
3. Expand our membership base of youth (8-14 years) and adolescent (15-19) athletes
4. Marketing the brand: To design a promotional YouTube video, poster, pamphlet and business cards.
5. Implement and develop a Parents’ Fundraising and Team Building Committee. This Committee will deal will all matters related to raising money including coordinating tournaments. Their goal will be to secure operational funds and continue to pursue current ventures and investigate new fund-raising possibilities. The long-term goal being to secure an endowment fund to guarantee long-term financial sustainability. The Team Building aspect will coordinate club socials such as the Christmas, the year-end party, over-night tournament socials, etc.
6. Encourage all coaches to improve coaching certification as well as take a CPR and First Aid course.
7. Continuing to recruit and produce qualified new coaches, support staff and IST.