

**To:** Secretary/ Presidents – SAWF Wrestling Associations  
SAWF Executive Management

19 March 2019

## SAWFCC CIRCULAR 09-1/2019 (National Pre-departure training Camp March 2019)

We would like to inform the 2019 Cadet, Junior and Senior team members with regards to the national training camp scheduled for the weekend of the 22-23 March 2019. As you are aware the cadet team departs on the Friday 22 March 2019 to the 2019 African Championship, which means that they will not be able to join the scheduled training camp. Therefore, we have decided to change the dates for cadet training camp to 20-22 March 2019 before their departure which falls within the school holiday.

**Please note, these training camps are compulsory for all team members of the 2019 African Championships team, no excuses will be accepted. Team members please make the necessary travel arrangements with the appointed team managers, please do so in advance especially where team members need to travel from far.**

**Please note entries for the scheduled training camps will be done on ETMS for wrestlers, coaches and team managers. Please ensure that wrestlers, coaches and team members registered on time.**

- 1. Please note, these camps will be sleep over camps as we normally do before international competition.**
- 2. Wrestlers that needs strapping must bring their own strapping along.**
- 3. Team members need to bring running shoes and sleeping gear for the camps.**
- 4. This training camp will focus on the preparation of the National teams and therefore only wrestlers 13 years and older can attend the scheduled training camp providing that they register and enter on ETMS as requested. (The SAWFCC may not accept all entries depending on the experience of individual wrestlers)**

There will be no cost to 2018 African Championship team members and other junior and senior wrestlers joining the training camp, except where members confirm participation and doesn't attend without notice. Notice must be given at least 24 hours in advance.

### Details of the pre-departure training camps:

**Training camp for Cadets: (Compulsory for African Cadet team Members – Senior and junior team members may join)**

20-22 March – Primrose Wrestling Club

Camp Starts: Wednesday 20 March 2019 – 19:00 – 20:30

Camp ends: **Thursday 21 March 2019 – 16:00**

President: MHJ Bosse; Honorary President: JH Taljard; Vice President: C Villet; Vice President: CJ van der Walt; Vice President: Jeanne-Marie Coetser  
Secretary General & Chairman Admin Council: HN van den Berg; Treasurer: SH Bartlett; Chairperson Officials: W Giliomee  
Chairperson Coaches: N Coetzee; Chairperson Team Managers: M Luff; Chairperson HSSC: R Pieterse  
Assistant to Treasurer & Secretary General: M de Wit; Chairperson Marketing & Media: SA Bartlett

*Entries on ETMS closes on Monday the 18 March at 10:00*

**Training camp for Juniors and Seniors: (Compulsory for African Junior and Senior team Members)**

22-24 March – Primrose Wrestling Club

Camp Starts: Friday 22 March 2019 – 14:00 – 20:30

Camp ends: Sunday 24 March 2019 – 11:00

*Entries on ETMS closes on Monday the 18 March at 10:00*

**Additional training date for team members:**

There will be additional training for all team members in the PWV area on the Saturday the **9 March 2019** from **08:00 – 14:00** at Primrose Wrestling Club. Other national training groups will provide the time and place for their training.

Kind Regards

Nico Coetzee - Chairperson SAWFCC