

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

29 October 2019

SAWFCC CIRCULAR 22/2019 (Provisional Cadet, Junior and Senior Teams for 2020 UWW African Championships)

We would like to announce the provisional Cadet, Junior and Senior Team for the 2020 African Championships. Congratulations to all wrestlers selected to the 2020 African Championships teams, we wish you all the best with your preparation and participation in the event. We will be announcing the coaches, team manager and technical officials shortly.

Please take note of the requirements with regards to the training sessions and camps as stipulated in SAWFCC Circular 05/2019 dated 8 February 2019.

There are several wrestlers that were alone in their particular weight category during the National trials in September 2019, consequently the SAWFCC could not evaluate or assess their physical condition or wrestling skills, for this reason a training and evaluation camp was scheduled for the weekend of 22-23 November 2019. It is the responsibility of each wrestler to ensure that their level of fitness conform to the minimum standard. We have attached the testing protocol for the physiological and sport specific minimum standards for male and female wrestlers. Wrestlers need to conform to these standard to ensure final inclusion in the National teams. The training camp is compulsory for all selected team members and no exception will be made.

Wrestlers and coaches selected and included in the 2020 Cadet, Junior and Senior African Championships teams are required to:

1. Wrestlers must at least 80% of the scheduled national training sessions by participating in and completing the training sessions. This requirement will be for the period 28 September 2019 until the 4 February 2020. *(These dates are applicable to 2020 African Championships and not the 2020 World Championships. Dates for 2020 World Championships are from 9 February 2020 until the date of the relevant World Championships)*
2. All scheduled National training camps are compulsory. This requirement will also be for the period 28 September 2019 until the 4 February 2020. *(These dates are applicable to 2020 African Championships and not the 2020 World Championships. Dates for 2020 World Championships are from 9 February 2020 until the date of the relevant World Championships)*

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Below is a summary of the additional dates and training times for the rest of 2019 and 2020:

Scheduled Wednesday Evening National Training Sessions:

2, 9, 16, 23 and 30 October 2019 from 19:00 – 20:30 at NG Wrestling Hall
6, 13, 20 and 27 November 2019 from 19:00 – 20:30 at Primrose Wrestling Club
4, 11, 18 December 2019 from 19:00 – 20:30 at NG Wrestling Hall
8, 15, 22 and 29 January 2020 from 19:00 – 20:30 at Primrose Wrestling Club
5, 12, 19 and 26 February 2020 from 19:00 – 20:30 NG Wrestling Hall
4, 11, 18 and 25 March 2020 from 19:00 – 20:30 Primrose Wrestling Club

National Training Camps:

Remaining Camp 2019 (Evaluation camp – compulsory)

7th Camp: 22 – 23 November 2020 Primrose Wrestling Club

Friday 22 November 2020 – Registration at 18:30

Saturday 23 November 2020 – Finish at 16:00

Training Camps 2020

1st Camp: 10 - 12 January 2020 – To be advised

Friday 10 January 2020 - Registration at 18:30

Sunday 12 January 2020 - Finish at 12:00

2nd Camp: 17 - 19 January 2020 – To be advised

Friday 17 January 2020 - Registration at 18:30

Sunday 19 January 2020 - Finish at 12:00

The 2020 African Championship provisional teams are as follows:

Please note:

Junior wrestlers that qualified for inclusion in both junior and senior age groups, will only be allowed to participate in one age category. Wrestlers need to confirm in which age category they want to participate by Friday the 1 November 2019. Cadet wrestlers that qualified for inclusion in both cadet and junior age groups, also need to confirm in which age group they want to participate by 1 November 2019.

The criteria for the selection for the 2020 World Championship will remain as stated in SAWFCC Circular SAWFCC Circular 05/2019. Please note there will be no UWW Senior World Championships in 2020 as it is an Olympic year.



SOUTH AFRICAN
WRESTLING FEDERATION

CADET TEAMS AFRICAN CHAMPIONSHIPS 2020					
FREESTYLE			GRECOROMAN		
WEIGHT	NAME	PROVINCE	WEIGHT	NAME	PROVINCE
41 - 45kg	Steyn, Lennie	EGWA	41 - 45kg	Du Toit, Kian	GNWA
45 - 48kg	Louw, Brendin	GNWA	51 - 55kg	Nagel, Christo	MPWA
48 - 51kg	Bode, Jacques	GNWA	55 - 60kg	Joubert, Francois	EGWA
51 - 55kg	Botha, Marno	MPWA	60 - 65kg	Bester, James	WPWA
60 - 65kg	Jansen van Vuuren, Rubin	GNWA	71 - 80kg	Witte, Uli	WPWA
65 - 71kg	Germishuys, Francois	WPWA	80 - 92kg	Dos Reis, Frankie	BLWA
80 - 92kg	Brown, Mundell	KZWA			
COACHES					
ASSISTANT COACHES					
FREESTYLE WOMEN					
WEIGHT	NAME	PROVINCE			
46 - 49kg	Moses, Kaylin Aeysha	WPWA			
49 - 53kg	Van As, Lene	LPWA			
61 - 65kg	Oosthuizen, Charmone	LPWA			
COACHES					
ASSISTANT COACHES					
TEAM MANAGER					

JUNIOR TEAMS AFRICAN CHAMPIONSHIPS 2020					
FREESTYLE			GRECOROMAN		
WEIGHT	NAME	PROVINCE	WEIGHT	NAME	PROVINCE
U/57kg	Booyesen, Fernando	EGWA	U/55kg	Botha, Riehan	CGWA
61 - 65kg	Myburgh, Leon	GNWA	55 - 60kg	Du Toit, Neil	GNWA
65 - 70kg	Roos, Ockert	BLWA	60 - 63kg	Lubesi, Tharollo	GNWA
70 - 74kg	Van Zijl, Arno	GNWA	63 - 67kg	Du Toit, Francoies	BLWA
74 - 79kg	Strydom, Hanco	BLWA	67 - 72kg	Smit, Johnny	MPWA
79 - 86kg	De Lange, Steyn	LPWA	72 - 77kg	Tchoufon, Abdul	WPWA
86 - 92kg	Grobler, Machiel	CGWA	82 - 87kg	Lessing, Edward	EGWA
COACH			COACH		
ASSISTANT COACHES					
FREESTYLE WOMEN					
55 - 57kg	Zandberg, Lezandri	EGWA			
62 – 65kg	Oosthuizen, Charmone	LPWA			
COACH					
TEAM MANAGER					

SENIOR TEAMS AFRICAN CHAMPIONSHIPS 2020					
FREESTYLE			GRECOROMAN		
WEIGHT	NAME	PROVINCE	WEIGHT	NAME	PROVINCE
U/57kg	Tau, Tanki	NWWA	60 - 63kg	Tchoufon, Hamed	WPWA
57 - 61kg	Van Den Berg, Nico	MPWA	63 - 67kg	Coetzee, Gertjie	GNWA
61 - 65kg	Louw, Reynhardt	GNWA	72 – 77kg	Ferreira, Richard	BLWA
70 - 74kg	Van Riel, Juandré	WPWA	82 - 87Kg	Lessing, Edward	EGWA
74 - 79kg	Strydom, Hanco	BLWA			
79 - 86kg	Geringer, Zander	EGWA			
86 – 92kg	Grobler, Machiel	CGWA			
92 – 97kg	Martin, Erasmus	EGWA			
97 - 125kg	Kriel, Jacques	EGWA			
COACH			COACH		
FREESTYLE WOMEN					
WEIGHT	NAME				
53 - 55kg	Theledi, Patricia	CGWA			
COACH					
TEAM MANAGER					

Kind Regards

Nico Coetzee - Chairperson SAWFCC