

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

20 January 2021

### [SAWFCC CIRCULAR 09/ 2021 \(National Training Camp 20 – 21 February 2021\)](#)

We would like to provide the details of abovementioned scheduled National training camp, during which a physiological and sport specific assessment will be performed to assist in finalising the 2021 UWW African Championship Team.

Details are as follows:

**Venue:** Primrose Wrestling Club, C/O Oak and Quince streets, Primrose, Germiston.  
**Registration:** Saturday 20 February 2021 at 07:00 - 07:30  
**Times:** Saturday 20 February 2021 – 07:00 to 16:00  
Sunday 21 February 2021 – 07:00 to 11:00

- All entries for both Saturday 20 February and Sunday 21 February will be done on eTMS.
- The training camp and testing is compulsory for wrestlers that obtained a first place at the recent National trails held on 6 February 2021. No exceptions will be made, if wrestlers do not attend the training camp they will not be considered for selection to abovementioned team.
- The training camp will only be for the wrestlers that obtained a first place at the National trials on 6 February 2021.
- Wrestlers will be responsible for their own traveling and accommodation cost. Wrestlers who are selected to the team will be reimbursed for their traveling cost.
- Once again, we attached the information for both physiological and sport specific test values. Please note these are ideal values that serve as a guideline for these tests.

We will follow the normal Covid-19 protocol during the training camp, please note that no spectators are allowed in the venue. We asked that parents make the necessary arrangements in this regard.

*The following requirements will be applicable:*

1. Wrestlers must bring their own individual equipment and provisions like, water and energy drinks and a light snack for lunch or Saturday.
2. Online, Covid-19 screening is ready, and we want to motivate members to use the online screening facility where possible. We ask that minor please bring the signed screening form with them.

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3. Please note no spectators will be allowed to attend the training camps until the National regulations are amended.

***The SAWFCC kindly request, that coaches and wrestlers carefully consider their readiness to perform to a satisfactory standard during these tests. It remains the responsibility of the wrestler to together with their coach to ensure that he/ she are fit and ready to do so. International participation requires wrestlers to be well prepared in terms of strength and conditioning, technical and tactical skills.***

***The final decision for selection to a National team remains the responsibility of the SAWFCC and SAWF Executive Management and we need to ensure the safe and responsible participation of our wrestlers.***

Kind Regards

Nico Coetzee - Chairperson SAWFCC