

STEEL SHARPENS STEEL CAMP #002



LIMIT: 80 ATHLETES*

*40 male & 40 female athletes

The Ontario Amateur Wrestling Association (OAWA) High Performance Summer Camp is designed to bring together the province's top developing athletes in a structured, high-performance training environment.

This camp is targeted toward athletes aged 14–19 years old who are committed to advancing their technical, tactical, and competitive performance.

Athletes will take part in a combination of on-mat technical sessions, situational wrestling, live wrestling, off-mat conditioning, and educational sessions, while also benefiting from team-building experiences.


CAMP STRUCTURE & PRICING

The camp uses a performance-based pricing model based on provincial and national results:

- Top 3 from Provincial Championships (U19, U17, U15, OWG): \$425
- Provincial participant / National medallist: \$475
- National Championship non-placer: \$495
- OAWA member/ Out-of-province athletes: \$575

[CLICK HERE TO REGISTER](#)

 **Lambton College Residence**
21485 London Rd, Sarnia ON N7S 1P6

 **July 12-15, 2026**



GIA SISSAOURI

1996 Olympic Silver Medalist

2001 World Champion

3x Olympian

Former Canadian National Team Coach

CAMP DETAILS

ACCOMMODATION (FULL BOARD)

Athletes will stay in hotel-style dorm accommodations, operated as a hotel during the summer.

- 3 Nights Accommodation
- 2 athletes per room
- Spacious rooms with individual double beds
- Private washroom included in each room
- Fridge and microwave in each unit
- Bedding and towels provided

MEALS & NUTRITION

- 3 meals per day (Breakfast, Lunch, Dinner)
- Snacks included
- BioSteel Hydration the Entire Camp!



TRAINING STRUCTURE

ON MAT TRAINING

- **Focus areas:**
 - Technical development
 - Situational wrestling
 - Live wrestling and matches

Total On-Mat Sessions: 6

OFF MAT TRAINING

- **Includes:**
 - Strength & conditioning
 - Movement and athletic development
 - Recovery and mobility

Total Off-Mat Sessions: 2 sessions

ADDITIONAL ACTIVITIES

- Beach Wrestling/Beach Day
- Bowling (Team Activity)
- High Performance Talks/Educational Sessions

COACH INVOLVEMENT

The OAWA will select and cover the cost of six OAWA Development coaches to support athlete development and camp delivery. Coaches interested in participating should complete the Development Coach Opportunity Form below. Additional Coaches who wish to attend may register using the Coach Registration Form below.

All coaches must be registered with the OAWA, have completed all required Safe Sport training, and be members in good standing with the OAWA.

[Apply Here - Development Coach Opportunity](#)

ADDITIONAL COACH COST

- \$225 per coach - Includes:
- Full board accommodation (3 nights)
- Meals
- Full access to all camp sessions

[Register Here - Camp Coach](#)

REFUND POLICY

Full refund if selected to a National Team

Before June 19: full refund (minus 2M fees)

June 19-July 3: 50% refund

After July 3: no refunds

Registration closes June 26, 2026

Don't wait - first 40 athletes per group (max capacity)

QUESTIONS?

David Tremblay

High Performance Manager, OAWA

highperformance@oawa.ca

&

Chris Stefopoulos

OAWA Program Coordinator

ohpwrestling@gmail.com

