



# MARCH BREAK

## HIGH PERFORMANCE

# STEEL SHARPENS STEEL CAMP

LIMIT: 50 ATHLETES

The OAWA March Break Competition Camp is a **high-performance training environment** intended exclusively for Ontario's top athletes. Athletes are expected to arrive fully conditioned, with a strong technical foundation, and the ability to perform effectively during a high training-load preparation period delivered across multiple daily sessions. Training will reflect the **demands, pace, and expectations of national and international competition**, with performance-based evaluation throughout the camp.

**\*\* This camp may be used to inform future Team Ontario selection, spring and summer High-Performance programming, and international competition opportunities.**

 **Battle Arts Academy**  
24880 Tomken Rd. Mississauga

 **March 17-19, 2026**

### ELIGIBILITY

- Top Six (6) at the 2026 U17 Open or U19 Provincial Championships
- Top Three (3) at the 2026 Ontario Winter Games
- Approved through the exemption process

[CLICK HERE FOR EXEMPTION FORM](#)

[CLICK HERE TO REGISTER](#)

## REGISTRATION & FEES

Camp pricing is based on competitive results from the 2026 U17 Open and U19 Provincial Championships and Top Three (3) at the 2026 Ontario Winter Games.

- Top 3 finishers: \$125
- 4th, 5th, and 6th place finishers: \$150
- OAWA Athletes approved through the exemption request process: \$200

**\*\*Lunch is included**

**\*FEE DOES NOT INCLUDE TRANSPORTATION OR ACCOMMODATIONS**

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**DAVID TREMBLAY**

OAWA High Performance Manager  
2012 Olympian

# CAMP SCHEDULE

## DAY 1 - TUE. MAR 17

10AM - 12PM

Technical & tactical training,  
Key positions live situational  
wrestling

2-4PM

Structured scrimmage blocks,  
live matches

## DAY 2 - WED. MAR 18

8-9AM

High-performance warm-up  
& conditioning

10AM - 12PM

Technical & tactical training,  
Key positions, Live situational  
wrestling

2-4PM

Structured scrimmage blocks,  
Live matches

## DAY 3 - THU. MAR 19

9-11AM

High-performance warm-up  
& conditioning technical &  
tactical training

12-2PM

Key positions, Live situational  
wrestling & matches

2:30PM DEPARTURE

## COACHES

Coaches may attend and participate at no cost, provided they pre-register, have completed all required Safe Sport training, and are members in good standing with the OAWA. On-mat involvement and session leadership will be at the discretion of the OAWA High-Performance Manager.

Coaches will be included in technical discussions and practice planning prior to the camp, including a virtual meeting scheduled during the week of March 9-13.

## IMPORTANT NOTES & TEAM ONTARIO SELECTION

This camp may be used to inform Team Ontario selection for upcoming spring and summer High-Performance programming. Selection decisions are based on training performance, conditioning, and pathway alignment.

**Attendance at this camp does not guarantee selection for future teams or competitions.** Participation in this camp will be considered as part of the overall Team Ontario application and selection process. As part of this review, the OAWA may consider an athlete's history of participation and engagement within OAWA programming, including involvement in provincially sanctioned competitions, camps & training opportunities.

This camp will serve as an evaluation and alignment opportunity to help inform athletes about upcoming spring training camps and tournament opportunities, including international competitions and training camps.

This camp plays an important role in supporting athlete progression from provincial competition into national and international performance environments.

## QUESTIONS?

David Tremblay

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