

UNIVERSITY OF CALGARY DINOS WRESTLING

* CIS NATIONAL TEAM CHAMPIONS *
1999 – 2000 – 2001 – 2007 – 2009

* CANADA WEST CONFERENCE TEAM CHAMPIONS *
1987 – 1988 – 2000 – 2001 – 2002 – 2003 – 2005 – 2007 – 2008 – 2009 – 2011

* 60 CIS CHAMPIONS * 128 CANADA WEST CHAMPIONS *

* 9 CIS OUTSTANDING WRESTLERS * 7 CIS COACH OF THE YEAR AWARDS*

* 11 CANADA WEST COACH OF THE YEAR AWARDS*

* OLYMPIANS *
2000 – 2004 – 2008 – 2012



PROSPECTIVE STUDENT-ATHLETE INFORMATION PACKAGE

* The NEW deadline for academic applications at the U of C is March 1st! *



2014





WHY CHOOSE THE UNIVERSITY OF CALGARY?

A Wrestling Program Committed:

- ✓ To build the #1 Wrestling program in the country.
- ✓ To achieve competitive success by consistently challenging for the Canada West and the CIS National team titles.
- ✓ To academically graduate 100% of the athletes who come into the program.
- ✓ To graduate athletes to the National Team programs.
- ✓ To seek and achieve excellence and professionalism in every area of the Wrestling Program at the University of Calgary.

World Class Facilities and Excellent Athlete Support Systems:

- ✓ A top national training center within Canada that has produced World and Olympic Champions.
- ✓ Coaching that is based on and geared towards international standards. The Dinos coaching staff knows what it takes to be the best and will help you to reach your full potential.
- ✓ The Canadian Sport Institute Calgary is based out of the University of Calgary and COP, which means that international caliber athletes are a part of the Calgary environment. Shared resources and educational opportunities exist between the Canadian Sport Institute and Dinos Wrestling.
- ✓ Dedicated strength training coaches providing personalized programs.
- ✓ Two phenomenal fitness facilities with two indoor tracks, state of the art aerobic machines, weight training equipment and free weights. The High Performance weight room is restricted to exclusive use by Varsity and CSIC/National Team athletes.
- ✓ Dedicated wrestling room fully equipped with two Olympic size mats, wall pads, chin-up bars, stationary bikes, elliptical machine, scales and video analysis technology.
- ✓ The Jack Simpson Gymnasium is one of the top multi-purpose facilities in Canada which we use for hosting some tournaments as well as cross training.
- ✓ On-site sports medicine/physiotherapy clinic. You will always have first priority for treatment of injuries should they occur.
- ✓ First class recreational facilities including squash/racquetball courts, a climbing wall, extensive outdoor equipment rentals, swimming pool and much more.
- ✓ All varsity athletes in our program receive complete funding to compete and represent the Dinos. In addition, varsity athletes receive meal per diem while traveling.

University of Calgary Wrestling Coaching Staff



Mitch Ostberg, Head Coach:

Coach Ostberg returns for his 21th season at the University of Calgary. He brings a wealth of coaching experience to the position. The Dinos, under Coach Ostberg, have won five CIS national titles. He has been Canada West Coach of the Year six times and CIS Coach of the Year five times. With a balanced philosophy around training, school, and social interests, Coach Ostberg emphasizes both academic and athletic success. He also supports both the men's and women's teams effectively having male and female assistant coaches. As an illustration of this, he has coached 17 Men's CIS champions and 24 Women's CIS champions.

Coach Ostberg has been honoured by the Coaching Association of Canada winning the prestigious Wittenaur Coaching Excellence Award three times for his work with the Canadian National Team.

As a competitor Ostberg was a six time Canadian Senior Champion and represented Canada in the Senior World Championships four times placing 7th in 1986 and 10th in 1991. Ostberg won a Gold Medal for Canada at the 1986 Commonwealth Games in Edinburgh, Scotland.



Paul Ragusa, Assistant Coach:

Paul has served as an assistant coach at the University of Calgary for the past 9 years. He currently works as an epidemiologist with the Calgary Health Region and is raising three children with his wife Julie.

He is one of the most decorated wrestlers in Canadian wrestling with many national and international accomplishments. In 2007, Paul was inducted into the Canadian Wrestling Hall of Fame.

He was a member of the 1996 Olympic team and has represented Canada's national team from 1990 – 2001. In that time Paul was a 10 time national champion, 1994 Commonwealth Games Silver Medalist, 1995 & 1999 Pan-American Games Silver Medalist and placed 8th at the 1993 World Championships.

In addition to his impressive wrestling career Paul also has a lengthy list of coaching credentials. Prior to moving out west, he coached at Queens University and Brock University while attending school. He has served as a national team coach for several major events such as 2008 & 2012 Olympic Games where he coached Carol Huynh to Olympic Gold and Bronze medals. Other coaching assignments include the 2006, 2008, 2010 FISU World Championships and the 2007 & 2012 Senior World Championships coaching staff.



Carol Huynh, Assistant Coach:

Carol is a retired member of the Canadian National Women's Team and FILA Hall of Fame inductee. She completed her competitive career after winning the Olympic Gold Medal at 48 kg in the 2008 Olympic Games in Beijing China and the Olympic Bronze Medal in the 2012 London Olympics.

Carol is in her 5th year as a varsity coach but adds a special zip to the training environment with a hands-on-approach with the women's team. Carol resides in Calgary with her husband Dan Biggs, a Dinos Wrestling alumnus.

Wrestling Support Staff



Jeremiah Barnert, Varsity Strength Coach:

Jeremiah competed for the University of Calgary Varsity Wrestling Team from 2002 until 2007. After completing his degree in Kinesiology with a Bachelor of Science in Exercise and Health Physiology, he continued working with the wrestling team for the past five.

In 2007 he became a certified strength and conditioning specialist and added his Masters degree in 2013. Jeremiah is now working with five varsity teams (Men's and Women's wrestling, Men's and Women's Field Hockey and Women's Soccer). Jeremiah attended the 2010 Vancouver Winter Olympics and 2014 Sochi winter Games as Strength Coach to the Canadian Luge Team



Mac Reed, National Team Strength Coach:

Mac is currently a Strength and Conditioning Coach at the Canadian Sport Centre-Calgary (CSCC). At the CSCC, he works with a number of different National teams, including Women's Wrestling, Men's Gymnastics, Diving, BMX and Women's Ski Jump. Mac also worked as the Strength and Conditioning Coach for the San Jose Sharks, and as an Assistant Strength Coach at Stanford University.

Mac received his Master of Arts degree in Exercise Physiology from San Jose State University and a Bachelor's of Physical Education degree from the University of Calgary. He is a Certified Strength and Conditioning specialist (CSCS) from the National Strength and Conditioning Association, a Club Coach from the United States Weightlifting Federation, and a NCCP level 1 Weightlifting Coach.



A Great City with Job and Lifestyle Opportunities after Graduation:

- ✓ After Toronto, Calgary has more corporate headquarters than any city in Canada, and currently has the hottest job market in the country. The Province of Alberta and the City of Calgary provide endless opportunities to University Graduates.
- ✓ With a moderate climate (you can't help but love those mid-winter Chinook winds) and the proximity of the Rocky Mountains, Calgary offers incredible opportunities for those who enjoy the outdoors and an active lifestyle.
- ✓ Calgary is a young, vibrant city with lots to do and a fantastic standard of living.



ACADEMIC INFORMATION

The University of Calgary will celebrate its 50th Anniversary in 2016. The school has seen tremendous growth and now serves over 30,000 full-time students each year. The UofC offers degrees in 16 different faculties, which include more than 60 academic departments and major program areas.

To obtain a Bachelor's degree, you will be required to complete 40 half credit courses (each ½ credit course runs for one semester) that meet the requirements of your chosen area of study. With a full course load (5 half courses per semester over the fall and winter sessions) you would complete your degree in four years. Most student-athletes choose to take a slightly lighter course load early in their degree and end up completing their degree over 5 years. This coincides with the 5 years of eligibility allowed by Canadian Interuniversity Sport (the CIS).

In order to be eligible to compete in the CIS, athletes must always maintain a minimum course load of 3 half courses per semester and maintain an acceptable grade point average for their given program.

Entrance Requirements:

Minimum standards for each faculty vary from year to year and can be found in the information for “Prospective Students” found on the UofC’s website at www.ucalgary.ca. Please read the information carefully to make sure that you have the prerequisites required to be accepted into the faculty of your choice and that you are aware of the academic standards of the UofC.

As of the fall of 2004, the UofC has moved to a “top-down” competitive entrance system. This means that there is no longer a set minimum standard that will guarantee a student entrance into the UofC – each faculty will accept students based on the best grades of the applicants until the faculty is full. While this makes it more difficult to get into the UofC, it also ensures a better academic experience once you are here, as class sizes and faculty sizes will be more closely restricted and the academic environment is given absolute priority.

TUITION, FEES AND SCHOLARSHIPS

Your tuition, books and fees will vary significantly depending on your program of study you choose. The tuition costs (based on 4 half courses per semester) are around \$4,500. Compulsory fees will be added to that. Book costs are tough to measure and vary significantly by program, but can be up to \$500 per year.

Scholarships:

We are able to offer various scholarship supports to our athletes through a number of established programs. The funding for these programs comes from various sources including the Provincial Government, the local corporate community, and private donors. Scholarship funds are available to athletes who meet minimum academic standards and other scholarship program requirements. As is the case with all Canadian Universities, we must meet strict guidelines in the awarding of scholarships to our athletes – under current rules no athlete may receive athletic scholarships in excess of their yearly tuition and mandatory fees (this will vary depending on the University and number of classes).

The following is a list of scholarships available specifically to the UofC Wrestling Team members:

Jimmie Condon Scholarship

- 24 per year @ \$1,800 each from the provincially held Heritage Trust Fund.
- Awarded \$900/semester – must have achieved a 2.0 gpa in the preceding semester.
- Must be an Alberta resident (out of province can receive JC in years 2, 3, 4, 5).

Parker Award

- Two \$5000 annual (and renewable up to five years) scholarship awards donated by Mr. Jim Parker, Dinos Wrestling Alumnus, which require the demonstration of need for financial support, a minimum of four courses per term and a 2.5 GPA each term.

Servipetrol Award

- An annual scholarship award donated by Mr. Roberto Aguilera, wrestling supporter.

Lutz Keller Award

- An endowed scholarship fund provided by UofC Dinos Alumnus Lutz Keller.

University of Calgary Wrestling Club Awards

- Annual scholarships with funds raised by the Dinos Wrestling Club.

Department Scholarships

- Department scholarships are awarded to those athletes that achieve outstanding success within Dinos Athletics - athletes attaining CW All-Star and CIS All-Canadian status are typically eligible. These awards are given in addition to the scholarships provided by the Wrestling Program and include:
 - Academic All-Canadian Award in Science or Engineering
 - Dennis Kadatz Athletic Awards
 - Molson Breweries Athletic Awards
 - Calgary Booster Club Scholar Athlete Awards
 - Lou Goodwin Athletic Board Bursaries

University of Calgary Entrance Awards:

Entrance awards are applied for automatically when applying to the University. Numerous other scholarships and awards are available at the UofC, but do not relate directly to your status as a UofC athlete. If you have "A" Grades, you can apply for scholarships as large as \$25,000 payable over four years. You do not need to be registered to apply for these awards: www.ucalgary.ca/UofC/students/awards/

**** IT IS HIGHLY BENEFICIAL TO APPLY FOR REGULAR FINANCIAL AID THROUGH THE **AWARDS OFFICE**, ASAP (BEFORE DECEMBER 15th). THEY OFFER MANY, MANY SCHOLARSHIPS/BURSARIES IN ADDITION TO THOSE WE HAVE LISTED.

WHAT DOES ALL THIS MEAN TO YOU?

Should you choose to attend the University of Calgary, you can be assured of a program and coaches that are committed to Excellence, Athlete Development and Success. Our entire staff is dedicated to providing a positive atmosphere that enables our athletes to achieve personal goals - both athletically and academically. I hope that you will consider joining us in meeting the challenge of taking your wrestling to the next level and the Dinos Wrestling program to a CIS National Championship Team Title!

If you have any questions regarding our program, or the University of Calgary, please do not hesitate to contact me:

Mitch Ostberg - Head Coach
ostberg@ucalgary.ca
Office: Kinesiology KNA136
Phone: (403) 220-8677 (w)
(403) 815-2629 (cell)



WHAT TO DO FROM HERE?

Now that you have received this package we hope you will take the necessary steps in planning your future at the University of Calgary and with the Dinos Wrestling Team. Please consider the following course of action.

_____ Submit an application to the UofC. You can apply to the UofC on-line at www.ucalgary.ca. There is a fee to apply, but that price is small compared to the many benefits of applying early should you eventually decide to attend.

***NEW* The deadline for academic applications at the UofC is early – March 1st!**

_____ Contact Mitch Ostberg and let him know that you have applied. Be sure to include your temporary student ID number.

_____ Take a tour of the University of Calgary or find out more about a particular faculty, please contact Mitch Ostberg to make arrangements.

_____ Fill in an online application for residence if you need accommodation to attend UofC.

_____ Complete the University of Calgary Wrestling Letter of Offer and Understanding if included

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Pride. Spirit. DINOS.

