

Greetings from UFV Wrestling coaches Arjan Bhullar and Raj Viridi! We hope that you are as excited as we are about bringing CIS wrestling back to the province of BC, and that you will share this update on our program with your contacts and wrestlers.

The **University of the Fraser Valley wrestling team** was recently accepted into the **Canada West** for the **2014-15 season**. UFV will now compete in the five team conference which includes: the **University of Alberta**, the **University of Calgary**, the **University of Saskatchewan**, the **University of Regina**, and the **University of Winnipeg**. This is exciting news for the wrestling community in BC, since there hasn't been a CIS wrestling team in the province since 2010 when **Simon Fraser University** transitioned into the **NCAA**.

UFV Wrestling is currently training as the **Fraser Valley Cascades Wrestling Club** in preparation for next year's **Canada West/CIS** debut. The club currently includes 12 men and 3 women, and has begun competing in numerous university level tournaments. So far the club is doing very well for a first year program, and we are hoping the team will become a force to be reckoned with for the 2014-15 season.

This season began in September 2013. The first tournament of the year was the **University of Calgary "Dino Open"** on Oct. 25, 2013. Only four athletes competed at the tournament due to numerous injuries across the roster, yet the team earned two medals, a silver and bronze. **Amrit Sund** also dropped a very close match in the bronze medal bout, earning himself fourth place. Next up was the **Clan Invitational** in November, hosted by the powerhouse **Simon Fraser University**, and drawing senior wrestlers from across Canada and the United States. **Amrit Sund** competed in the college division and earned a gold medal in the 54kg division. Rookie **Ajay Gill** (84 kg) took a silver medal, losing a nail biter in the finals against a former junior national champion. Out of our six athletes competing at this international tournament, two medalled and three finished with a top 6 performance.

UFV then changed gears and headed south of the border to compete against top US programs (including **Oregon State**, **Boise State**, **San Francisco State**, and **Stanford**) at the **Mike Clock Open** (Nov, 10, 2013) and the **Spokane Open** (Nov 23, 2013). Although our freshmen competed hard, we were unable to bag any medals at these tournaments. **Ajay Gill**, **Jaskarn Ranu** and **Dave Sharma**, all former national medalists, are beginning to mature, and we are looking at them to become leaders for the program in future years.

As the season headed into the Christmas break and holiday season, there was little rest for the UFV wrestlers! All of the **Canada West** teams participated in a Christmas camp at the **University of Alberta**, which was seen by UFV as an opportunity to train alongside the teams and athletes we are hoping to knock off next year. We were pleased with the effort exhibited by our group in the week-long camp, and the hard work paid off in a big way, as UFV was able to continue its progress and win more matches at the **Golden Bear Invite**. **Chanmit Phulka** competed in the 130 kg weight class and did not get a point scored on him, winning all of his matches to earn himself a gold medal. **Jaskarn Ranu** (72 kg) and **Ajay Gill** (90 kg) both earned silver and **Dave Sharma** bagged a bronze in the 57 kg weight class. Both **Ranjot Sandhar** and **Rohit Thandi** placed top six in the highly competitive **Canada West** tournament. Hopefully by this time next year we will be preparing for a successful **Canada West** campaign, followed by a trip to the **CIS National Championships**.



The **University of the Fraser Valley** is located in **Abbotsford, British Columbia**. As an institution, it boasts over 30 years of athletics excellence. There are an array of programs offered to our students, and a great teacher-to-student ratio which ensures smaller class sizes and success for our student-athletes in both the classroom and on the wrestling mat. For more information or to find out how to support this brand new program, feel free to access the UFV website at, "UFV.ca". To speak to our coaches, feel free to contact them at:

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