

DEVELOPMENT PLAN  
BELAU WRESTLING FEDERATION (BWF) as of 1/9/2006

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***“WRESTLING IS MORE THAN LIFE, IT’S A CHALLENGE”***

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**1. Introduction**

Did you know that Wrestling is the oldest sport known to man, originating over 5,000 years ago (baseball didn't begin until 1839, and basketball wasn't invented until 1891) and a sport where success is determined not by the size of the team but by the size of your own heart!

As part of the review of "where is our wrestling program going" in 2005 we formulated this Development Plan, which outlines exactly what the Belau Wrestling Federation (BWF) is aiming to achieve in a number of areas. This plan took a number of months to compile taking into account, Oceania Committee of Amateur Wrestling Styles (OCAWS), International Federation of Wrestling Styles (FILA) and our National Olympic guidelines.

**2. Background**



Photo taken at Royal Palau Hotel which is where Shell Plaza is currently located today. Photo taken on Feb. 23, 1994

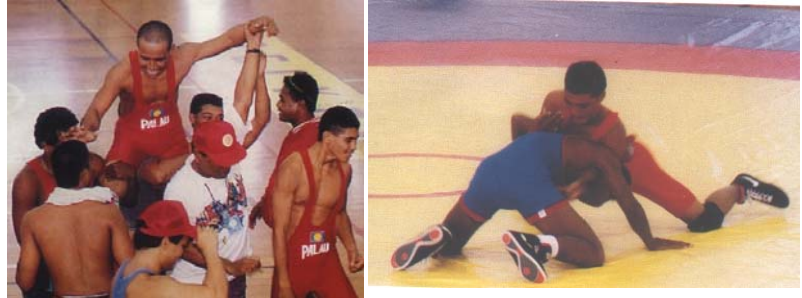
Aside from traditional or beach wrestling that was practiced in the past and during the Japan occupation of Palau, wrestling in Palau was re-introduced and organized in 1993 prior to the start of the 1994 Micronesian Games in Guam. Practices were first held at one of the classrooms at Palau High School and later at the old Koror State Recreational Building near Asahi Field (Old hospital emergency Room). With little experience in international wrestling, a number of wrestlers got together and practiced daily. In 1994, practices were then held at the Palau Community College (PCC) Recreational Gym and

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many participants included not only Palauans but other Micronesians, especially PCC students from the outer islands of Yap who were attending PCC. Practices were held on top of folding gymnastic/tumbling mats and bamboo strip mats and injuries were common to the athletes who trained almost daily.

1994 Micronesian Games  
(March 1994 - Agana, Guam)

Palau sent a team of eight (8) wrestlers to compete in the freestyle wrestling event. Representing Palau was Peasley Ngiraibakes, Dwight Lemei, Tulensru Tulensru Jr., Rubbon Paulino, Gabriel Gufnay, Myers Techitong, Rodson Ruben and John Tarkong Jr.



6<sup>th</sup> Annual Eagle Open Tournament (December 1994-Guam)

In an attempt to develop a wrestling program for Palau, a group of wrestlers got together to form BAWA. After practicing on tumbling mats and in a small room, there were times when we would crash into the wall or get scrapes or bruises from the cement flooring. Nevertheless, we were able to send a team of 10 wrestlers to attend the tournament in Guam. Among the teams that competed included Japan's team from Kubusaki, Palau and Guam. The team consisted of Rodson Ruben (188 lbs) who landed the gold medal while the remaining three won silver medals in a very tough tournament. The silver medalists were Peasley Ngiraibakes (114 lbs); Gabriel Gufnay (163 lbs); and John Tarkong Jr. (220 lbs). The remaining team included Joe Chilton, Bradley Melalarie, Gabe Sakuma, Bric Feliciano, Kenneth Johnny and Assistant Coach Pelefoti Cooper.

1995 – Belau Amateur Wrestling Assoc. (BAWA) Re-organized to Belau Wrestling Federation (BWF)

In 1995, BAWA was organized as a non-profit organization, later to be changed to Belau Wrestling Federation (BWF) on January 17, 2002. Under the new non-profit corporate charter, BWF would have new members who agreed to promote, support and regulate wrestling in Palau and during that same year, Palau became a member of the Oceania Amateur Wrestling Styles (OCAWS) and a member of FILA (International Federation of Wrestling Styles). As a result, Palau competed in tournaments held in Guam such as the Eagles Open Tournament that year.

1995 Oceania Championships (Melbourne, Australia)

Palau was able to send wrestlers (Peasley Ngiraibakes, Warren Kodep, Bric Feliciano, Jay Blanco, Gabriel Gufnay and John Tarkong Jr.) to compete in their very first Oceania Wrestling Championships held at the Victoria University of Technology in Melbourne,



Gabriel Gufnay wins against his opponent from Australia

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Australia from April 14-16, 1995.

1995 Asia-Oceania Freestyle Cup Tournament (Manila, Philippines)

Palau sent a very young and in-experienced wrestling team to compete in this tournament. The team consisted of three (3) Junior wrestlers (Jacob Yangilmau, Telly Yoshida, and Gabriel Gufnay) to compete in the Junior and Senior Freestyle Events on September 17-19, 1995. During the Junior competition, Jacob was able to win the gold medal over his opponent from the Philippines. Competing in the Senior Freestyle events were John Tarkong Jr., Jacob Yangilmau, Gabriel Gufnay, Joe Chilton, and Kenneth Johnny. Among some of the teams that competed were New Zealand, Australia, Indonesia, Japan, Philippines, Palau and Kazakhstan.

1996 Oceania Championships (Melbourne, Australia)

Palau sent Peasley Ngiraibakes who competed and captured the silver medal in the Greco Roman Wrestling and placed 5<sup>th</sup> in the Freestyle Wrestling. Warren Kodep competed in the Greco Roman style and won a silver after defeating Guam and New Zealand. Jay Blanco wrestled in the Juniors 58 kilograms class and Senior Greco Roman matches taking the bronze in both events. Tarkong was able to pinned Australian wrestler Lochs Hall before being outpointed in the next round. Tarkong placed fourth in the 100 kilograms class and Bric Feliciano competed in the 62 kilograms class in Greco Roman.

1997 Oceania Championships (Tauranga, New Zealand)

Tarkong represented Palau in the Oceania Championships held in June 21 – 22, 1997. Tarkong competed in the 120 kg weight class in both Greco and Freestyle Events.

1997 WCTC Wrestling Tournament

A wrestling tournament was held in both Greco-Roman and Freestyle.

1997 Belau Games

With approximately seventeen (17) wrestling members, practices were held at the Palau Community College (PCC) and many teams were organized in preparation for the Belau Games. Approximately seven (7) states with almost fifty (50) athletes competed in the games.

1997 Samoa Games (Apia, Samoa)

Palau sent the weightlifting and wrestling team to compete in the Samoa Games held from December 06-13, 1997. Among the wrestlers were John Tarkong Jr., Francis Kintaro, Peasley Ngiraibakes, and Bric Feliciano. Team Leader was John Tarkong Jr. and representing the Palau Sports Commission and Delegate for Palau's Team was Baklai Temengiil. Wrestling was conducted in both Freestyle and Greco-Roman.

Team results: Greco-Roman Style: In the 54kg weight class, Francis Kintaro won the gold medal; 58kg Peasley won the gold medal; Bric Felician lost to Iutana of Samoa and received the silver medal in the 63kg class; Tarkong lost to Samoa and Marshalls due to injury and received the bronze in the 97 kg weight class.

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On the next day for Freestyle Wrestling Events, Francis, Peasley and Tarkong won the gold medal while Bricit won the silver medal. Overall, Palau did very well in the tournament that consisted of Samoa, Australia, Marshalls, and Palau.

Year 1998-FILA Wrestling Mat

In 1998, Palau received technical assistance from FILA for a wrestling competition mat.

1998 Asia-Oceania Championships (Manila, Philippines)

With help from PNOC, two (2) wrestlers from Palau was able compete in the 1998 Asia-Oceania Cup Tournament in Manila, Philippines from June 6-12, 1998. Palau sent Rodson Ruben and John Tarkong Jr. to compete in both the Senior Greco and Freestyle Events. The tournament was held at the Multi Purpose Stadium, Philsports in Pasig.

1998 Micronesian Games (Palau)

With the assistance from PNOC, Palau was able to bring Mr. Lazko Latev, a Bulgarian Coach assigned by FILA to coach the Philippine wrestling team, and Mr. Kim, Ik Jong of Korea to serve as FILA Technical Delegate. Both Latev and Kim came to Palau to assist with the organizing and judging / refereeing of the 1998 Micronesian Games. Mr. Lotov was the FILA Coach in the Philippines and with the approval from Philippine Wrestling Federation, Mr. Lotov was able to come to Palau to help train and officiate the games. Mr. Kim was the technical delegate from FILA to oversee the tournament. Among the countries that participated were CNMI, Guam, Palau, Kosrae, Yap, and Marshall Islands and total wrestlers that competed were about forty one (41) wrestlers.

The Greco Roman Senior Mens Division was held on August 06, 1998. In the 54kg weight class Palau's Francis Kintaro won the gold medal over Tony Santos of Guam; Darryl Gose beat Jeffrey Tilfas of Palau (silver) in the 58kg class; Bricit Feliciano won silver after losing to Melchor Manibusan of Guam; 69kg class Edelach Meyar placed 6<sup>th</sup>; Rodson Ruben competed in the 76kg class and won the silver after his loss to Kirido Goodich of Guam; Joseph Chilton won the bronze in the 85kg class; Johnson Joshua placed 4<sup>th</sup> in the 97kg class; and in the 130kg class John Tarkong Jr. won the gold over the Marshall Islands.

In the Freestyle Senior Mens Division that was held on August 07<sup>th</sup>, Francis Kintaro won the gold over Rodney Jordan of the Marshalls in the 54kg class; Jeffrey Tilfas won Gold for Palau over Guam's Darryl Gose in the 58kg class; Bricit Feliciano lost to Melchor Manibusan in the 63kg class to receive the silver medal; Edelach Meyar placed 6<sup>th</sup> in the 69kg class; Rodson Ruben won the bronze medal in the 76kg class; Joe Chilton won the bronze in the 85kg class; Johnson Joshua placed 4<sup>th</sup> in the 97kg class; and John Tarkong Jr. won the silver after losing to Joe Weindl of the Northern Marianas.

Overall, Palau had wrestlers compete in seven (7) weight classes and received 2 gold medals, 3 silver medals and 1 bronze medal in the Greco-Roman Events while in the Freestyle Events, Palau won 2 gold, 2 silver and 1 bronze medals. Overall, Team Palau placed 1<sup>st</sup> in team standings among the teams.

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1999 - Coach Joong Sub, Lee

In 1999, with assistance from our Palau National Olympic Committee (PNOC) and FILA, Palau received an Olympic Coach for one (1) year from Korea to assist with our wrestling program. An exchange of wrestlers from Japan, Korea and even a U.S. High School visited Palau to train with our wrestlers over the years. Following such exchanges, Palau sent wrestlers to Japan and Korea to train prior to the 1999 South Pacific Games and 2004 Olympics.

Prior to the 1999 Oceania Wrestling Championships that was scheduled to take place on April 9-10, 1999, BWF sent John Tarkong Jr. and Peasley Ngiraibakes to Korea to train for the Oceania and then to return to Korea to continue their training in preparation for the 1999 South Pacific Games. Although both wrestlers went to Korea to train and then on to Samoa, due to the lack of countries able to participate, the Championships was cancelled in Apia, Samoa. Although the Championships was cancelled, countries such as Palau, FSM, American Samoa sent athletes to train and take part the Regional Wrestling Course that was held the week prior to the Championships followed by a two-day Referees Workshop and conducted by the FILA delegate. For the Regional Course each wrestling federation was allowed 1 wrestler whose expenses including international travel by the most direct route and hotel accommodations in Apia for the whole period include the Referees Course and Championships were paid by the Samoa Olympic Wrestling Association. All referees and/or wrestlers were invited to attend the Referees workshop. If the Federation appointed a specific referee for the course to represent their country, the Samoa Olympic Wrestling Association was able to pay that person's hotel accommodations for both the Referees Workshop / Oceania Championships. As is the FILA practice, it was also recommended at the time by the Oceania President, Seiuli P. Wallwork, Oceania Wrestling Union, in the letter dated January 6, 1999, to all Wrestling Federations to make an early application for the reimbursement of the airfares for 3 wrestlers to attend the Oceania Championships. At the time, the President mentioned that we would have to have a team comprising more than 3 wrestlers before FILA can reimburse these fares.

1999 Oceania Championships and Pre-Olympic Tournament / FILA Five Continents Cup (Sydney, Australia)

Palau sent two (2) wrestlers, Francis Kintaro and John Tarkong Jr. to compete in the Pre-Olympic Tournament and Oceania Championships that was held back to back in Australia. The Pre-Olympic Tournament was held in conjunction with the Oceania Championships as a pre-test for the 2000 Olympics. Both wrestlers competed in the freestyle events. Tarkong was able to rank 7<sup>th</sup> in the FILA Five Continent Cup and 2<sup>nd</sup> in the Oceania Championships in freestyle.

1999 – Wrestlers Train in Korea in Preparation for the SPG Games in Guam

In preparation for the SPG Games, Palau sent two (2) wrestlers, Peasley Ngiraibakes and John Tarkong Jr. to train for a period of two (2) months in Korea. During such time in Korea, FILA agreed to provide financial assistance to Palau for Coach Joong Sub, Lee. Both wrestlers and Coach Lee soon joined the remaining team from Palau in Guam to

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compete at the games. As a result, both wrestlers were able to win two (2) silver medals each in the Greco-Roman and Freestyle Events.

1999 South Pacific Games (Agana, Guam)

Palau had a team that consisted of Joe Chilton, Francis Kintaro, Jacob Yangilmau, Peasley Ngiraibakes and John Tarkong Jr.



1999-Korea Junior National Team Visits Palau (Training Camp)

In November, the Junior National Team from Korea came to Palau to train for two (2) weeks. Through the assistance of our sponsor WCTC, they were able to provide for the accommodations of about 15 wrestlers including coaches from Korea. PNOC and other sponsors were able to help with their food and other activities during the training. A small tournament was held on the last day of training and the exchange of wrestlers coming to Palau provided Palau's wrestlers with valuable training experience.



2000 Olympic Qualifying Tournament and the Oceania Championships (Sydney, Australia)

Peasley Ngiraibakes and John Tarkong Jr. went to Korea to train under the guidance of Joong Sub, Lee one month prior to the qualifications. Both wrestlers then went to the Oceania Championships, an Olympic Qualifying Tournament, for the Olympics. The Oceania Championships was held in Freestyle and Greco-Roman and organized by the Australian Wrestling Union Inc. in Melbourne, Australia on May 13-14, 2000. Unfortunately, Peasley placed second after a very close match against New Zealand.

Japan Wrestlers Train in Palau (August 29-September 10, 2000)

Palau wrestlers had the chance to train with wrestlers from Japan who came to Palau to take part in a wrestling camp in Palau. Wrestlers from Palau and the FSM was able to train with some of Japans best wrestlers. The Wrestlers from Japan included Daigoro Kajiwara and Takao Fujimoto along with Head Coach Ohta Hiroshi. Mr. Hiroshi and Tarkong both competed in the the 1995 Asia Oceania Cup Tournament in the Philippines and when Ohta visited Palau last year, they were introduced by Mr. Hiroyuki Tsukahara, a good friend of both Ohta and Tarkong. Both were surprised when they realized they had



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both participated in the tournament. Tarkong even showed a video of their matches, although in different weight classes, at the time.

FSM Games (Yap, FSM)

On behalf of the FSM Organizing Committee, Palau sent officials from Palau to include two referees to officiate the wrestling tournament in both Greco-Roman and Freestyle Events. The referees were John Tarkong Jr. and Joe Chilton. With Yap, being the largest team and host of the games, Chuuk, Pohnpei and Kosrae all having full teams, the FSM Games had over 50 wrestlers that participated in both Greco Roman and Freestyle. The games had a crowd that filled up the whole basketball gymnasium like never before. In addition, Tarkong was asked to also compete in an exhibition against a wrestler from Chuuk who was over the 120 kg weight and therefore not able to wrestle. The fans packed the gym like never before in Yap and wrestling tournament was probably the most popular watched event during the games.



Photo-Left: Opening Ceremony prior to the start of the FSM Wrestling Games. Photo-Right: John & Joe standing in front of the Yapese Stone Money.

2001 Coaching Solidarity Course (USA Wrestling Coach Richard Estralla)

Coaching solidarity courses were conducted over the years through the assistance of PNOC and we even had a U.S. Coach, Richard Estralla,, visit Palau for 2 weeks. During that time, Coach Estalla was able to speak and introduce wrestling to students at Palau High School in the gym and track.



2001-Japan Wrestler trains in Palau (1 month)

Palau had one (1) wrestler Yonezawa Shigetaka of Japan who came to Palau to train for one (1) month with Palau's wrestling team in preparation for the Oceania Championships. Yonezawa was from Aoyama Gakun University and with the assistance of Head Coach Ohta Hiroshi and PNOC, Yonezawa agreed to pay for his ticket to and from Palau while all accommodations and food were covered during Yonezawa's stay in Palau.



2001 Oceania Championship (Tumon, Guam)

The 2001 Oceania Championships was held in Guam from April 12-14, 2001. Palau was able to send four (4) wrestlers John Tarkong Jr., Bedor Kyota, Elgin Elwais and Sheldon Mengloi to compete in the 2001 Oceania Championships in Guam. Elgin competed in the 50kg Junior Freestyle Event



2001 Oceania Championships in Guam: Yonezawa Shigetaka (Jpn), Larry Uwelur (FSM), John Tarkong Jr., Bedor Kyota, Sheldon Mengloi, and Elgin Elwais

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and won the gold medal, Sheldon received the bronze medal in the Senior Freestyle and John Tarkong Jr. received the silver medal in the Greco Roman Style. After the tournament, Sheldon returned back to Palau while John, Bedor and Elgin traveled with Yonezawa to Japan to train until April 14, 2001 at Aoyama Gakun University before returning back to Palau.

Year 2001 - Japan Wrestlers Visit Palau  
(Aoyama Gakuin University, Japan)

Palau also had an exchange of wrestlers from Japan to include Ohta Hiroshi of Japan Aoyama Gakun University and their wrestling team. The training camp lasted for 2 weeks in Palau.



Year 2002

On July 28, 2001, a coach from Ukraine, Dimitri Korzch, came to Palau to assist with our wrestling program. Mr. Korzch also brought his wife Olena who also wrestled and took part in

our daily practices. From November 17 to December 02, 2000, an Olympic Solidarity Coaches Course was conducted by Coach Korzch and a wrestling clinic for youths was held at the Palau National Gym for two (2) weeks. About 15 young wrestlers



Youth Wrestling Clinic (2 weeks) held in January 2002 at Palau National Gym. Dimitri Korzch (Ukraine) & John awarding certificates for

participated in the wrestling clinic for beginners that year. During this year, we

also had two (2) wrestlers from the Solomon Islands come to Palau to train and prepare for the Oceania Championships and Commonwealth Games. The Solomon wrestlers remained in Palau for approximately six (6) months.

Oceania Wrestling Championships in Palau (March 27-31, 2002)

BWF organized and held the 2002 Oceania Championships in Palau for Junior, Senior and Female wrestling. Visiting teams included Australia, New Zealand, FSM, Solomons, Guam, and Palau. A referee's course for new and current referees were conducted by FILA Vice President Mario Saletnig and Mr. Kim, Ik-Jong. Among the new referees who were certified was Eric Carlson of Palau and he was able to referee a number of matches during the tournament.



2002 Micronesian Games

The Micronesian Games was held in Pohnpei, FSM and Palau had a full team of eight (8). The head coach was Dimitri Korzch and officiating for Palau was Eric Carlson.

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2002 International University Wrestling Tournament (Seoul, Korea)

Three (3) wrestlers from Palau went to Korea on August 20-23, 2002 to compete in the tournament. Peasley Ngiraibakes, Elgin Elwais and John Tarkong Jr. traveled to Korea immediately following the 2002 Micronesian Games. Tarkong was also able to organize an Oceania Wrestling Team to include 1 wrestler from Samoa and two (2) wrestlers from the Marshall Islands to travel, train and compete in Korea. Competing in the tournament were national and university teams from Hungary, Uzbekistan, Canada, Japan, Indonesia, Vietnam, Chinese Taipei, Japan and Korea.

Year 2003

In 2003, the Oceania Championships was supposed to be held in New Zealand. Due to the lack of participating countries, the Oceania was cancelled.

Year 2003 - Training in Korea

Palau sent two (2) wrestlers, Elgin Elwais and John Tarkong Jr. along with Larry Uwelur to prepare for the 2004 Olympic Games Qualifiers in 2004.

Assisting the team was Coach Joong Sub, Lee of Korea. The wrestlers were able to train in different universities and take part in wrestling camps and competitions while in Korea.



Elgin, John and Larry with Korea Junior National Team

Korea Univ. Wrestling Tournament and International Univ. Wrestling Open Tournament

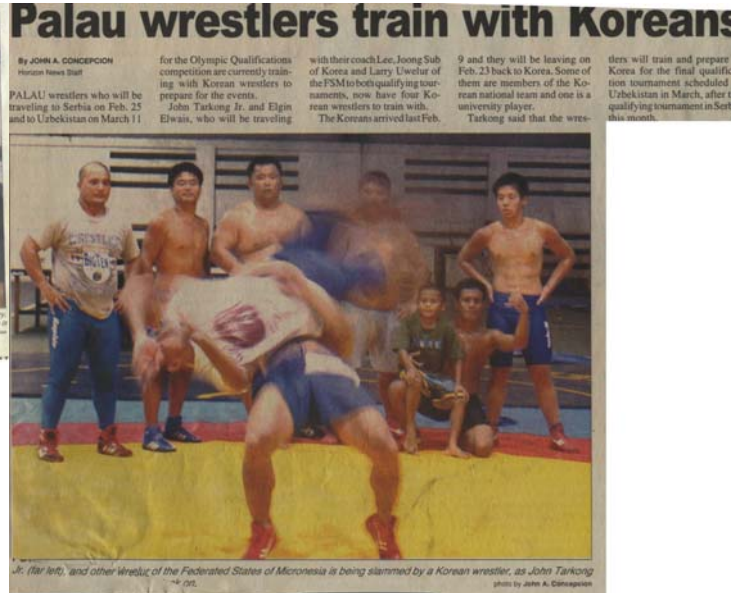
On July 12, 2003, Tarkong and Elwais both competed in the tournament held in Korea. The tournament included wrestlers from Japan, China, Indonesia, Korea and Palau.

2003 World Championships – Olympic Qualifier (Creteil, France)

After John Tarkong Jr. returned from training in Korea, it was announced by FILA that the Oceania Championships were not a qualifier. Instead, the 1<sup>st</sup> qualifier was to be held at the World Championships and then two (2) other qualifiers in Serbia and Uzbekistan for Greco-Roman Wrestling. With little or no time left, PNOC was able to send John Tarkong Jr. to compete in the 2003 World Championships Olympic Qualifier in Greco Roman Style held in Creteil, France. Tarkong wrestled against France in the 96kg Greco Roman weight class.

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**2004 Training Partners and Coach Lee come to Palau to assist wrestlers with Qualifications**



In preparation for the two (2) Olympic Qualifiers in Serbia and Uzbekistan and through the assistance from PNOC, BWF was able to have one wrestler from Korea, Kim, Yung Bok come to Palau in December 2004 to assist and spar with Tarkong. Kim came to Palau to train with Tarkong for one (1) month until two (2) other Korean wrestlers and Head Coach Lee, Joong Sub were able to come to Palau. Training was very intense as the wrestlers trained three (3) times a day under coach Lee.

**2004 Greco-Roman Olympic Qualifying Tournaments (Serbia and Uzbekistan)**

In January 2004, Korean Coach Joong Sub, Lee came to Palau to train and prepare our wrestling team for the Olympic Qualifications. Palau sent two athletes to the Olympic Greco Roman qualifiers held in Serbia and Uzbekistan. Out of the two (2) wrestlers who competed in the Olympic qualifiers, Palau was able to qualify and win a wild card invitation and send John Tarkong Jr. to compete in the 96kg Greco Roman Style in the 2004 Olympics in Athens, Greece.

In Serbia, Tarkong wrestled against Moldova and Canada. Although both were tough matches, Tarkong was able to rank 21 out of 22 wrestlers. In Uzbekistan, Tarkong ranked 27 out of 33 wrestlers.



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2004 Oceania Championships, Agana, Guam

The 2004 Oceania Wrestling Championships was hosted in Guam from May 28-30, 2004. The Championship included teams Guam, Australia, FSM, Japan and Palau. For the first time ever Japan Wrestling Federation was invited to the Oceania Championships. Competing in the tournament were wrestlers in the junior freestyle division, mens Greco Roman Division, mens Senior Freestyle Division and the Womens Freestyle Division.



Palau sent three wrestlers to include John Tarkong Jr. who competed in the upcoming Olympics in Athens later in August 2004, Elgin Elwais a.k.a. “Tulop” and Chauncey Tarkong. Also attending was Coach Lee, Joong Sub.



In the 96 kg Greco Roman weight class, John competed against wrestlers from Guam and the FSM and pinned all of them within the first minute of the match. The biggest match was against Saturo Ohuma of Japan in the finals where Tarkong scored the first points but Japan came back to score during the second period and during the last minute by 1 point in a final score of 3-2. Tarkong won the silver medal in both the Greco Roman and Freestyle match. Tarkong will be competing in August in Athens in the Greco Roman Style.

Elgin Elwais won the Gold medal in the 55kg weight class and beat his opponents from Guam in the Junior Freestyle Division. Elgin currently defended his title as the Oceania Junior Champion for the 3<sup>rd</sup> year in a row. Elgin who wrestled in 2001 (Oceania-Guam) and 2002(Oceania-Palau) won the gold in the 50 kg weight class and is currently ranked #1 in the Oceania Junior Freestyle Division. Elgin also wrestled in both the Greco Roman and Freestyle Division, beat Guam and lost to Japan to eventually win 1Gold and 2 silvers during the competition. The third wrestler from Palau, Chauncey Tarkong was able to wrestle in the Junior Freestyle, Senior Greco-Roman and Freestyle Events and win 1 silver and 1 bronze medal which was very good considering that he still has much to learn from his first competition.

2004 Olympic Games (Athens, Greece)

After being awarded by the IOC to compete in the Greco-Roman Events in the Olympics and in preparation for the games, John Tarkong Jr. went to South Korea to train and prepare for the upcoming Olympics in Athens. Traveling with Tarkong was Elgin Elwais who traveled with Tarkong on June 21, 2004. Although Tarkong remained in Korea till August 7<sup>th</sup> which was when we went to Athens, Elgin remained and continued training until the end of August.

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Both wrestlers, Tarkong and Elwais, was met by Coach Joong Sub Lee. Mr. Lee was able to make arrangements to train at different universities throughout Korea. Both wrestlers participated in a national training camp that lasted for about 2 weeks and sparred with numerous athletes that included University and National champions. Both wrestlers focused their training in the Greco-Roman Style and was also able to compete in one of the national tournaments in July 2004.



Coach Joong Sub, Lee and John Tarkong Jr. at the wrestling venue

Although they were able to train in Seoul, both wrestlers eventually moved from one city to the other and towards the end of July where they remained training in the city of Pusan which was approximately 6-8 hours distance from Seoul. The university in Pusan is one of the top wrestling universities in Korea.

Training was held at least 3 to 4 times a day. At 6:00am wrestling training would consist of runs, sprints and cross-training workouts. Afterwards, the athletes would eat and then rest and prepare for the next training scheduled at 10:00am. During such time, the athletes would run again and wrestle on the mat with over 30-50 wrestlers. The main focus during wrestling was spent on technique and drills. At 3:00pm Tarkong and Elwais would practice again and this time they would focus their training on technique and lots of sparring. Practices lasted for 2 hours each day. The last practice of the day would be at 8:00pm when the wrestlers would lift weights, climb rope or do some short drills. The practices in Korea were all hard and both wrestlers were able to practice at five different universities as well as the national training center where the national wrestling team trained. Both, Tarkong and Elwais had the privilege of training with some of the national champions and gold medallist. The coaching of Mr. Lee and other coaches were really helpful and our wrestlers learned a lot throughout the time spend in Korea.

2005 Oceania Championships (Pohnpei, FSM)

In year 2005, with the assistance from our National Government and PNOC, former Palau Coach Mr. Joong Sub, Lee, who is now one of the national coaches for Korea's national wrestling team was able to send one (1) wrestler from Korea to come to Palau for a period of one year to live, train and attend PCC. With the assistance from PNOC, some financial support was given to assist such wrestler with his food and accommodations and the team was able to prepare for upcoming competitions. With the Oceania Championships taking place in Pohnpei, FSM from June 10-11, 2005 and the South Pacific Mini Games to be held in Palau on Aug 02-03, 2005, an Olympic Coach from Korea, Mr. Young Ho, Ko and 1 additional wrestler were able to come to Palau to assist our wrestlers for a period of three (3) months with training preparations for the SPG Mini Games. Two (2) weeks prior to the



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Oceania Championships coach Ko, began training Palau's wrestling team. Palau sent three (3) wrestlers to compete in the Oceania Championships.

Among the most impressive wrestlers in the tournament, Elwais competed in the 55kg Junior Freestyle event, Senior Greco-Roman Style and Senior Freestyle event. Elgin Elwais did Palau proud by winning 3 gold medals in all three events by beating his opponents and won the Most Outstanding Wrestler Award "Tom Schoen Award" and the MVP in the Juniors Freestyle Event.

2005 South Pacific Mini Game (Palau)

As the months followed with trainings, Palau was able to host and organize the South Pacific Games successfully. Out of five wrestlers who competed in both Greco and freestyle, 7 gold medals and 1 silver medal were awarded to Palau's wrestlers. During the SPG Mini Games, an exhibition was also conducted in freestyle for 2 cadet wrestlers ages 9 years old. The participating countries during the SPG Mini Games were from Guam, CNMI, Palau, Marshalls, Samoa and FSM with a approximately 25 wrestlers.



Although plans were underway to send Elgin, at age 20 years old, to compete in the Junior World Championships in Lithuania, due to the lack of funding, this was not possible. Instead, FILA was able to cover all costs for one (1) wrestler from each Oceania Country and Palau and also John Tarkong Jr., Oceania President. As a result, Elgin Elwais was able to compete at the highest level ever before in both 55 kg Mens Freestyle and 55kg Greco-Roman events.

2005 World Championships (Budapest, Hungary) September 26 – October 02, 2005

Immediately after the South Pacific Mini Games, Elgin left to Korea to train and prepare for the 2005 World Championships. He remained in Korea for 1 month training with Korea's Junior and National Teams. He even competed in a tournament with Korea and Japan wrestlers. Preparations were arranged with the assistance and guidance of Coach Young Ho, Ko and in cooperation with the Korean Wrestling Federation.

After training in Korea, Elgin left and accompanying him was John Tarkong Jr. who is also the new President of Oceania Committee of Amateur Wrestling Styles (OCAWS) for the Oceania region.



At the championships, Elgin Elwais competed in both the freestyle event and Greco-Roman.

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Freestyle Event

On September 26, 2005, Elgin first wrestled Jang, Jae-Hoon of Korea in freestyle. During the first period, Elgin did very well and wrestled Jang throughout the 2 minute period but Jang scored 3 points on Elgin with a takedown and won the first period.

During the second period Elgin did very well trying his moves and defending attacks from Jang but Jang was able to score 6 points to win the second period and match.

Korea went on to wrestle Belarus and win, but later losing to Japan in the quarterfinals. Out of 30 wrestlers Elgin was able to rank 27<sup>th</sup> in the 55kg weight class.

Germany was ranked 26<sup>th</sup> over Palau while Libya was ranked 28<sup>th</sup>, Spain 29<sup>th</sup> and Qatar 30<sup>th</sup>. Overall, Elgin did very well in freestyle considering this was his first World Championship event.



Greco-Roman Event

On September 30<sup>th</sup>, Elgin competed in the Greco-Roman Style in the 55kg Greco Roman Style. Elgin wrestled Amoyan, Roman of Armenia. Since the rules for Greco-Roman Style vary somewhat from Freestyle, our plan was to get the first point within the first few seconds of the match and during the 1<sup>st</sup> minute in standing position. I knew that the wrestlers were very strong in the ground positions but our plan was to come in aggressive and try as many offensive moves in the match. Elgin went in and did exactly that. Armenia and Elgin moved around for a while on the mat fighting for control over one another then tried an arm throw and Armenia countered and tried to tackle but Elgin countered and came behind for a takedown. Elgin tried to roll his opponent but the referee brought them back up to the standing position. Both wrestlers continued to wrestle but not points were score.

After the 1<sup>st</sup> minute of the match, wrestlers went to the ground position where Elgin was put into the Par Te position. Armenia was able to roll Elgin and score 3 points on Elgin thus winning the first period.

During the 2<sup>nd</sup> period of the match, Elgin and Amoyan wrestled in the standing position. Armenia came out strong and took Elgin for a takedown and a roll scoring 3 points and another roll for 2 points thus winning the match.

Elgin did very well and performed at his best. His training paid off even though was only able to remain in Korea for 1 month. I believe that his performance at the World Championships will give him the confidence to do even better next time around at any tournament or Championship event.

Elgin competed and lost to Korea in freestyle event. In Freestyle, Elgin ranked 26 out of 30 wrestlers. Elgin later competed in Greco-Roman against Roman Amoyan of Armenia and was able to get 1 point on the takedown but lost after the second period of the match. Eventually he was ranked 27 out of 34. Representing the Oceania region was John Tarkong Jr., President of OCAWS. As President, Mr. Tarkong met with FILA President



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and discussed plans for the Oceania region and types of problems and assistance needed to help the Oceania members develop. All expenses for travel for Mr. Tarkong to attend the 2005 World Championships was provided by FILA to assist the Oceania President and 1 athlete from each Oceania country.

FILA Technical Assistance (Donation of Wrestling Dummies and 12 replacement cushions for Mat)

Palau received assistance from FILA through donations of 2 wrestling dummies and 12 cushion / foam mats to replace the old ones.

Although our elite program has seen much progress and success over the years, the lack of wrestling in our schools and the lack of increase in participation of athletes and members into our wrestling programs has been quite difficult over the years.

Youth Wrestling Clinic - December 14 to 23, 2005

During the Christmas and New Years holidays, we found that every year when Christmas activities take place near the Palau National Gym at the Summer House, there are so many children that come to watch the entertainment and other activities to include a visit from Santa Clause and eat lots of candies.

During this time, kids would also come to the gym to



watch us

wrestle, run on

the mats and leave their candies and trash behind.

Seeing this take place, we decided to conduct a wrestling clinic and little did we know, we had over fifteen (15) kids on the first day ranging from ages 9 and up on the first day and more the second and so on. The wrestling clinic was conducted by Tarkong and this also gave Elgin Elwais a chance to coach the kids while Tarkong evaluated and coached



Elgin. The clinic lasted throughout the holidays and the importance of doing a clinic would give the kids an idea of what wrestling is all about and provide them an opportunity to take part in a sport where they can actually have fun. The clinic was designed to make it enjoyable for kids of all ages. We even had five (5) girls during the clinic.

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Japan Coach visits Palau (Training Camp) On December 27, 2005 till January 08, 2005, Head Coach Ota Hiroshi from Aoyama Gakun University in Japan came to Palau and during that time we were able to train and have him coach our wrestling practices. A two (2) day wrestling camp was also held in Elab, Ngaraard with some of the wrestlers. With the introduction of Beach Wrestling, we also had a chance to wrestle on the beach. It is our hope that Ota will be able to bring some of his wrestlers later this year to help our wrestlers in preparations for the Oceania Championships and Micronesian Games.



### **3. Mission**

The Belau Wrestling Federation (BWF) aim is to promote the game of wrestling and provide the opportunity and programs for our sport to be enjoyed by people of all ages in schools, sports clubs, local groups and the community at large in an organized manner set by the Rules and Regulations of the Palau National Olympic Committee in conjunction with Oceania Amateur Wrestling Styles (OAWS), FILA (International Federation of Associated Wrestling Styles and the Olympic Movement.

### **4. Vision**

To provide members with the opportunity to progress their wrestling careers along a sports development continuum. This continuum ranges from youngsters acquiring basic wrestling skills, through participation in organized Junior wrestling, onto competition at Senior level, whether it be Local or National - all at facilities of as high a standard as possible, and with the best available coaching and support services possible.

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Our aim is for excellence in everything that we do and what we offer our members, whether it be in terms of organization, off the field activities, coaching facilities, to name but a few. We aim to provide an environment where people can reach the highest possible level THEY can achieve or WANT to achieve.

We want to provide our members young or old with the opportunity to wrestle at the standard they are comfortable with. We will encourage those who show excellence at an early age to develop their skills by recommending them to a higher standard such as schools, training camps, clinics of Excellence if necessary. Those who wish to play for the enjoyment and the participation can do so in a friendly well organized environment - in effect increasing and extending participation for all.

We hope to double the number of juniors registered with the organization by 2007 and by doing so we hope to be the most enjoyable and most widely played sport the country.

Through numerous types of assistance, BWF hopes to reinforce our national development actions, to participate and to be represented at the highest international level.

We also hope to use such means and cooperation of the different partners to enable our federation to be among the most efficient in Palau and to participate regularly in the major competitions such as the Micronesian Games, South Pacific Games, Olympic Games, the Oceania Championships, Junior World Championships and World Senior Championships. It is only like this that wrestling will be recognized and encouraged in Palau and in the world.

## **5. Core Business**

BWF was designed to promote, support and regulate wrestling in Palau whether it is traditional wrestling, Olympic Greco-Roman Style, Freestyle, Beach Wrestling and any other styles.

## **6. Values**

In working to achieve the mission of BWF will adhere to the following values:

- Administration
  - Planning, preparation and persistence
  - The coaches, administrators and athletes must be consistent in our behavior, especially under difficult conditions with regards to the team, training approaches and individuals.
  - Seek commitment from coaches, athletes, the team and individuals with respect to their performance, behavior and willingness to pursue excellence and their understanding that winning is not guaranteed.
  - To develop and deliver comprehensive, inclusive and sustainable programmes for both the younger and older age groups, aiming to establish and encourage lifelong physical activity participation ;

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- Take strong measures to fight against doping and ensure all events are conducted in a drug free environments;
- To liaise with Palau National Olympic Committee, OCAWS, FILA and other groups in order to ensure that your wrestling is working towards an agreed local, regional and national agenda with regards to wrestling;
- To provide the best available facilities, coaching and organization for youngsters (boys and girls) between the ages of 6 and 17, allowing them the opportunity to develop their skills in a well organized, professionally run environment;
  
- Coaches
  - will stay ahead of the pack by developing positive methods for maintaining their edge.
  - Set goals that are specific, measurable, achievable, and realistic
  - Set a standard for all to follow each day and take on challenges
  - Work hard to make wrestling one of the most rewarding experiences of your life;
  - Communicate effectively with our athletes in order to develop a strong and trusting relationships and respond to feedback
  
- Athletes
  - Have fun
  - Strive to do better today that you did yesterday
  - Determination
  - Congratulate others often
  - Minimize the gap between what you say and what you do
  - Self discipline
  - Respect
  - Pay attention to detail
  - Be prepared to pay the price
  - Do things their competitors don't
  - Take the tough option
  - Never give in
  - Remain focused
  - Never compromise workouts
  - Do it today
  - Enjoy competition
  - Compete fairly and accept victory and defeat with grace and composure.
  - Drive and desire to be the best
  - Be a leader and become responsible

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**7. Situation Analysis**

After the 2004 Olympics in Athens, much focus was on developing youths into our wrestling program. BWF has a few wrestlers ranging from ages 9, 13 and up. We are still struggling to get the number of participants to increase and to involve wrestling in schools. A plan is being developed to meet with the Ministry of Education and through the assistance from our National Olympic Committee we hope to see if we can train PE Teachers and other volunteers to teach wrestling in the schools. There are approximately 10 wrestlers currently in the program that train after school at the Palau National Gym. We have a wrestling mat at Midzenty School but unable to find the time to coach because Tarkong works full time. In 2006, we plan to see if Coach Ko can return to assist our program and coach some volunteers and PE Teachers as well as volunteers to then coach the schools in every state.



Coach Joong Sub, Lee and John Tarkong Jr. in Athens standing outside village complex before going to train

Another goal is to set up and establish a wrestling camp in Palau for the pacific region. By doing so, we would like to in invite coaches and teams year round and to have wrestling camp in place so wrestlers can come out and train prior to regional competitions. The ability to also have a facility to train, housing / dormitory type of accommodations and possibly schooling for athletes from abroad to possible attend Palau Community College while participating in sports has also been part of our development plan.

At this stage we have no women wrestling and this is an area we would like to develop. We hope to develop both youth and womens wrestling.

**Strengths**

- Practice Daily at the Palau National Gym @ 5:30pm
- Some members including wrestlers who are dedicated and determined to make wrestling a difference in the region.
- Love the sport
- Practices are held year round
- Active in soliciting support from sponsors and fundraising events year round
- Receive support and recognition from our NOC and public for the hard work, training and success during competitions
- Active since 1995 in participating and sending athletes to the Oceania Championships each year
- Up to date with FILA communications, correspondence and other international news on wrestling

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Weaknesses

Administration:

- Lack of knowledge of existing programs and international assistance,
- Lack of information on development procedures to obtain administrative, material, financial and human assistance from different partners responsible for development,
- Weak administration that is not often up to date with the needs and progress that is ongoing
- Executive members who are neither qualified nor trained
- Lack of financial resources to organize regularly national courses (training courses for wrestlers, coaches, referees and officials), region and national competitions,, the participation of national teams to national competitions in the region concerned, the area, the continent or in the world (World Championships and Olympic Games),
- Administration or board members not active enough in organizing events or having regular meetings
- No wrestling in school program

Athletes

- Few wrestlers,
- Limited or no women practice,
- Lack of high level training partners in preparation for Oceania and other international competitions

Equipment

- One (1) Olympic wrestling mats that was donated by FILA in 1998
- Need training mats, electronic scoreboards, climbing rope, wrestling shoes, singlets and other specific material to ensure the national sport development in schools, competitions can be conducted

Opportunities

- Through our success in wrestling we hope to attract more wrestlers
- Wrestlers win medals regionally and possibly compete well in international competitions to include World Championships and Olympics
- Assistance from FILA to cover cost for sending athletes to participate in Continental and World Championships plus mats
- Need coaching, referees, better training for our athletes
- Work more closely with PNOC to develop programs for wrestling
- To put in place an improved Committee and Management structure, which will allow us to deliver the objectives outlined in all areas of our Wrestling Development Plan.

Threats

- Few wrestlers or loss of wrestlers to other sports that are more popular

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- Receive little / no funding due to ignorance of existing programs and international assistance
- Lack of support from NOC due to few number of wrestlers and development plan in place
- Miss out on funding opportunities from ONOC, NOC's, FILA if no development plan in place

**8. Calendar Plan for Training & Competitions(Year 2005 - 2008)**

BWF Yearly Plan Year 2005			
Month and Commencement Date	Event / Task / Goal	Place	Styles
May 17 – August 03, 2005	Coaching / Training for Palau wrestling Team (3 months)	Palau	
June 10-11, 2005	2005 Oceania Championships	Pohnpei, FSM	LL GR LF
August 02-03, 2005	2005 South Pacific Mini Games	Palau	LL GR
August 24, 2005	Training – Korea	Korea	
September 25-Oct. 02, 2005	2005 World Championships	Budapest, Hungary	LL GR LF
December 26-30, 2005	Belau Games	Palau	LL GR
December 27, 2005 till January 08, 2006	Training Camp w/Japan Wrestling Team (Ota Hiroshi-Aoyama Gakun University)	Palau	LL GR

BWF Yearly Plan Year 2006			
Month and Commencement Date	Event / Task / Goal	Place	Styles
December 27, 2005 till January 08, 2006	Continued-Training Camp w/Japan Wrestling Team (Ota Hiroshi-Aoyama Gakun University)	Palau	
January 07, 2006	Pacific Open Wrestling Tournament	Guam	LL LF
February 02-04, 2006	Dave Schultz memorial International	Colorado Springs, USA	LL GR LF
April 10-15, 2006	Training Camp / Tournament	American Samoa	LL GR LF & Beach Wrestling
May/June/July 2006	Training Camp (Cadet & Junior) Team Competition, Referee, & Coaches	Bulgaria	LL-GR-LF
June 10-11, 2006	Oceania Championships	Australia	LL GR LF
June 25 to July 01, 2006	Micronesian Games	CNMI / Palau	LL GR
August 2006	2006 World Junior Championships	Guatamala City	LL GR LF
September 26, 2006 – Oct. 02, 2006	2006 World Championships	Guangzhou, China	LL GR LF

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BWF Yearly Plan Year 2007			
Month and Commencement Date	Event / Task / Goal	Place	Styles
September 25-Oct. 02, 2007	Training Camp w/Japan Wrestling Team	Palau	
January 06-08, 2007	Pacific Open Wrestling Tournament	Guam	LL LF
February 2007	Wrestling Clinic	Palau	
To be Determined	Wrestling Tournament – (Spring Break)	Palau	
February 2007	Training Korea (1 month)	Korea	
March 02-04, 2007	Oceania Championships	Samoa??	LL GR LF
July / Aug 2007	South Pacific Games	Samoa	LL GR

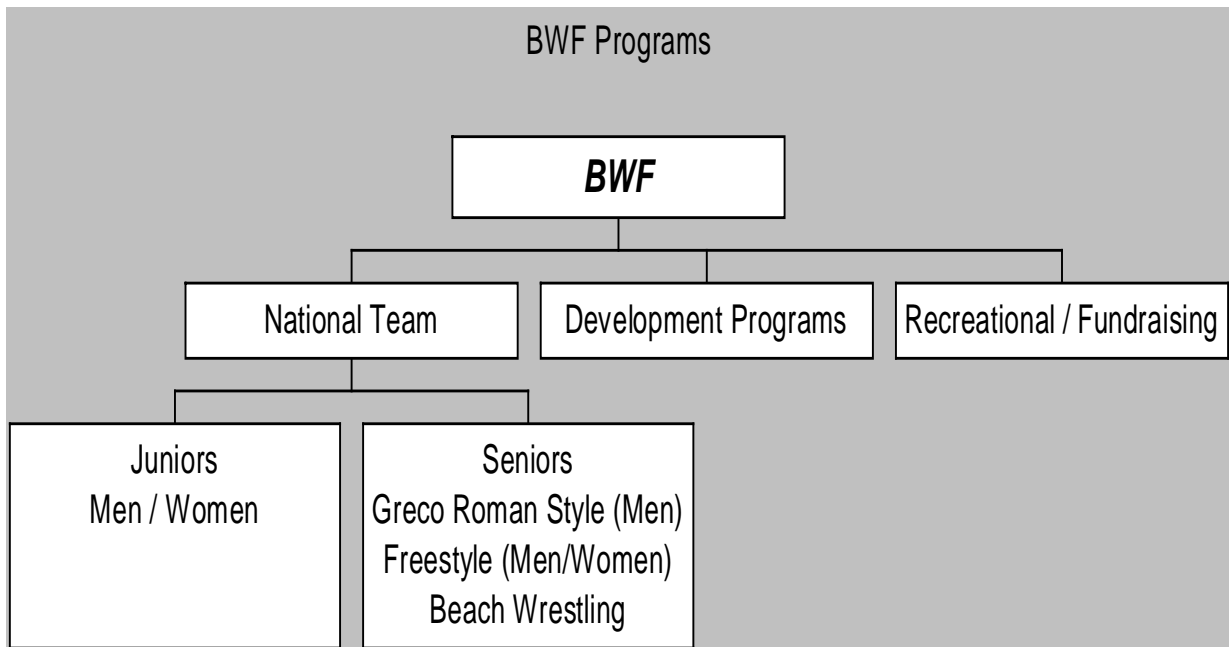
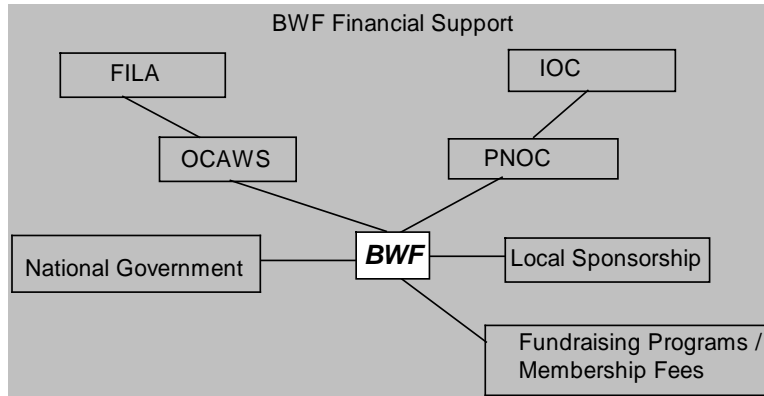
BWF Yearly Plan Year 2008			
Month and Commencement Date	Event / Task / Goal	Place	Styles
January 07, 2008	Pacific Open Wrestling Tournament	Guam	LL LF
February 2008	Wrestling Clinic	Palau	
February 2008	Training Korea (1 month)	Korea	
To be Determined	Wrestling Tournament – (Spring Break)	Palau	
February 05-10, 2008	Oceania Championships	To be Determined	LL GR LF
Feb, March, April 2008	Training Korea (3 month)	Korea	
April 19-20, 2008	1 <sup>st</sup> Olympic Qualification Tournament (Freestyle)	To be Determined	LL LF
May 03-04, 2008	2 <sup>nd</sup> Olympic Qualification Tournament (Freestyle)	To be Determined	LL LF
May 10-11, 2008	1 <sup>st</sup> Olympic Qualification Tournament (Greco Roman Style)	To be Determined	GR



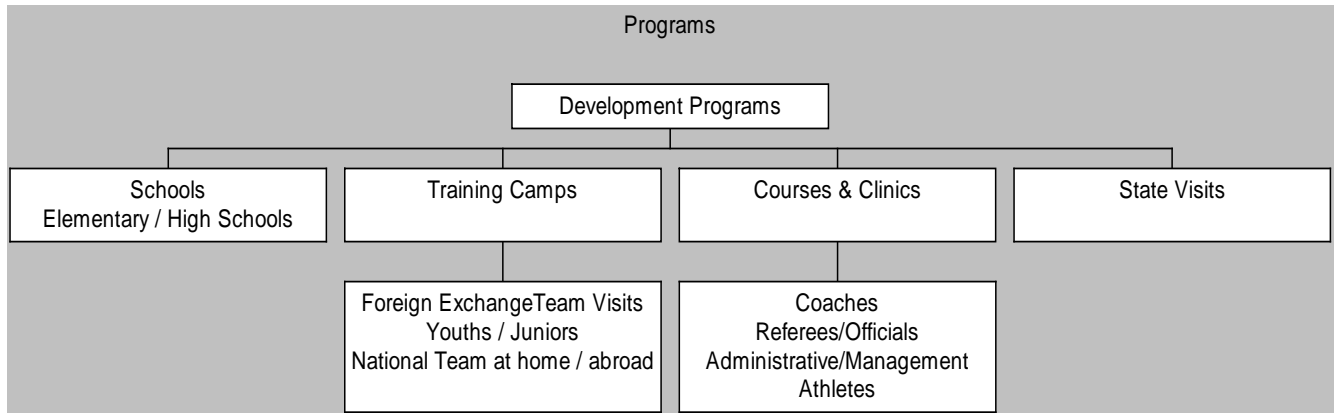
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May 24-25, 2008	2 <sup>nd</sup> Olympic Qualification Tournament (Greco Roman Style)	To be Determined	GR
August 16-31, 2008	Olympics	Beijing, China	LL GR LF

**9. Organizational Chart and Programs**



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## 10. Key Result Areas

### 1. Competition

Competition, or lack of it is the main problem facing BWF. We need to have competitions occurring frequently and regularly and a progressively high enough level to enable our athletes to achieve their goals.

We shall meet our competition needs by:

1. Introduction of wrestling in the schools
2. Local Tournaments at least twice a year
3. Schedule a tournament on the weekend
4. Tournaments to include Beach Wrestling
5. Establish tournaments in order
  - i. to highlight top wrestlers
  - ii. to promote expanded competition
  - iii. to rank wrestlers for national exposure
  - iv. to use a benchmark for scholarships
  - v. to use competitions as a criteria at the Oceania Championships and other regional / international competitions
6. Seek assistance from NOC's, FILA, ONOC and other sponsors to host competitions
7. Access to coaching and training for our athletes
8. To become more successful on the mat, we hope to do so with an increase in the number of trophies and medals won.

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2. **Youth Development**

To provide the best available facilities, coaching and organization for youngsters (boys and girls) between the ages of 6 and 17, allowing them the opportunity to develop their skills in a well organized, professionally run environment. We aim for our youth development plan to provide the first steps along a wrestling development continuum for those involved, from acquiring basic wrestling skills through to participation in Junior wrestling.



(a) **Cadet / Youth Wrestling (Ages 6 to 11)** To provide the facilities, organization and coaching for youngsters aged between 6 and 11, to acquire the basic wrestling skills and to develop their wrestling skills with the emphasis on small sided games, our specific aim being our own wrestling gym or center.

(b) **Junior Wrestling** To sustain and increase participation, and raise standards for youngsters between the ages of 11 and 17, in a well-structured and organized environment, aiming for quality in everything that we do.

**Schools Liaison** To develop relationships with local primary, junior and secondary schools, with a view to them using our facilities and coaching expertise. Our aim is for those schools to use the facilities for the purpose of wrestling lessons and school matches and the like, and for the students themselves to consider joining our wrestling program.



Beginning in 2006, BWF will work with Elementary and High Schools to include wrestling as part of the school programs. We hope to have a coach come to Palau to assist with our program. If so, we would like to have students participate in one state or national tournament held yearly. BWF will also attempt to work with schools outside of Koror or in other states in order to develop wrestling in their schools.

Listed below is a number of schools to be targeted.

<b>Elementary Schools</b>	<b>High Schools</b>
Koror Elementary	Palau High School
SDA School	Midzenty School
Harris Elementary	Emmaus School

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Schools in Babelthaub (other states)	SDA School
	Schools in Babelthaub (other states)

The BWF will organize a range of courses during the year varying from courses for staff, PE Teachers and students in schools to courses offered to the public.

The courses for schools are normally open to teaching and ancillary staff in schools, plus parents nominated by schools. If BWF is able to offer clinics to train teachers, staff, PE Teachers and even volunteers to assist in teaching or coaching wrestling in the schools, this would truly be of benefit to our wrestling program.

### 3. Athlete Preparation

There are three main areas that we need to address in the preparation of our athlete: Physical, Mental and Tactical. While we are concerned about the specific social and educational needs of our athletes we feel that through sport, any of these other developments can be met.



#### **Physical Preparation**

1. Daily Training
2. Attend training camps and/or conduct exchange programs with foreign team
3. Athletes must be conditioned, fit and ready for competitions
4. Athletes must have good coaches

#### **Mental / Psychological Preparation**

1. At the basic level, coaches need to communicate effectively with athletes in order to develop a strong and trusting relationships.
2. A coach seeks commitment from the athletes and with commitment comes a professional approach.
3. Rehearse the routines until the athlete(s) become automatic before they become effective
4. Strive to do better today that you did yesterday

#### **Tactical Preparation**

1. Consistency is so important in the search for success and as an athlete, being consistent is the key to success and the essence of the champion in sports.
  - a. Regular practice schedules
  - b. Access to appropriate training facilities
  - c. A coach specialized in wrestling to assist school programs and training of Junior and Senior National Team

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2. BWF will attempt to obtain financial and technical assistance for a select number of elite athletes who are training and attempting to qualify for
  - a. the Beijing Olympic Games.
  - b. Seek assistance for the training of young wrestlers (2012)
  - c. Detection and identification of young wrestlers
  - d. Olympic scholarship for Beijing 2008 wrestlers
  - e. team sports assistance
  - f. region and continental games
  
3. Will strive to ascertain the optimum training environment for each coach and athlete whether it's in Palau or abroad at a higher level training center
  
4. **Management and Administration**

BWF must put in place an improved Committee and Management structure, which will allow us to deliver the objectives outlined in all areas of our Wrestling Development Plan. The lack of regular meetings over the past years is the main weakness affecting our wrestling development programs.

Our current administration includes the following executive board members.

2005 BWF Executive Board Members			
Name	Mailing Address	Tel. No	Position
Joe Chilton	P.O. Box 8005, Koror, Palau 96940	488-2617	President
John Tarkong Jr.	P.O. Box 10143 Koror, Palau 96940	775-2095	Secretary
Peasley Ngiraibakes	P.O. Box 1084, Koror, Palau 96940	488-2627	Vice-Pres
Kaleb Udui Jr.	P.O. Box 1027, Koror, Palau 96940	488-2909	Treasurer

This will be achieved by

1. Regular Meetings
2. Increase communication among members
3. Assign tasks / things to do for committee members and to follow up on such tasks prior to next meetings or target dates
4. Maintain contact information at all times. It is the responsibility of its members, President, to keep all email address, phone numbers and mailing addresses current. This will include accurate, up-to-date contact information, current athlete records and biological information, a schedule of events and competitions.
5. Participate in programs and trainings to include
  - i. Administrative development through assistance from our NOC
  - ii. National courses for managers
  - iii. International sport management training

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## 5. Coaching Development

BWF would like to provide training opportunities for provincial coaches through participation in camps, clinic and national/international competitions. If BWF can offer clinics and courses to P.E. Teachers and volunteers, we can succeed in the introduction of coaches available to teach in the schools.



Coach Young Ho, Ko during the SPG Mini Games in Palau

BWF would like to establish and offer National Coaching Certification Program (NCCP) on a national-wide basis. This is a national program for new and existing coaches. Certificates indicating “trained” or “certified” status are provided upon successful completion of multi-sport generic or sport specific modules, or when requirements of “certification” have been met. We hope to establish such program through the assistance from our NOC.

FILA does offer coaching courses, but often time they are far from the region and too expensive for any of us to attend. In 2005, FILA will offer coaching courses in Rome for freestyle, Greco-roman style and women freestyle.

We shall meet these needs by:

1. Providing our players with the best quality coaching possible from qualified coaches.
2. Our aim is to facilitate our members who are interested in gaining a coaching qualification.
3. We also aim to institute a policy of ongoing development for all coaches within our Club.
4. Request through PNOC and FILA for all kinds of technical courses for coaches, Olympic scholarship for coaches, and submit all necessary requests and forms in advance.
5. Attend or conduct annual coaching clinics held in their region
6. Coaches are encouraged to participate in provincial camps, to work with elite coaches to obtain hands on experience in training athletes.
7. Coaches are encouraged to apply for coaching positions to coach Palau’s athletes to national competitions.
8. Coaches are encouraged to further develop coaching knowledge through resources attained through the Oceania and FILA.
9. Coaches will assist with school programs and development programs in all the respective states.

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## 6. Referee Development

As to date, Palau has only one category III referee that was certified by FILA in 1999 in Samoa. A second referee, Mr. Eric Carlson was certified at the 2002 Oceania Championships held in Palau but has long been inactive and no longer living in Palau. Since then, BWF has not produced any new referees. As a result, Mr. Carlson has been taken off the list of referees for Palau and Palau remains to have referees other than John Tarkong Jr. to officiate local and international (Oceania, Micronesian Games, South Pacific Games, Olympics).

In order to have organized competitions, BWF must carry on their development, it is important that we have new, active and certified referee's to carry out and conduct competitions in Palau and within the region.

We shall meet these needs by:

1. Announcements and invitations to public and all persons to join
2. Obtain new referees through participation in courses and competitions
3. Annual re-certification at the annual Oceania Championships

## 7. Finance

Over the years, BWF has been fortunate to maintain strong ties and support with our local sponsors. Over the years, WCTC has been our major corporate sponsors. Other sponsors included Palau Pacific Resort, KR Shopping Center, Koror State Government and so on.

We shall meet these needs by:

1. Fundraising
2. Membership fees
3. Request assistance to all our partners and to develop our relations network at the national and international level.

There are basically 3 Types of Partners:

- a. National Institutional Partners: (Government to include the President of Palau, agencies involved in Sport, Youths, Education and/or Cultural Ministries, state governments, political and administrative authorities, Governors, other representatives, politicians, etc.
- b. Sport Movement itself: PNOC, Oceania National Olympic Committee (ONOC), International Olympic Committee (IOC), and



FILA President Ralph Martenetti and BWF Secretary General / Oceania President after meeting at 2005 World Championships in Budapest, Hungary.

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FILA. The IOC which is a direct representative and permanent partner of the sports federations, but relays the programs implemented at the national level by the IOC and its bodies – the Olympic Solidarity and the NOC's.

- c. Private Partners: are those who often take part financially in international and national events organized by national federations. Example: Sponsors.

## 8. Procedural Guidelines for Technical and Financial Assistance

Because of the important amount to be paid for these basic actions related to any national development project, the national partners limit their financial support to first “visible” actions: the continental championships (e.g. Oceania Championships)

If BWF wish to carry on their development and obtain significant sport result, it is important that we obtain additional financing which can only be provided by international organizations.

The major international partners who bring financial support to sport actions set up by BWF are:

- a. **FILA** through its development project and its four specific programs
- b. The **Olympic Solidarity** and its world and continental programs through PNOG
- c. **Bilateral agreements** of sport cooperation between countries

### FILA Programs

The FILA Development department has implemented four major programs for the current Olympiad:

- Program 1.** Structuring continental and national wrestling federations
- Program 2.** Program aimed to identify in each country of FILA a technical and educational representative (if possible the national technical director) called **TER** who will be the contact person of the FILA Development Director for any issues related to national and international development actions.
- Program 3.** FILA has decided to support significantly the international competitions organized at region or zone level by encouraging the efforts of the country organizing the competition and by helping the participating countries.



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- Program 4.** This program is aimed to identify and to assist in the continental elite preparing the 2008 Beijing Olympic Game – in particular by implementing a permanent scholarship system with an international training center and specific scholarships for wrestlers preparing for the 2012 Olympic Games and for coaches, referees and managers.

**Olympic Solidarity Programs**

These programs are divided into three (3) categories:

- the world programs (20)
- the continental programs
- the Olympic Games specific assistance

The world programs of the Olympic Solidarity represent 20 official programs for the current Olympiad and are devoted to any NOC in the world.

These programs concern:

**The wrestlers**

1. Olympic scholarships for Beijing 2008 wrestlers,
2. team sports assistance,
3. region and continental games,
4. assistance for the training of young wrestlers (2012),
5. detection and identification of young wrestlers.

**The Coaches**

1. Technical courses for coaches,
2. Olympic scholarship for coaches
3. Development of the national sport structure

**NOC's management**

1. NOC's administrative development
2. national courses for managers
3. international sport management training
4. exchanges between NOC and region forums.

**Promotion of Olympic values**

1. sport medicine
2. sport and environment
3. woman and sport
4. sport for everybody
5. international Olympic Academy
6. culture and education
7. NOC inheritance

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**Bilateral agreements** of sport cooperation between countries

BWF has received coaching assistance and training from PNOC to train in Korea. Our relations has been strengthened over the years with coaches coming to Palau and wrestlers. However, we have yet to enter into any agreements with countries such as Korea, Japan and the USA.

In order to receive technical and financial assistance, BWF must be able to request and follow the “**procedural guidelines for technical and financial assistance**” established through the programs of the Olympic Solidarity aimed to all national federations.

How?

1. Contacting and request in writing to PNOC and to mention the kind of program we need under the Olympic Solidarity Programs;
2. Ensure that the NOC responds to any written request from BWF and forwarding a copy of this request and the PNOC’s answer regarding the IOC’s technical assistance to FILA, as FILA will not intervene.

We shall meet these needs by:

1. Ensure our FILA fees are up to date in order to participate in any FILA programs (4 types).
- **Program 1.** Obtain assistance from FILA and to participate in one of the development programs
  - a. From program I., we need to identify the type of requested assistance (administrative, education or material). As for the creation of “international centers”, we need to review the requirements corresponding to possible situations.
  - b. Once identified, we must send our request to FILA Development Department by Facsimile or Email in order to get a quick reply back
- **Program 2.** The President of BWF shall designate a **Technical Representative** who will be called “**TER**”
  - An official letter shall be sent to the FILA development department for approval. The following documents shall be sent with this official letter:
    - Sport policy of the federation and action plan,
    - The objectives during the Olympiad and the bank details of the “TER”
    - FILA will help this official by giving him euros \$1200 / year, paid at the end of each term, i.e. 4 settlements of euros 300. The “TER” will send a report to FILA.
- **Program 3:** FILA assists the country organizing an international competition and the countries participating in this competition, provided that an Olympic wrestling

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course is organized following this competition: no taxes, no participation fee to be paid, and license offered for the current year.

FILA provides the organizing country with 3 types of assistance:

- FILA representatives to supervise the organization of the competition with all expenses paid by FILA,
- Technical expert to conduct the course within the Olympic Solidarity,
- Direct financial assistance to be attributed in the following way.

FILA's financial assistance will be linked to the quality of services offered to the country, the financial participation of the national and international partners and the number of participating countries. It will represent between euros \$1,500 and \$3,000.

The organizing country will send three months prior to the competition the requirements related to the organization of this event and the total budget as well as the banking details of the federation's account. The budget shall include the national (state, NOC, federation itself and private partners) and international participation (Olympic continental association, Olympic Solidarity, CONFEJES, commonwealth, etc.)..

Upon receipt of this document by FILA and after approval by the Development department, the payment of the first installment (euros \$500 to \$1,000) can be made on the account of the wrestling federation. The 2<sup>nd</sup> installment will be paid directly by the FILA's representative attending the event if all the requirements are met. The 3<sup>rd</sup> installment can then be paid by FILA upon receipt of a financial report (if it is necessary and justified).

For the neighboring countries participating in the competition, a lump sum of payment can be made by the FILA's representative at the end of the competition taking into account the number of wrestlers.

This lump sum will amount to:

- Euros \$100 for participating in the competition and the Olympic wrestling course for 3-5 wrestlers,
- Euros \$150 for 6 to 10 wrestlers
- Euros \$200 for over 10 wrestlers

## 9. Facilities and Equipment

Our aim is to provide the best possible facilities for our members and local community to allow them to improve their skills at the highest standard possible. With a facility and equipment in place, we can have regular practice and competition which meet the criteria of our wrestling federation and international requirements. We wish our facilities to be of high quality, providing safety and comfort to all who use them.

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In 1998, FILA donated one (1) wrestling mat from O'Jump. Although the mat is used for practices and competitions, it is worn out and sometimes difficult to practice with due to the wear and tear on the top canvas. Two wrestling dummies were donated by FILA in 2005 also 12 foam cushions to replace the old and worn down foam pieces. However, our plan is to introduce wrestling in the schools beginning in year 2005, then we will need additional training mats that must be purchased or requested from FILA. We know that we would like need a training mat at Emmaus School, Midzenty, and Palau High School. For the states, we anticipate having 12 wrestling mats to be donated to the schools so that when we do their wrestling program, a wrestling mat will be available to train.

Although practices are currently being held at the Palau National Gym it would be best to have our own gym for additional space for wrestling, weight training areas, recreational area, office space, and a locker/shower room.

We shall meet these needs by:

1. Request and work with our NOC to seek grants and assistance from the IOC and other international agencies
2. Requesting FILA for competition training mat, dummies, etc.
3. Ensure that we continue to train and make the best use of our space at Palau National Gym

## 10. Evaluation

### a. Fitness Testing

During practice, situations and competitions, the coach should be able to assess the competency, skills and learning abilities of the athletes. The athletes should be able to be physically and medically fit for competition and maintain a regular health check-up.

The coach should be able to test the fitness of athletes through conditioning workouts to include timed runs, sprints, distance and other cross training workouts.

### b. Rankings / Gradings

The coach should be able to determine through competitions, games based skill and fitness activities the level of fitness of each and every athlete.

## 11. Coaching Networks

Coaching is generally considered to be the most important key to success in sports.

We shall meet these needs by:



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1. Providing our players with the best quality coaching possible from qualified coaches.
2. Facilitate our members who are interested in gaining a coaching qualification.
3. Institute a policy of ongoing development for all coaches.
4. Organising a range of courses during the year varying from courses for staff in schools to courses open to everyone.
5. To promote coaching skills through an advanced educational and practical training program
6. To encourage the interaction between coaches and sport science professionals
7. To create an environment where the coach will gain the knowledge and experience required to develop world-class athletes
8. To develop coaches to assume leadership roles at international competitions.
9. Target and ensure 1 coach is being targeted and training at high level training year round

### 12. Referee Development

To provide our players with the best quality refereeing possible from qualified referees. Our aim is to facilitate our members who are interested in gaining a referee qualification. We also aim to institute a policy of ongoing development for all referees.

### 13. Marketing, Publicity, and Sponsorship

The BWF recognizes that sponsorship and marketing are essential to our attaining the objectives established throughout this Development. The BWF will continue to market sport aggressively in the pursuit of private sector sponsorship for sport in wrestling.

The BWF will achieve this by:

1. To identify and pursue relevant funding opportunities
2. To improve or expand upon the BWF's promotional methods.
3. Working closely with sponsors and maintain close relations with them
4. Promote wrestling (articles, news, t.v.)
5. Quarterly News
6. Recognition of sponsors through media, appreciation letters, etc.



2005 Sports Banquet at Palau Pacific Resort (Representing WCTC is Paul Kjeldsen and George Rechucher and John Tarkong Jr and son, Blesam.)



Falk Eibelau of WCTC presenting a check of \$5,000 to PNOC Secretary General.

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#### 14. Communication

Communication is the nervous system which moves every organization and through better communication the BWF aims to achieve its vision for wrestling in Palau.

The BWF will focus on the following broad communication strategies:

1. Produce a quarterly newsletter for both domestic and international circulation.
2. Hold quarterly meetings with members to update on current issues.
3. Consult regularly with members to evaluate progress.
4. Form Committees to deal with specific issues.
5. To link with PNOC, Oceania Wrestling and FILA.

#### 15. Honors and Awards.

Providing recognition for achievements by our sports men and women, officials and administrators is an essential part of establishing a viable sport culture and tradition. BWF has worked and supported PNOC's efforts to recognize the major corporate sponsors each year and the Coach and Athlete of the Year by presenting awards at the Annual Sports Banquet. This event has become popular over the year and is special because it gives something back to our sponsors who support our programs year round and it is at this time when they receive recognition and meet the athletes and coaches involved in our wrestling program. In 2005, Elgin Elwais was honored as the Athlete of the Year while Tarkong received the Coach of the Year Award. The banquet was held at the Palau Pacific Resort.

#### 16. Year 2005

##### Oceania Championships Results

2005 Oceania Championships-Pohnpei, FSM (June 10-11, 2005)						
Weight Class	Greco Roman Style	Results	Mens Freestyle (Seniors)	Results	Mens Freestyle (Juniors)	Results
55 kg	Elgin Elwais	Gold Medal	Elgin Elwais	Gold Medal	Elgin Elwais	Gold Medal
60 kg	Chauncey Tarkong		Chauncey Tarkong		Chauncey Tarkong	
96kg	John Tarkong Jr.	Silver Medal	John Tarkong Jr.	Silver Medal	-	-

Elgin Elwais wrestled at 55kg during the 2005 Oceania Championships in the Junior Freestyle, Mens Greco Roman and Freestyle Events and won the gold medal in all three events. Elgin was awarded Most Valuable Player (MVP) for Greco Roman and the MVP for the whole tournament. Elwais received the Tom Schoen Award as MVP.

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**South Pacific Mini Games Results**

<b>SOUTH PACIFIC MINI GAMES</b>				
<b>AUG. 02-03, 2005 – KOROR, PALAU (MDZENTY GYM)</b>				
Weight Class	Greco Roman Style	Results	Freestyle	Results
55 kg	Chauncey Tarkong	Gold Medal	Chauncey Tarkong	Gold Medal
60 kg	Elgin Elwais	Gold Medal	Elgin Elwais	Gold Medal
66 kg	Isun Soalablai	Gold Medal	Isun Soalablai	Silver Medal
96kg	John Tarkong Jr.	Gold Medal	John Tarkong Jr.	Gold Medal
120kg	-	-	Jojo Roberts	4 <sup>th</sup> Place

**2005 Enrollment**

Name	Year Started	Age	Status
Chauncey Tarkong	2004	16	Athlete
Liep Bells	2004	15	Athlete
Takami Tarkong	2002	09	Athlete
Blesam Tarkong	2002	09	Athlete
Elgin Elwais	1999	20	Athlete
Kaleo Senior	2005	16	Athlete
John Tarkong Jr.	1993	39	Member / Athlete
Jojo Roberts	2002	23	Athlete
Isun Soalablai	2001	20	Off-island
Franson Gibbons	2005	25	Athlete
Skilang Temengil	2005	18	Athlete
Joe Chilton	1998	37	Member
Peasley Ngiraibakes	1994	35	Member
Kaleb Udui Jr.	1994	40	Member


**BWF Priorities for Year 2005-2008**

1	Prepare Strategic Plan for next 4 years and submit development plan to PNOG, Oceania and FILA
2	Seek Long Term Coaching to assist wrestling programs in school and training of junior and national teams for next 3 years beginning in year 2006 to 2008
3	Active participation by all members to attend regular meetings and functions
4	Establish wrestling in all school programs and in each state
5	Increase youth and women participation
6	Introduce and conduct Beach Wrestling in 2006
7	Establish and update website for wrestling with regular events, competitions and news for all members and viewers
8	Seek assistance under development programs from NOC, FILA for development of Palau wrestling
9	Work towards planning and conducting fundraiser events throughout year
10	Establish and work closely with local sponsors to support programs for the year
11	Coordinate training programs and wrestling exchanges with other countries wrestling federations
12	Seek assistance (e.g. scholarship, etc.) to help promising and elite athletes who are training in wrestling at home and abroad to assist with their school, training and return to Palau to conduct and assist with wrestling programs throughout the year.

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**10. Summary**

This development plan was designed to provide members with an opportunity to plan strategies and have a clear relation between the planning process and the general memberships. This is a four year plan that is subject to change at any time.

  
\_\_\_\_\_  
John Tarkong Jr.

Jan 06. 2006  
\_\_\_\_\_  
Date