



Irish Amateur Wrestling Association (IAWA)

National Performance Pathway

Freestyle and Greco-Roman Wrestling

Vision

To identify, develop wrestlers with the potential to achieve success at European Championships, World Championships and Olympic Games while creating a sustainable pathway from grassroots participation to elite international performance.

Athlete Eligibility

To be considered for selection to any Irish National Team programme or international competition, athletes must:

- Hold a current and valid Irish passport.
- Be eligible to represent Ireland under United World Wrestling (UWW) regulations.
- Be a registered member of the IAWA.
- Be in good standing with the IAWA.
- Comply with all anti-doping regulations and policies.
- Meet all medical, safeguarding and conduct requirements established by the IAWA.

Athletes who do not hold a valid Irish passport at the time of selection may not be eligible for selection to represent Ireland at certain international events.



Performance Pathway

The IAWA Performance Pathway consists of five progressive stages:

Stage 1 – Club Development Programme

Objective

Introduce athletes to wrestling and establish fundamental technical, physical and behavioural competencies.

Key Components

- Club-based training.
- Introduction to Freestyle and Greco-Roman wrestling.
- Participation in local and regional competitions.
- Fundamental movement skills.
- Physical literacy development.
- Positive training habits.

Typical Age Group

U12 to U15 (flexible based on athlete development).

Progression Criteria

Athletes demonstrate:

- Technical proficiency in fundamental wrestling skills.
- Consistent training attendance.
- Positive attitude and coachability.
- Success in domestic competitions.

Stage 2 – National Talent Development Programme

Objective

Identify wrestlers with the potential to compete internationally.

Key Components

- National Championships participation.
- Regional and national training camps.
- Talent identification assessments.
- Physical and technical benchmarking.



- Introduction to international competition standards.

Athlete Expectations

- Regular attendance at national development activities.
- Commitment to annual performance plans.
- Demonstration of long-term athlete development potential.

Progression Criteria

Athletes achieve:

- Medal-winning performances at National Championships.
- Positive evaluations at national camps.
- Evidence of progression against performance benchmarks.

Stage 3 – National Age Group Performance Programme

Objective

Prepare athletes for European and World age-group competition.

Target Events

- U15 European Championships
- U15 World Championships
- U17 European Championships
- U17 World Championships
- U20 European Championships
- U20 World Championships
- U23 European Championships
- U23 World Championships

Key Components

- National squad membership.
- International training camps.
- International ranking tournaments.
- Individual athlete performance plans.
- Strength and conditioning support.
- Sports science and medical support where available.

Selection Considerations

- Domestic results.
- International results.
- Technical and tactical capability.



- Competition readiness.
- Commitment to programme requirements.

Progression Criteria

Athletes demonstrate the ability to:

- Win matches consistently at international level.
 - Achieve top-eight performances at recognised international competitions.
 - Meet performance targets established by the National Coaching Team.
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Stage 4 – Senior International Performance Programme

Objective

Develop athletes capable of competing successfully at Senior European and World Championship level.

Target Events

- UWW Ranking Series Events
- Senior International Opens
- European Championships
- World Championships

Programme Expectations

Athletes will:

- Commit to year-round performance planning.
- Attend designated national squad camps.
- Participate in approved international competitions.
- Meet strength, conditioning and performance standards.
- Demonstrate professional athlete behaviours.

Selection Criteria

Selection to Senior European and World Championships will be based upon:

Performance Standards

- National Championship performance.
- International tournament results.
- UWW ranking and performance indicators.
- Demonstrated ability to win matches against international opposition.
- Current form and fitness.



Technical Assessment

- Ability to execute tactical game plans.
- Competitive performance against international standards.
- Weight management and competition readiness.

Programme Commitment

- Training attendance.
- Camp participation.
- Compliance with athlete agreements.
- Professional conduct.

Selection is not automatic and remains at the discretion of the IAWA Selection Panel.

Stage 5 – Olympic Performance Programme

Objective

Support athletes with realistic Olympic qualification and medal potential.

Target Events

- Olympic Qualification Tournaments
- World Championships (Olympic Qualification Events)
- Olympic Games

Olympic Programme Entry

Athletes may be considered for inclusion when they have demonstrated one or more of the following:

- Top-eight finish at a European Championship.
- Top-eight finish at a World Championship.
- Qualification for Olympic Qualification Tournaments.
- Consistent performances against internationally ranked athletes.
- Demonstrated progression toward Olympic qualification standards.

Olympic Selection Principles

Athletes selected for Olympic qualification events or Olympic Games must:

- Hold a valid Irish passport.
- Meet all eligibility requirements established by the IOC, UWW and the Olympic Federation of Ireland.
- Achieve qualification standards established by the relevant governing bodies.
- Demonstrate the highest likelihood of achieving competitive success for Ireland.



Final Olympic Games selection will be subject to the policies of the Olympic Federation of Ireland and the IAWA.

National Team Selection Framework

Selection decisions may consider:

Competition Results

- National Championships.
- International tournaments.
- Head-to-head performances.
- Recent competition results.

Performance Metrics

- Technical effectiveness.
- Tactical awareness.
- Physical performance indicators.
- Match analysis data.

Athlete Behaviour

- Commitment to training.
- Attendance at camps.
- Professionalism.
- Adherence to athlete agreements.

Medical and Fitness Status

Athletes must be medically fit and capable of competing at the required level.

Performance Support Services

Where resources permit, athletes within the pathway may access:

- National coaching support.
- Strength and conditioning guidance.
- Sports medicine services.
- Performance analysis.
- Nutrition support.
- Sports psychology support.
- International training opportunities.



Athlete Outcomes

The IAWA Performance Pathway aims to produce athletes capable of:

- Winning medals at European Championships.
- Winning medals at World Championships.
- Qualifying for Olympic Games.
- Competing successfully on the international stage in Freestyle and Greco-Roman Wrestling.

The pathway is designed to provide a clear progression route from club participation to elite international performance while ensuring that all athletes understand the standards required to represent Ireland.