



February 2026 Newsletter

Never going to happen...

In January we...

Traveled approximately 7,464 kilometres to attend Jurassic Classic, Shas-ti Kelly Road, Western Age Class and Golden Bear High School Invitational. Which resulted in:

- **7 Gold Medals**
- **2 Silver Medals**
- **6 Bronze Medals**
- **3 Fourth Place**
- **1 Fifth place**
- **2 Sixth place**

Additional Awards for January include:

- Girls Team **won FIRST** at STKR Open
- **Second Overall for combined** scored at STKR Open
- Sydney Hynd and Tristan Harris won **Outstanding Wrestler(s) Award** at STKR Open



Golden Bears HS Invitational, Jan. 31st 2026

Coach's Corner

January showed progress and success. February is where intentions get exposed. Everyone is a eager when they're healthy, winning, and feeling good. Commitment shows up when you're tired, sore, behind, or inconveniently busy. Injuries happen. Illness happens. Life happens. What doesn't happen is progress without consistency.

There's a difference between being hurt and being fragile. If you're injured or sick, communicate and rehab properly. But if you're "almost better," "kind of tired," or "just not feeling it," understand this: excuses don't win matches. Attendance matters. Effort matters.

Showing up on the hard days matters most.

Exciting News

Zones

We are thrilled to announce that we are hosting the Zone's tournament at Smithers Secondary School. **The poster is attached to share!** We will have a **small concession stand**, a **50/50 raffle**, and we will need to provide food for the dedicated coaches and referees who make all this magic happen- please reach out if you want to help! Naturally, the biggest help is spreading the word and filling the stands to show the Bulkley Valley the dedication and pride the athletes have for the sport of wrestling.

Raffle

On February 15th, our very first raffle goes live. The grand prize is **two tickets to a FIFA World Cup game!** The raffle tickets will be sold electronically and be drawn on April 17th, just in time for Nationals. Any assistance to help with posters, sharing on social media, purchase some tickets (or sell) will be greatly appreciated (and necessary for those attending nationals). A separate email will be sent out next week with the fine details.

Website

Don't forget... **We have a website!** New athletes can register, fill out liability forms, provide their personal info, and stay updated all in one place. Check it out- let us know what you think or what you'd like to see, and SHARE. We would love to see more photos as well so feel free to email those to info@bulkleyvalleywrestling.com

www.bulkleyvalleywrestling.com

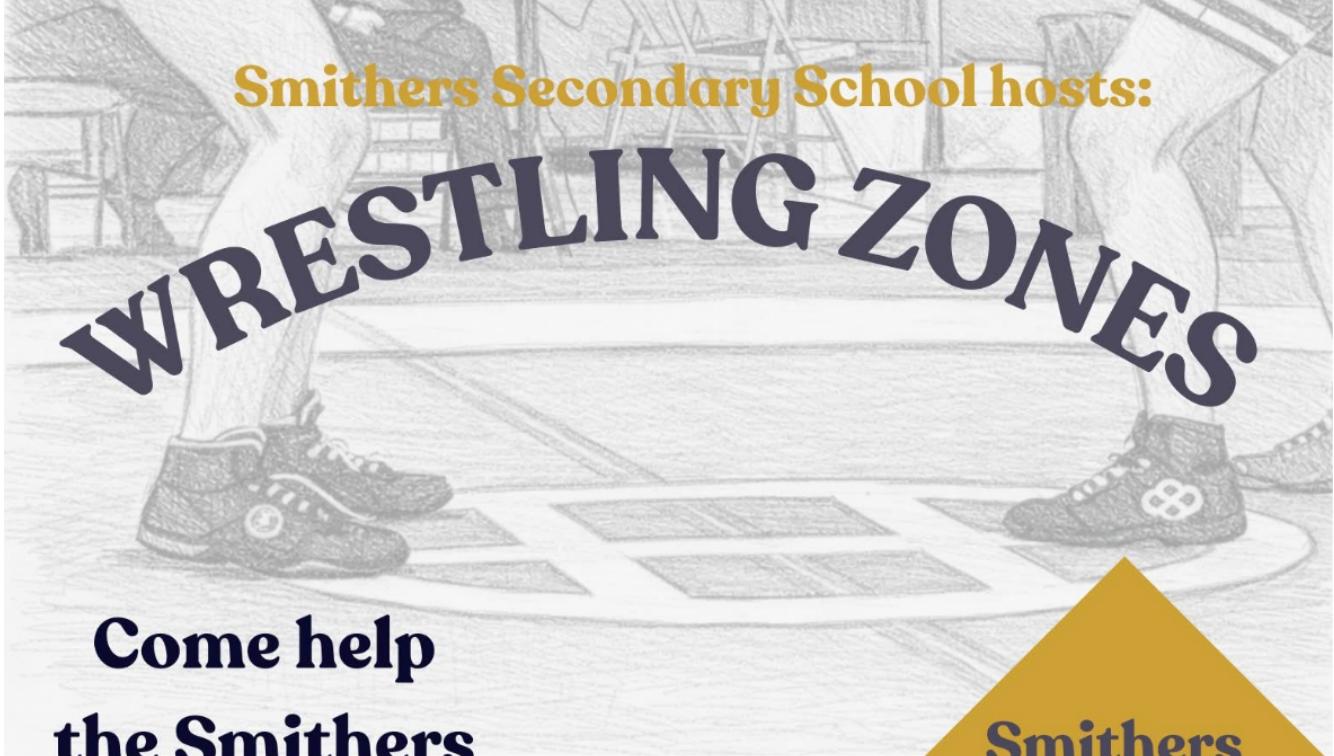
Tournaments

Upcoming tournaments* include:

- High School Zones, Smithers (February 8th)
- BCSS Provincials, Vancouver (February 19-21st)

**As head coach, Addison makes tournament decisions based on what's best for both the wrestler and the team. Considerations include experience, dedication, performance, and tournament location. Some events are for novice or elite wrestlers only, so the tournament structure also plays a key role.*

Also, tournaments that require a plane, train or boat are likely not making the roster at this time.



WRESTLING ZONES

**Come help
the Smithers
Wrestlers get
to
Provincials**



**Smithers
Secondary
School**

**FEB 8th 2026
10am**

