



**NOORD-GAUTENG STOEI  
GAUTENG NORTH WRESTLING**



## **BIG5 WRESTLING 2026**

### **TRAIN, COMPETE, CONNECT, AN INTERNATIONAL WRESTLING EXPERIENCE**

**Join Gauteng North Wrestling in the build-up to the prestigious BIG5 Wrestling Tournament at the Big5 Training Camp.**

**31 JULY – 02 AUGUST 2026 | CAMP DISCOVERY, DINOKENG GAUTENG: BIG5 INTERNATIONAL TRAINING CAMP**

**08 – 09 AUGUST 2026 - LC DE VILLIERS SPORT CENTRE, UNIVERSITY OF PRETORIA: BIG 5 OPEN AND ABOVE 60 MASTERS WORLD CHAMPIONSHIPS**

### **Training Camp open to wrestlers aged 8+ across all levels.**

Train with **Coach Alejandro Villa Gomez (Ecuador)** and international athletes from Borz Wrestling Academy.

Featuring teams from the **USA (Washington and Utah), Namibia and Ecuador**, plus coaching support from former South African Olympian **Shaun Williams** and Luis Forcelledo Paz from Namibia (Cuba) and our own talented South African Coaches.

Also featuring **Veterans Freestyle and Greco-Roman World Championship** categories for wrestlers aged 60+ at the Big 5 Open.

**World-class coaching. International competition. Unforgettable experience.**

### **CAMP DETAILS**

**Dates:** 31 July - 2 August 2026

**Venue:** Camp Discovery, Dinokeng, Gauteng

**Arrival:** Friday, 31 July 2026 at 15:00

**Departure:** Sunday, 2 August 2026 at 10:00

## WHAT TO EXPECT

- High-level wrestling training sessions
- Technical and tactical coaching from local and international experts
- Training opportunities for wrestlers from U8 through Senior divisions
- International participation and cultural exchange
- Team-building activities
- Swimming facilities
- Game Drive experience
- Accommodation and meals included throughout the camp

## CAMP FEES

### Full Weekend Package

Wrestlers: **R3 200** per person

Coaches: **R3 500** per person

Saturday only (1 August 2026): **R2 500** per wrestler/coach

## PACKAGE INCLUDES

- Accommodation
- All meals
- Training sessions
- Camp activities
- Game drive
- Day Participation

## TRANSPORT

Return transport from Gauteng North Wrestling Hall to Camp Discovery is available for **R400** per person.

## PAYMENT OPTIONS

Payment plans and instalment options are available by prior arrangement.

## ENTER ON ETMS & PAY TO

Gauteng North Wrestling

Standard Bank - Centurion

Account Number: 01 455 744 4

Branch: 000945

Reference: Wrestler's Name and Surname

## REGISTER NOW ON ETMS

**Enquiries:** Dalene Sandenbergh  
Secretary - Gauteng North Wrestling Association  
Tel: +27 82 359 2816  
Email: [secretary@gnwrestling.co.za](mailto:secretary@gnwrestling.co.za)

Be part of an unforgettable weekend of wrestling, learning, friendship, and adventure.

# SPIRIT OF THE WRESTLER - STRENGTH OF THE ELEPHANT



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