

## OAWA Clubs by Region

### NorthWest Region

	<b>City or county</b>	<b>Head Coach</b>	<b>Contact</b>	<b>Email</b>
Lakehead W.C.	Thunder Bay	Shane Comeau	Scott Gordon	tbaygordon@gmail.com
Dryden W.C.	Dryden	Richard Walsh	Richard Walsh	richard.walsh@k12.kpsdsb.ca
Whitedog W.C.	Whitedog	Tara Hadican	Tara Hadican	thedican@gmail.com

### North East Region

	<b>City or county</b>	<b>Head Coach</b>	<b>Contact</b>	<b>Email</b>
Mariposa Wrestling Club	Orillia	Robert Parsons	Robert Parsons	coachbob60@rogers.com
Sudbury Regional W.C.	Sudbury	Guy Quenville	Guy Quenville	ourhaven69@hotmail.com
Laurentian University	Sudbury	Joe Greer	Joe Greer	josephgreer80@gmail.com
Timmins W.C.	Timmins	Neil Bangs	Neil Bangs	bangsn@cscdgr.on.ca
Elliott Lake W.C.	Elliott Lake	Joey Lagace	Joey Lagace	elliottlakewc@hotmail.com
Algoma W.C.	Sault St. Marie	Trevor Manchester	Trevor Manchester	trevor.manchester@gmail.com
Voyageur W.C.	Sudbury	Joe Greer	Joe Greer	josephgreer80@gmail.com
Junior Voyageur W.C.	Sudbury	Guy Quenville	Guy Quenville	ourhaven69@hotmail.com

### Eastern Region

	<b>City or county</b>	<b>Head Coach</b>	<b>Contact</b>	<b>Email</b>
Thunder Wolves	Cobourg	Tyler Cochrane	Tyler Cochrane	shapeupwithkyle@yahoo.ca
National Capitol W.C.	Ottawa	Chris Schrauwen	Sarah Stringer	sarah.94@hotmail.ca
Renfrew Amateur W.C.	Renfrew County	Harry Smith	Grant Lavalley	grant_wrestle@hotmail.com
Tsunami Wrestling Academy	Ottawa	Derek Kossatz	Derek Kossatz	tsunami@storm.ca
University of Ottawa	Ottawa	Erika Levesque	Erika Levesque	tsunami@storm.ca
Arnprior W.C.	Arnprior	Kevin Mayhew	Kevin Mayhew	kevwen@sympatico.ca
Kingston W.C.	Kingston	Marcus Neiman	Marcus Neiman	aniemann7@hotmail.com
Queens University W.C.	Kingston	Gianni Vecchio	Gianni Vecchio	qwrestle@queensu.ca
Pathway W.C.	Ottawa	Tim Hickey	Tim Hickey	timhickey@pathwayjiujitsu.com
Tri-County W.C.	Portland	Scott Pepper	Scott Pepper	scott.pepper@ucdsb.on.ca

### South West Region

	<b>City or county</b>	<b>Head Coach</b>	<b>Contact</b>	<b>Email</b>
London Western W.C.	London	Ray Takahashi	Sue Perkins	perkinsw@rogers.com
Windsor W.C.	Windsor	Dave Hawkins	Dave Hawkins	dave.hawkins@publicboard.ca
Essex County W.C.	Essex County	James Pernal	James Pernal	jamespernal@hotmail.com
Oxel W.C.	St. Thomas	John Cook	John Cook	grandmed@execulink.com
Notre Dame	Woodstock	Robert Richer	Robert Richer	robert.richer@gmail.com
Goderich W.C.	Goderich	Steven Lindstrom	Steven Lindstrom	steven.lindstrom@gmail.com
Sarnia Bluwater W.C.	Sarnia	John Burke	John Burke	john.burke966@gmail.com
L'Essor W.C.	Windsor	David Tremblay	Shayne Bryan	byrnshay@cscprovidence.ca
Woodstock 1	Woodstock	Garry McQuaid	Garry McQuaid	donovanatcurries@hotmail.com

### Central West Region

	<b>City or county</b>	<b>Head Coach</b>	<b>Contact</b>	<b>Email</b>
Daredevil's Wrestling Club	Brantford	Ed Zinger	Ed Zinger	ed.zinger@ontario.ca
Brock Junior W.C.	St Catharines	Heather Sweezey	Heather Sweezey	brockjuniorwrestling@outlook.com
Guelph W.C.	Guelph	Doug Cox	Doug Cox	dcox@uoguelph.ca
Spartans W.C.	Milton	Simon Vanellis	Kevin Ramroop	miltodynamowrestling@gmail.com
Matmen W.C.	Kitchener	Mitch Bedard	Mitch Bedard	matmencoach@gmail.com
Hamilton W.C.	Hamilton	Rob Betz	Derm Tilly	tillleyd@cogeco.ca
Jr. Badgers W.C.	St Catharines	Kekoo Gatta	Kekoo Gata	kekoogatta@gmail.com
Brock W.C.	St Catharines	Marty Calder	Marty Calder	brockwrestlingc@outlook.com
St. John Klimarnock	Kitchener	James Cako	James Cako	jcako@sjkeagles.com
Tri-City W.C.	Guelph	Tom Cako	Tom Cako	tom@cakoperformance.com
Hillfield Strathallan	Hamilton	Bob Neibert	Bob Neibert	bob.neibert@hsc.on.ca
Discipline	Hamilton	Dave Mair	Dave Mair	dave.mair@sympatico.ca
Jr. Celtics W.C.	Hamilton	Sheldon Francis	Sheldon Francis	bishopryanwrestling@gmail.com
Burlington Amateur W.C.	Burlington	Colin Miller	Colin Miller	cmiller@mentorcollege.edu
Jr Marauders	Hamilton	Sheldon Francis	Derm Tilly	dermtilly@gmail.com
K-W Kaos	Kitchener	Angela Bender	Angela Bender	akakbender4@gmail.com
Stekle Sting	Kitchener	Rich Plozzer	Rich Plozzer	plozzer@me.com

**Central East Region**

Battle arts Academy  
Central Toronto WC  
Team Impact  
Lexus Titans W.C.  
Matmen W.C.  
Akhara of Champions  
York Wrestling Club  
Real Amateur Wrestling  
Nile Wrestling Academy  
Kempenfelt Bay W.C.  
Undisputed Martial Arts  
Warriors Wrestling Club

**City or county**

Mississauga  
Toronto  
Toronto/Oshawa  
Brampton  
Mississauga  
Mississauga  
Toronto  
Brampton  
Toronto  
Barrie  
Toronto  
Toronto

**Head Coach**

Jeramie Latour  
Mike Quinsey  
Stan Tzogas  
Marlon Sherland  
Greg Cappuccitti  
Ashok Kumar  
Eamonn Dorgan  
Chris Kelman  
Yasin Kaya  
Nick Cryer  
Yiannis Narlidis  
Neal Ewers

**Contact**

Jeramie Latour  
Mike Quinsey  
Chris Stefopoulos  
Marlon Sherland  
Steven Suraci  
Ashok Kumar  
Eamonn Dorgan  
Chris Kelman  
Yasa Kaya  
Nick Cryer  
Yiannis Narlidis  
Neal Ewers

**Email**

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