

# Ali Bernard

of Regina

## Press:

[Bernard Earns Spot on USA Senior National Wrestling Team](#)

[Humble Bernard amazed by individual recognition - April 08, 2006](#)

[Junior title for Bernard - May 08, 2006](#)

**Outstanding Wrestling Awards Canada West Conference:**  
2005

## Rookie of the Year:

2005 CIS

2005 Can West

## World Medals:

2005, Jr. World CHAMPION

## World University Championships:

Turkey, 5th

## International Medals:

2005 Jr. World Championships -- CHAMPION

2005 Sunkist International -- BRONZE

## Past Awards

3x MN/USA Woman's State Open Freestyle Wrestling Champion 99-00-01  
00 - Northern Plains Cadet Womens Freestyle Champion  
01 - USGWA Womens High School Nation Championships -3rd  
01 - Fila Womens Cadet Freestyle National Champion  
01 - MN/USA Wrestling Cadet Female Wrestler of the Year Award  
02 - USA Junior Womens Nationals Fargo ND 2nd  
2x USGWA MN State High School Champion 02-03  
2x USGWA MN State Outstanding High School Wrestler Award 02-03  
3x USGWA Womens Folkstyle High School National Champion 02-03-04  
2x TheMat.com/Asics High School Women's All American First Team 02-03  
02 - Undefeated - U.S. Cadet Womens Beijing China Wrestling Tour  
03 - Klippan Cup Ladies Open, (Klippan Sweden) - Cadet Womens Champion  
03 - USA Wrestling Sr. Womens National Freestyle Chapiionship 67kg 4th  
03 - USA/Fila Cadet Womens Freestyle National Champion  
03 - USA/Fila Junior Womens - Outstanding Wrestler of the Year  
03 - USA Wrestling Junior Womens Nationals Fargo ND National Champion  
03 - USA Wrestling Junior Womens World Team member 67kg  
03 - Fila Junior Womens World Wrestling Championships Istanbul Turkey 67kg World Champion  
03 - MN/USA Junior Womens Wrestler of the Year

