

Nick Starr Captures Two Medals at World's Largest Jiu-Jitsu Gathering

16-year-old Bishop Carroll student scores decisive points with four seconds remaining to reach No-Gi championship final at Jiu-Jitsu CON in Las Vegas



Calgary, Alberta Sep 8, 2026 ([Issuewire.com](https://www.issuewire.com)) - Calgary teenager Nick Starr captured silver and bronze medals at the 2026 Jiu-Jitsu CON in Las Vegas, delivering a breakthrough international performance highlighted by a dramatic victory secured with just four seconds remaining.

The 16-year-old blue belt, representing Alliance BJJ Calgary, earned second place at the 2026 Jiu-Jitsu CON No-Gi International in the Male Juvenile Blue Belt Super Heavy division and third place at the 2026 Jiu-Jitsu CON International in the corresponding Gi division.

The Jiu-Jitsu event, held at the Las Vegas Convention Center, has been described by the International Brazilian Jiu-Jitsu Federation ([IBJJF](https://www.ibjjf.com)) as the largest jiu-jitsu gathering in the world, bringing together thousands of competitors, coaches and fans for multiple championship events, seminars, exhibitions and industry programming.

For Starr, the defining moment came during his run to the No-Gi final; he was trailing late in his semifinal and with less than seconds remaining, he scored the decisive points to secure a 3–2 victory and advance to the championship match.

"Those last few seconds are something I'll remember for a long time," said Starr. "I came out of the match with a black eye, but that is part of competing—you stay composed and keep solving the problem in front of you. Jiu-jitsu is a physical algorithm. You take the information in front of you, recognize patterns, calculate risk and keep adjusting until you find a solution."

"What Nick showed in Las Vegas was composure under pressure," said Kennet Moore, Head Coach at Alliance BJJ Calgary. "When there are only seconds left and you still have the awareness and confidence to execute, that says a lot about his determination."

A Multisport Athlete From Calgary

The Las Vegas results add to an already unusually broad athletic résumé for Starr. A grade twelve student at Bishop Carroll High School in Calgary, Starr has been recognized as Athlete of the Year (2025-26) and competes on the school's wrestling, rugby, and track and field teams. He also plays competitive rugby with the Calgary Mavericks while continuing to train and compete in Brazilian Jiu-Jitsu.

His athletic background extends into powerlifting as well. At age 14, Starr established an Alberta provincial bench press record in the men's 53-kilogram sub-junior division, lifting 55 kilograms and breaking a mark that had stood for more than a decade.

He is scheduled to return to powerlifting competition in October and intends to set a new Provincial record while continuing his training across multiple sports.

"Each sport challenges me in a different way," Starr said. "Jiu-Jitsu teaches you to stay calm and solve problems under pressure. Rugby is physical and team-oriented. Wrestling, track, and powerlifting all develop different parts of you as an athlete. I like seeing how far I can push myself."

Building OVAL

Starr is also pursuing another challenge away from competition. At 16, he is the sole founder of OVAL, a newly launched rugby streetwear brand he created and developed independently. The company, available at oval-rugby.com, combines Starr's interest in rugby culture with contemporary streetwear and represents his first entrepreneurial venture.

Starr developed the concept, brand and business himself while balancing high school, training and competition.

"I wanted to create something that came directly from the rugby culture I'm part of," Starr said. "Starting OVAL has taught me a completely different set of skills, but the mindset is similar to sport. You start with an idea, keep working at it and try to get better every day."

Starr now returns to Calgary with two international podium finishes and a growing competitive résumé spanning Brazilian Jiu-Jitsu, rugby, wrestling, track and field and powerlifting.

"The medals mean a lot to me," Starr said. "But they also make me want to improve. Competing in Las

Vegas showed me that I can perform at the highest level, and now the goal is to keep building from it."

About Nick Starr

Nick Starr is a 16-year-old multisport athlete and entrepreneur from Calgary, Alberta. A student at Bishop Carroll High School, Starr has been named Athlete of the Year and competes in wrestling and track and field. He plays competitive rugby with the Calgary Mavericks and trains in Brazilian Jiu-Jitsu with Alliance BJJ Calgary.

In 2026, Starr earned silver at the Jiu-Jitsu CON No-Gi International and bronze at the Jiu-Jitsu CON International in Las Vegas in the Male Juvenile Blue Belt Super Heavy divisions. At age 14, he established an Alberta provincial bench press record in the men's 53-kilogram sub-junior division.

Starr is also the sole founder of OVAL, an independently created rugby streetwear brand available at oval-rugby.com.

About Alliance BJJ Calgary

[Alliance BJJ Calgary](#) provides Brazilian Jiu-Jitsu instruction and competitive athlete development in Calgary, Alberta. Led by Head Coaches Brian Masters and Kennet Moore, the academy develops youth and adult athletes across recreational and competitive programs as part of the international Alliance Jiu-Jitsu organization.

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