

2018 USA Wrestling Fall Silver Coaches College

US Olympic Training Center

1 Olympic Plaza, Colorado Springs CO 80909



Monday, Oct 8

All-Day Arrivals to the OTC. Room check-in is at the USOC Athlete's Center front desk.

5-7pm

Dinner - Athlete's Center (lower level), Group Discussion Play #1 "[Ask-Kids-What-They-Want](#)"

5-7:00pm

Registration at Athlete's Center Lobby (upstairs from the cafeteria)

7:10-7:15

Welcome by **Mike Clayton** (Honor Room)

7:15-8:15pm

Gold Presentation by **Kyle Martin** of PA (Honor Room)

8:15-9:15pm

Classroom: Green Framing with **Mike Clayton** (Honor Room)

Tuesday, Oct 9

On Your Own

Breakfast, Group Discussion Play #2 "[Reintroduce Free Play](#)"

8:00-9:10am

On the Mat with **Gary Mayabb** (Wrestling Room)

9:20-10:30am

On the Mat with **Dustin Kilgore** (Wrestling Room)

10:40am-11:50am

On the Mat with **HPR's Dr. Grove Higgins and Pat Marques** – Mobility + (Wrestling Room)

Noon-1pm

Lunch, Group Discussion Play #3 "[Encourage Sport Sampling](#)"

1:15-2:30pm

Classroom with **Steve Fraser** on Mental Toughness (Honor Room)

2:45-3:45pm

Classroom with **Chris Snyder** USOC Coach Education (Honor Room)

4-5:00pm

Classroom with **Mike Clayton** – Play #6 "[Design for Development](#)" using USA Wrestling's 5x5 Progression (Honor Room)

5-6pm

Classroom with **Nadine Dubina** USOC Coach Education (Honor Room)

6:15-7:15pm

Classroom/Practical with **Rod Cozzetto**, USWOA (Honor Room)

8-10pm

Coaches Social at The Finish Line (7:50pm meet at Athlete Center to walk to the social)

Wednesday, Oct 10

On Your Own

Breakfast, Group Discussion Play #5 "[Think Small](#)"

8:00-9:30am

On the Mat with **Suples** Bag Training Program 1 of 2 (Wrestling Room)

9:45am-10:45am

On the Mat with **Gabriel Burak** (Wrestling Room)

11:00am-Noon

On the Mat with **Mo Mohammed** (Wrestling Room)

Noon-1pm

Lunch, Group Discussion Play #7 "[Train All Coaches](#)"

1:10-2:10pm Gold Presentation by **Chuck Brown** of TX (Gold Room)
2:20-3:30pm **Roberta Kraus**, Sports Psychology: Coaching Leaders Out of the Box/Got Game (Gold Room)
3:45-5:00pm **Suples** Bag Training Program 2 of 2 (Wrestling Room)
5-6pm Dinner, Group Discussion Play #8 "[Emphasize Prevention](#)"
6:15-7:15pm Classroom with **Group** – Take-a-ways and lessons learned (Gold Room)
7:15pm Closing Comments with **Mike Clayton** (Gold Room)

Thursday, Oct 11 (Optional Run/Walk/Hike up Seven Bridges in Cheyenne Canyon (free sign up at check-in with Mike Clayton)
6-9am Breakfast and Depart - Please check out with the USOC front desk by 9am (11am late check-out is authorized if required)
9am Bag storage is available near the front desk of the athlete's center if you want to store bags and tour COS)

SELF STUDY – PLEASE PREPARE THIS INFO BEFORE THE CLINIC:

* At each meal we ask you to sit with a group of coaches to discuss one of the eight plays for youth sports.
Please visit the links embedded above and become familiar with each of the eight plays so that you'll be able to contribute and share ideas during each session.