

SWA Fundamentals Clinic

21 Nov. 2021

LOCATION: Wooster High School (1331 E Plumb Lane)

9:00-2:00 Fundamental Wrestling Techniques

CLINICIANS: Scott Rasmussen, Jake Sellers, & Ed Sullivan

Participants will learn basic wrestling techniques from standing, bottom and top positions.
Ages: 5 yr and Up

Note: Wrestlers 6 yrs. and below: Camp will be from 9:00 to 10:30. **(If wrestler would like to stay longer they are more than welcome!)**

Wrestlers 7 yrs. and up: Camp will be from 9:00am to 2:00pm

9:00-2:00 Fundamental Wrestling Techniques for Girls

CLINICIAN: Katie Ward

Participants will learn basic wrestling techniques from standing, bottom and top positions.

Note: Wrestlers 6 yrs. and below: Camp will be from 9:00 to 10:30. **(If wrestler would like to stay longer they are more than welcome!)**

Wrestlers 7 yrs. and up: Camp will be from 9:00am to 2:00pm

9:30-11:00 Fundamentals of Youth Coaching

COACHES: Tom Bailey and Eron Hurley

Participants will learn the basics of coaching with a focus on development of a youth program. Discuss the importance and requirement to become a USA Wrestling Certified coach. (Copper Level & Bronze Level)

9:30-11:00 “Wrestling 101” for Wrestling Parents

SWA Board Members

Participants will learn what is expected of SWA parents and how they can assist in ensuring their child has a good experience with wrestling. Participants will also learn how to sign up using Track Wrestling tournaments & War Zone wrestling tournaments. Learn different formats for wrestling tournaments and club requirements for each tournament.

1:00-3:00 Mandatory Middle School & High School Officials Clinic

Dave Nevin & Eric Beye

If you plan to officiate tournaments this wrestling season and you are in middle school (6th, 7th or 8th grader) or in high school you will need to sign up for this clinic. We will learn study The National Federation Wrestling Rule Book. Discuss changes to rules for the 2021_2022-wrestling season and go over officiating mechanics to insure you learn the proper way to handle a wrestling match. **Cost: \$20 dollars** (you will receive a rulebook; whistle, wrist bands and flip coin when you complete the training.)