



Saskatchewan Amateur Wrestling Association
510 Cynthia Street, Saskatoon, Saskatchewan S7L 7K7
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**SASKATCHEWAN WRESTLING
COACHES SUPERWEEKEND AND PRE-SEASON WRESTLING CAMP
NOVEMBER 14, 15, 16, 2008
HOLY CROSS HIGH SCHOOL – SASKATOON**

EVENTS

1. NCCP Wrestling Competition Introduction (CI) Part A Clinic

- NCCP Wrestling Competition Introduction Part A has replaced the NCCP Level 1 Technical and Theory and is required to coach at the Provincial Championships.
- This course is specifically designed for the sport of wrestling.
- On successful completion of this course, participants will be NCCP Wrestling Competition Introduction Part A Trained.
- Classroom sessions include: Ethics, Nutrition, Practice Development, Intro to Coaching
- On mat sessions follow the Level 1 NCCP Technical Course and will utilize the CanCoach CDROM

SCHEDULE

- Session #1 – Friday Nov. 14 – 5:00 p.m. – 9:00 p.m.
- Session #2 – Saturday Nov. 15 – 9:00 a.m. – Noon
- Session #3 – Saturday Nov. 15 – 1:00 p.m. – 6:00 p.m.

Cost: \$100.00, which includes all course materials (except the CanCoach CD)

2. NCCP Wrestling Competition Introduction (CI) Part B

- NCCP Wrestling Competition Introduction Part B has replaced the NCCP Level 2 Technical and Theory and is required to coach at the Provincial Championships.
- This course is specifically designed for the sport of wrestling.
- On successful completion of this course, participants will be NCCP Wrestling Competition Introduction Part B Trained.
- Classroom sessions include: Designing a basic sports program, effective coaching and developing mental skills
- On mat sessions follow the Level 2 NCCP Technical Course

SCHEDULE

- Session #1 – Friday Nov. 14 – 5:00 p.m. – 9:00 p.m.
- Session #2 – Saturday Nov. 15 – 9:00 a.m. – Noon
- Session #3 – Saturday Nov. 15 – 1:00 p.m. – 6:00 p.m.
- Session #4 – Sunday Nov 16 – 9:00 a.m. – 2 p.m.

Cost: \$100.00

3. PRE-SEASON WRESTLING CAMP – Coaches are encouraged to bring athletes to the camp. See accompanying information sheet

4. COACHES SOCIAL - Fri. Nov. 14 – 9:00 P.M. – 11:30 P.M.- Location TBA

For further information or to register contact Sask. Wrestling at 975-0822



SASKATCHEWAN WRESTLING

PRESENTS THE

2008 PRE-SEASON AND CANADA GAMES IDENTIFICATION CAMP

HOLY CROSS HIGH SCHOOL WRESTLING ROOM SASKATOON

Camp is for High School or older Elementary School athletes. Sessions will be designed to meet the needs of athletes who are experienced in the sport of wrestling as well as those with little or no experience.

The camp is also for athletes aspiring to make the 2009 CANADA GAMES Team.

No equipment necessary.

Cost - \$40.00 includes lunch on Saturday

FRIDAY NOV. 14

Registration	6:00 – 6:30 p.m. no pre-registration required
On-mat Session #1	6:30 – 8:30 p.m.

SATURDAY NOV. 15

On-mat Session #2	9:00 a.m. – 11:00 a.m.
Sport Science Session	11:00 a.m. – noon - Strength & Power
Lunch (provided)	Noon – 1 p.m.
On-mat Session #3	1:00 – 3:00 p.m.
Sport Science	3:15 – 4:00 p.m. – Flexibility training

Further information - Saskatchewan Wrestling at 306-975-0822

SASKATCHEWAN WRESTLING

COACHES SUPERWEEKEND

REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS:

CITY/TOWN: _____ POSTAL CODE: _____

NCCP # (if applicable): _____

Current NCCP level:

Please check the activity you would like to register for:

_____ Introduction to Competition Part A Coaching Course
(Cost - \$100.00)

_____ Introduction to Competition Part B Coaching Course
(Cost - \$100.00)

Please forward registration form and payment to or contact the office to pre-register at:

Saskatchewan Wrestling

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CANADA

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