



Saskatchewan Amateur Wrestling Association
Phone: (306) 975-0822 Fax: (306) 242-8007

**SASKATCHEWAN WRESTLING
COACHES SUPERWEEKEND, PRE-SEASON WRESTLING CAMP
DEC 9-10, 2011
MOUNT ROYAL COLLEGIATE – SASKATOON**

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 Dec 9 – 6:00 p.m. – 9:30 p.m.
- Session #2 – Saturday Dec. 10 – 9:00 a.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 – Fri Dec. 9 – 6:00 p.m. – 9:30 p.m.
- Session #2 – Saturday Dec. 10 – 9:00 a.m. – 6:00 p.m.

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

3. OFFICIALS CLINIC

- Will take place on Saturday December 10, 2011
- Session #1 - 9:00 a.m. - 10:15 a.m.
- Session #2 - Participants will officiate the Elementary Takedown Tournament

Contact Sask. Wrestling or Curtis Leung (curtis.leung@me.com) for further information

SASKATCHEWAN WRESTLING

COACHES SUPERWEEKEND REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS: _____

CITY/TOWN: _____ POSTAL CODE: _____

NCCP # (if applicable): _____ call SAWA office if unknown

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

510 Cynthia Street
Saskatoon SK S7L 7K7
CANADA

(306) 975-0822
(306) 242-8007 FAX
sk.wrestling@shaw.ca
ptc@sasktel.net



IN CONJUNCTION WITH THE SASKATOON WRESTLING CLUB PRESENTS THE

2011 PRE-SEASON WRESTLING CAMP
MOUNT ROYAL COLLEGIATE - SASKATOON

Camp is for High School or older experienced 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 Stu Hart Men's tournament is a dual meet competition with teams from Ontario, Alberta, BC, Saskatchewan and Japan competing. Top athlete in each weight class will have the opportunity to travel to Japan in the summer for a wrestling tour.

SASKATCHEWAN STU HART MEN'S TEAM WRESTLING TRIALS

FRIDAY DEC 9 at the SAWA Superweekend

Registration	4:30 p.m. to 5:00 p.m.
Weigh-in	5:00 p.m. to 5:30 p.m.
Tournament	7:00 p.m. to completion

Eligibility - Born in 1994-97

Competition is only for male athletes who are experienced and can travel to the Stu Hart Tournament in Vancouver on Jan. 5-8, 2012

Weight Classes (add a 3 kg allowance)

46, 50, 54, 58, 63, 68, 74, 81, 90, 105, 130.

PRE-SEASON TAKEDOWN TOURNAMENT

- For any athletes who are not competing in the Stu Hart Trials.
- Athlete will be pooled based on weight and should have at least 3 matches

SATURDAY DEC. 10 - **Camp Sessions**

On-mat Session #1	10:00 – 11:45 a.m.
Lunch	Noon – 1 p.m.
On-mat Session #2	1:00 – 2:30 p.m.
Rules and Tactics Clinic	2:40 - 3:20 p.m.
On-mat Session #3	3:30 – 5:00 p.m.

Cost - Camp and Stu Hart Trial -\$75.00
- Stu Hart Trial Competition only - \$50.00

For further information contact Sask. Wrestling at 975-0822 or
Shane Bradley (Canada Games Coach - North) at 374-3656 or 717-0159



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"TAKE A SHOT" ELEMENTARY TOURNAMENT AND CAMP

MOUNT ROYAL COLLEGIATE - SASKATOON

Camp is for Elementary School athletes (5 - 13 yrs old) who want to try the sport of amateur wrestling. 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.

No equipment necessary.

Cost - \$30.00

SATURDAY December 10

Registration	10:00 a.m. - 10:30 a.m.
Session #1	10:30 a.m. - noon
Lunch	noon - 1:00 p.m.
Session #2	1:00 p.m. - 2:30 p.m.
Weigh in	2:30 p.m. - 2:45 p.m.
Takedown Tournament	3:15 p.m. - 5:00 p.m.

For further information or to register contact Sask. Wrestling at 975-0822 or Shane Bradley (Canada Games Coach - North) at 374-3656 or 717-0159