

INTRODUCTION TO COMPETITION: PART A (WRESTLING) WORKSHOP

Dates: JUNE 14 – 15, 2008

Venue: Scott Bateman Middle School
272 Grace Lake Road
The Pas, Manitoba

Learning Facilitator: Shane Bradley – Saskatchewan North Canada Games Coach

Tentative Itinerary

Sat. June 14

9:00 a.m. – 10:00 a.m. – Introductory module

10:00 a.m. – Noon – Wrestling Skill Development – Groundwork

1:00 p.m. – 2:00 p.m. – Groundwork (Cont.)

2:15 p.m. – 5:30 p.m. – Planning a Practice module

Sun. Feb 15

9:00 a.m. – 10:45 a.m. – Ethical Coaching module

11:00 a.m. – Noon – Wrestling Skill Development – Standing

12:30 p.m. – 2:00 p.m. – Standing (Cont.)

2:15 p.m. – 3:15 p.m. – Nutrition module

3:15 p.m. – 4:00 p.m. – Closing Remarks/Paperwork

Participants should be prepared to be on the wrestling mats to learn the techniques being demonstrated. Please bring appropriate wrestling gear.

Please register with Sally McNabb at the Manitoba Amateur Wrestling Association.
mawawrestling@mts.net.

Fee: \$100 payable to MAWA.