Welcome

"Thank you for making a commitment to our sport by expanding your coaching skills!"

- Rich Bender, Executive Director, USA Wrestling

NCEP Mission

To help motivate coaches and provide them the best resources to develop our nation’s wrestlers, on and off the mats.
Course Policy

Requirements:
- Current USA Wrestling Coach Membership
- Pre-paid clinic fee
- Participation is essential
- 45 review questions broken by chapters

Who Is USA Wrestling

- The National Governing Body (NGB) for Olympic, World and Pan Am wrestling
- Volunteer president and board of directors
- 30 full-time staff members
- Servicing 220,000+ members and 50 states

USA Wrestling Provides:

- Wrestling News & Message Boards
- Local, State, Regional, National and International Events
- Membership Services
- Education (NCEP) and Training
- Core Curriculum and Skills Academy
- Technique Videos, Camps & Clinics
- Live TV/Web Coverage (ESPN, NBC Univ & Flo)
- Training and Support for National Team Athletes

Men’s Freestyle

- Develops a sense of mat position
- Strong neutral skills
- Less control for scoring = faster pace
- Reinforces solid basic positions and situational awareness
Women’s Freestyle

- HS growth from 804 girls in 1994 to 8,727 in 2014
- State championships hosted in CA, OR, MA, TN, TX, HI, WA and Guam
- 20 colleges sponsor programs for women (freestyle)
- 2014 USA Women won a World Bronze Team Trophy

Greco-Roman

- Was the first style of wrestling
- Know your body in relation to space
- Increases confidence through new techniques
- Significantly improves pummeling and hand fighting

Folkstyle

- Dates back to early American History
- 5th most popular sport in American High Schools
- USA Wrestling sponsors over 2000 local, state, regional, and national competitions annually

Course Outline

Module 1 - Philosophy and Ethics
Module 2 - Safety and Injury Prevention
Module 3 - Physical Conditioning
Module 4 - Growth and Development
Module 5 - Teaching and Communication
Module 6 - Sport Skills and Tactics
Module 7 - Organization and Administration
Module 8 - Evaluation
Philosophy & Ethics
Module 1 of 8

Athlete Centered Coaching Philosophy
Standard 1

- Improve Retention
- Short Term Learning vs Long Term Goals
- Build Confidence Daily
- Make Wrestling Fun

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13

14

15

USA Wrestling Core Curriculum
Drills, Activities & Games

1) Drills and Activities
   a. Gymnastics & Tumbling
      i. Forward rolls
      ii. Forward diving rolls
      iii. Alternating shoulder rolls
      iv. Backward rolls
      v. Backward rolls with extension
      vi. Cartwheels
      vii. Head springs
      viii. Round offs
   b. Jumping & Explosion
      i. One leg hops
      ii. Kneel explosions to feet
      iii. High knees
      iv. Backwards high knees
      v. A-skips
      vi. Bull kicksers
      vii. Forward skip
      viii. Backward skip
      ix. Bounding skip
     x. Standing broad jumps
     xi. Kneen up
     xii. 360 jumps

2) Wrestling Specific Games
   a. Switches
   b. Wrestler's Handshake
   c. Caged-Up
   d. Coiled Spring
   e. Bull Riding
   f. Fox Tail
   g. Spinning Bear
   h. Crack the Whip
   i. Bone Fight
   j. Face-Off
   k. Scramble To Attack
   l. Cricket & Wickat
   m. Sneaky Snap
   n. Whizzer
   o. Log Lift / Reverse Lift
   p. Stuck in Mud
   q. Turk Step Chase
   r. Switcheroo
   s. Tee Tackle
   t. Toe Tag

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16

Improve Retention

- 70% of American youth are turned off of competitive sports by age 13.
- 75% of parents say enrolling their child in sports was for fun
- 55% of coaches experience parents yelling negatively at their kids
Improve Retention

Allow young athletes to develop into higher levels of competition
Girls drop out of sports 2x more than boys
Develop team standards that are:
- Organized and communicated early in the season
- Enforce rules but remain flexible

Build Confidence From Mistakes

Teach and reward values
Explore new ways to organize youth sport - (USA Wrestling Skills Academy)
R & R - Daily efforts focus on recruitment and retention
Build a culture of ethics, sportsmanship and fair play

Source: www.USADA.org and www.TrueSport.org
Identify, Model and Teach Positive Values

Standard 2

- Physical fitness
- Mental well-being
- Social interaction

Source: www.un.org/wcm/content/site/sport/home/sport

Physical Fitness

- Active lifestyle - delays development of chronic diseases
- Goal focused training programs
- Learning nutritional values and moderation - weight management

21

22

Short Term Learning vs. Long Term Goals

Terry Steiner, USA Wrestling
Women's National Team FS Coach

Mental Well-Being

- Positive self-concept
- Manage success and disappointment
- Higher academic and occupational achievement

23

24
Social Interaction

- Work as a team
- Learn about sportsmanship
- Respect for others
- Fewer behavioral problems
- Build positive relationships with adults

Modeling & Teaching Appropriate Attitudes

 Forbes

Why Wrestlers Make the Best Employees

with other sports, an athlete can go to practice or a game, and then go home to relax. Wrestlers, due to the weight class requirements, have to maintain their focus and drive around the clock for years at a time,” says Mendelson, a former college wrestler.

Modeling & Teaching Appropriate Attitudes

- Control emotions in frustrating situations
- Abide by referee’s decisions
- Acknowledge all talent levels
- Recognize teachable moments on and off the mat

Responsibility & Ethical Behavior

Standard 3

Scenarios in Coaching:

- Coach with Athletes
- Coach with Parents
- Coach with Officials
Responsibility & Ethical Behavior
Standard 3

Coach with Athletes

Justin Lester, 2x World Medalist

Responsibility & Ethical Behavior
Standard 3

Coach with Parents

Bruce Burnett, USA Wrestling Men’s National Team FS Coach

http://stevenashyb.wordpress.com/2014/10/20/the-race-to-nowhere-in-youth-sports/

Responsibility & Ethical Behavior
Standard 3

Group Exercise

Why Is Coach So Excited?

Source: https://play-positive.libertymutual.com/parenting/sport-parenting-resources/sport-parent-toolkit
Stress of Coaching

We know that wrestling is one of the toughest and most physically and mentally demanding sports on Earth.

What kind of toll does it take on a coach? Some spectators may just think coaches sit in the chair and yell at officials... if they watch me in action. But there is much more that goes into preparing a team than just showing moves.

At the collegiate level, a coach must recruit to build depth and talent in the room. There are annual budgets to predict, manage, and balance. Fundraising efforts are required to help supplement team travel and other necessities. Facilities development is key to improve training opportunities for the team as well as to attract the top recruits. Recruiting means countless hours spent on the phone, email, and mailings to communicate, market, and brand your program. Home visits to see recruits and campus visits are essential to build that relationship needed to earn the trust of each recruit.

Once we get a recruit on campus, we follow up on personal conduct, academic success, and provide developmental opportunities for strength, nutrition, technique, and mental toughness.

What I recently wanted to quantify was the actual physical stress of coaching. I wore a heart rate monitor during a tri-dual to be able to see actual data on the physical stresses.

Heart rate range was 80-173 beats per minute.

Time in various heart rate zones are:

- Easy: 1 hr, 1 min
- Moderate: 1 hr, 42 min
- Hard: 1 hr, 5 min
- Very Hard: 7 min, 13 sec
- Maximal: 24 sec

Total Time: 3 hr, 55 min, 37 sec
Total calories burned: 1,399
Calculated recovery time needed: 21 hours

According to the Cleveland Clinic Center for Consumer Health, a runner who weighs 130 lb. will burn 2,224 calories during a marathon. That means that on this particular day of coaching, my coaching activities were the equivalent stress on my cardiovascular system of a 130 pound man running 16.48 miles.

Responsibility & Ethical Behavior

Coach with Officials

As coaches, we expect officials to make professional calls. Officials expect coaches to ask professional questions about the call.

The majority of calls you argue will not be overturned.

http://usawoawrestlingofficials.com/usawoa_home.htm

Example: Official makes an “out of bounds” call.

How do we approach the official?

1. Understand your state of arousal
2. Know what questions to ask
3. Understand no one wins an argument

How to become an official at: http://www.wrestlingref.com/id14.html
Ethics In All Facets of Wrestling

Standard 4

Code of Conduct for USA Wrestling Coaches
(10 Responsibilities)

USA Wrestling Coaches strive to:

1. Acquire and implement the most current knowledge of rules, strategies and teaching methods.
2. Structure a safe environment at all times.
3. Work closely with parents, administrators and community members to promote athletics as a positive experience.
4. Have the welfare of the athlete as the primary concern at all times.
5. Promote effective communication.

6. Serve as a leader and model in the development of appropriate conduct for the athlete in and out of the sport setting.
7. Use strategies in practice and competition reflecting fairness within the spirit of the rules.
8. Keep the concepts of winning and losing in proper perspective.
9. Enforce team policies with fairness, consistency and appreciation for individual differences.
10. Be knowledgeable of the association's policies and ensure regulations are upheld.

Safety and Injury Prevention

Module 2 of 8
Safe Facilities
Standard 5
- Safe mats
- Locker rooms clean and safe
- Training temperatures, equipment and locations are safe
- Access by outsiders is limited
- Laundry system

Nearly 62% of organized sports related injuries occur during practices rather than games.

Dr. Larry Lemak

Safe Equipment and Apparel
Standard 6
1. Fits properly
2. Not stinky or full of bacteria
3. Includes the following items:
   - Headgear
   - Mouth guard
   - Eye protection if needed
   - Practice gear (shirt and shorts)
   - Wrestling shoes (in good repair)
   - Knee pads (if needed)
   - Uniforms and warm ups
   - Crash pads
   - Takedown dummy
   - Throwing dummy
   - Ropes, weights, pull-up bars

Environmental Safety
Standard 7
Constantly check the following:
- Temperature (indoors or out)
- Cleanliness
- Condition of equipment
- Emergency action plan

Do you document your actions? Insurance claims or law suits may depend on it.

Skin Safety and Recognition
Ways to Help Control Skin Issues:
- Shower within 60 minutes after practice
- Use liquid soap
- Daily skin checks for the team
- Mat Cleaning guidelines link:
  http://wrestling.isport.com/wrestling-guides/how-to-clean-a-wrestling-mat

Sources:
http://content.themat.com/SkinGuide.pdf
http://www.health.state.mn.us/handhygiene/how/bestsoap.html

http://www.sportssafety.org
Skin Safety and Recognition

3 Main Types:
- Bacterial
- Fungal
- Viral


Bacterial

- Primarily associated with neglected minor skin trauma
- Face and extremities are common sites
- Can be spread via skin-to-skin or inanimate objects (mats, head gear, etc)


Treatment

Treatment Guidelines for Bacterial Infections:

- Oral antibiotics 72 hours before return to competition
- No signs of draining, oozing or moist lesions for return
- If no improvement in 72 hours, consider MRSA or viral causes

Oral Treatment for Bacterial Infections

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keflex (Cephalexin)</td>
<td>500 mg</td>
<td>2-4</td>
<td>7-10 days</td>
</tr>
<tr>
<td>Duricef (Cefadroxil)</td>
<td>1 gm</td>
<td>1</td>
<td>7-10 days</td>
</tr>
</tbody>
</table>

If penicillin allergic:
- Clindamycin 300 mg 4 7-10 days


MRSA (and community associated MRSA)

- Usually doesn't respond to first line antibiotics
- Destructive to skin and soft tissue
- Can cause a serious form of pneumonia
- Can only be diagnosed by culturing an infection


Preventing CA-MRSA

- Wash your hands
- Keep wounds covered
- Avoid sharing (towels, razors, clothing and equipment)
- Shower immediately after each game or practice.
- Wash in hottest water setting (bleach) dry in a hot dryer

Oral Treatment for MRSA (bacterial)

Treatment primarily focuses in lancing or drainage of an abscess. Culture of the draining material is essential to guide treatment.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clindamycin</td>
<td>300 mg</td>
<td>4</td>
<td>10 days</td>
</tr>
<tr>
<td>Doxycycline</td>
<td>100 mg t</td>
<td>2</td>
<td>10 days</td>
</tr>
</tbody>
</table>

The athlete should be withheld from competition/practice for 10 days.


Fungal (Tinea)

- Called “Ringworm” or “Athlete’s Foot”
- Cause is contact with infected individuals
- Grows in warm and moist areas
- Can start in small “dot” clusters

May spread via spores on surfaces such as towels, soap, clothes, mats, bed sheets, etc.


Ringworm Topical Treatment

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamisil (Terbinafine)</td>
<td>1%</td>
<td>2</td>
<td>3 days</td>
</tr>
<tr>
<td>Mentax (Butenafine)</td>
<td>1%</td>
<td>2</td>
<td>3 days</td>
</tr>
<tr>
<td>Naftin (Naftifine)</td>
<td>1%</td>
<td>2</td>
<td>3 days</td>
</tr>
<tr>
<td>Spectazole (Econazole)</td>
<td>1%</td>
<td>2</td>
<td>3 days</td>
</tr>
</tbody>
</table>

Ringworm Oral Treatment

Oral treatment required for any hairline/scalp outbreaks

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamisil (Terbinafine)</td>
<td>250 mg</td>
<td>1</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Sporanox (Itraconazole)</td>
<td>100 mg</td>
<td>1</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Diflucan (Fluconazole)</td>
<td>200 mg</td>
<td>1</td>
<td>3 weeks</td>
</tr>
</tbody>
</table>

Anti-Fungal Treatment/Prevention*

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sporanox (Itraconazole)</td>
<td>200 mg</td>
<td>2</td>
<td>1 day every other week</td>
</tr>
<tr>
<td>Diflucan (Fluconazole)</td>
<td>100 mg</td>
<td>1</td>
<td>1 day per week only</td>
</tr>
<tr>
<td>Lamisil (Terbinafine)</td>
<td>250 mg</td>
<td>1</td>
<td>1 day per week only</td>
</tr>
</tbody>
</table>

*Anecdotal evidence of effectiveness

Viral: Herpes Gladiatorum

- Due to Herpes Simplex virus Type-1
- Appear 3-8 days after contact
- No association with mats

Herpes Gladiatorum

Location Awareness

- 72% on Head and Face
- 18% on Extremities
- 10% on Trunk

Location of lesions from 57 with Primary Herpes Glad
Identification

Primary Herpes Virus Outbreak

With facial/head involvement
- Fever (101°-102°F)
- Cold Sores
- Swelling of glands or lymph nodes
- Skin lesions
- Lasts 10-14 days

Recurring Outbreaks

- Latency and reactivation are the rule
- Recurrent outbreaks last 3-5 days
- Less signs and symptoms than primary outbreak
- Brought on by stress, weight cutting, rubbing skin, sun

Oral Treatment for Herpes Virus

Primary Outbreak

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valtrex (Valacyclovir)</td>
<td>1000 mg</td>
<td>2</td>
<td>10-14 days</td>
</tr>
<tr>
<td>Acyclovir</td>
<td>2-400 mg</td>
<td>5</td>
<td>10-14 days</td>
</tr>
</tbody>
</table>

Recurrent outbreak

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>X/Day</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valtrex (Valacyclovir)</td>
<td>500 mg</td>
<td>2</td>
<td>1 week</td>
</tr>
<tr>
<td>Acyclovir</td>
<td>2-400 mg</td>
<td>5</td>
<td>1 week</td>
</tr>
</tbody>
</table>
Herpes Return to Practice Guide

For Primary Herpes Gladiatorum:
• Oral meds for 10 days
• No swollen or tender lymph nodes (if they exist, add 4 days)

For Recurrent Herpes Gladiatorum:
• Oral antiviral meds 6 days
• May return on the 7th day after vesicle formed


Individual Outbreaks

• Isolate the athlete and start meds
• All wrestlers in contact with the individual over the past 3 days should be isolated and monitored for 8 days before they return to full activity


Multiple Wrestlers With Outbreaks:

• Consider shutting down mat practices for 8-days
• Other means of conditioning and exercise may be implemented
• No direct contact with other athletes


Physical Conditions That Pre-Dispose Athletes

Do you have these forms accessible?

• Athlete information sheets
• Parental instructions
• Required medications
• Insurance or waiver forms

Concussions

Mild Traumatic Brain Injury (mTBI)

- Force delivered to the head, or elsewhere on the body, where the brain collides with the skull creating a chemical change in the brain
- 80% will recover in 7 to 10 days
- Key on full rest, proper nutrition and hydration

“During practice, one of the coaches noticed a problem and pulled me out. My neurologist believes this action by my coach saved my life.”
- Cole, a high school wrestler

Concussion Recognition

If there is any doubt...then there is no doubt. Hold them out.

Dr. Brad Gulla, Functional Neurologist and Concussion Expert

Concussions (cont.)

Evaluation Tactics:
- Memory questions
- Stand heal to toe
- 1 or 2 leg standing
- Eye movement

Group Exercise

Be ready for athletes to:
- Resist sitting our of practice or competition
- Athletes may be angry, sad or frustrated about sitting out

http://www.aafp.org/afp/2012/0115/p123.html

www.TheConcussionPlace.com
Concussions (cont.)

Coaches can:

- Talk to them about it
- Be aware of recurring concussions
- Talk about risks of returning too soon
- Offer support and encouragement
- Tell them time off is not weakness

Recognizing Injuries & Prompt Care

Standard 9

1. Ensure the area is safe for all athletes and coaches
2. Attend to injured athletes
3. Call for emergency personnel (if necessary)

Injury Prevention, Care & Management

Standard 10

- Effective warm-ups, cool-downs and conditioning
- Prompt Care
- Management

Effective Warm-Ups:

1. Increase breathing rate
2. Increase heart rate
3. Reduce risk of muscle pulls or strains
4. Prepare athletes mentally for practice or competition

https://www.youtube.com/watch?v=ztN66R_hgOs
Effective Cool-Downs:

1. Include intense exercise (no sitting)
2. Transition to light jogging
3. Add needed calories to aid recovery

http://www.brianmac.co.uk/articles/sony46a2.htm

Effective Conditioning:

1. Happens when the body is warm
2. Keeps the heart rate in proper training zones
3. Is built into the periodization plan after athletes have built a solid cardio/strength base

http://www.drdavidgeier.com/tips-safe-effective-conditioning-program/

Care for Injuries:

1. Do not do anything that risks additional injury
2. Determine if emergency personnel need activation
3. Treat minor injuries with R.I.C.E (rest, ice, compression and elevation)

http://kidshealth.org/teen/safety/first_aid/sports_injuries.html

Injury Management:

1. Adhere to physician’s or athletic trainer’s orders for “return to play” guides
2. Keep accurate injury records on file
   A. To treat and track recovery
   B. For future insurance or legal issues

Psychology of Injuries

For athletes:
1. Ok to be sad
2. Set new, realistic goals
3. Maintain a positive attitude
4. Active healing
5. Continue “practicing”

Source: www.competitivedge.com/rebounding-injuries

Psychology of Injuries

For coaches:
1. Be empathic
2. Work with their self-esteem
3. Give them a role on the team
4. Stay in contact

Source: www.competitivedge.com/rebounding-injuries

Physical Conditioning

Module 3 of 8

Training, Conditioning & Recovery

When should kids start lifting?

Brandon Stiel, USOC Strength Coach
Program Design (cont.)

- Developing a solid plan that includes:
  1. Building a strength and cardio base
  2. Competition schedules
  3. Practice planning and length of allowed training
  4. Strength and conditioning
  5. Nutrition
  6. Sports psych
  7. Rest (in & out of season)
  8. Camps and clinics (off-season)

Periodization

- How much time will you focus on each key area?

  - Technique
  - Strength/Cond
  - Flexibility
  - Mental
  - Nutritional
  - Rest
  - Sample
  - 42%
  - 21%
  - 10%
  - 7%
  - 8%
  - 13%

Periodization

Cycling all training components for peaking

- Macro - long term (1-4 years)
- Meso - medium term (2-6 weeks)
- Micro - short term (1 week, 4-16 workouts)

- Work the plan backwards from the ultimate goal
- Communicate the plan to athletes/staff

Macro-cycle (long term) 3 Phases:

- Phase 1 is Preparation - build the base
- Phase 2 is Competitive - test the plan
- Phase 3 is Transition - rest/recovery

http://www.acefitness.org/acefit/fitness-fact-article/2624/periodized-training-and-why-it-is/
Periodization

Meso-cycle (medium term):
- 2-6 training weeks
- Determine the right workload for your game-plan
- Goal = peak at the right time and improve daily

http://www.acefitness.org/fitnes-fact-article/2624/periodized-training-and-why-it-is/

Micro-cycle (or short term):
- Duration is 1 week
- Big picture goals - heavy or light training load
- Typically 4-16 workouts per week
- Change training when athletes have adapted to it

http://www.acefitness.org/fitnes-fact-article/2624/periodized-training-and-why-it-is/

Conditioning Program Design

Conditioning drills accomplish the following objectives:
- Improve strength
- Increase agility and quickness
- Enhanced endurance
- Variety of drills

http://www.wiwrestlingfederation.com/page/show/983819-weightlifting-program
Recovery Program Design

**Post match:**
Spin or jog immediately post-match
- 5 minutes at a hard pace (level 4 or 5/10)
- 10 minutes at an easy pace (level 2)
- 15 g carb load during easy pace (chocolate milk)
Nutrition & Weight Management
Standard 13

- Develop healthy habits
- Stay hydrated
- The right food at the right time
- Control/monitor descent or gain

Source & References at:
http://www.teamusa.org/About-the-USOC/Athlete-Development/Sport-Performance/Nutrition/Resources-and-Fact-Sheets
http://www.wiwrestlingfederation.com/page/show/981056-nutrition

Nutrition

- Nutritional breakdown
- Hydration
- Recovery meals/snacks

2014 Worlds Team Snacks

Nutritional Breakdown

Sources: USOC Mobile Coach or more info available at:
http://www.health.harvard.edu/plate/healthy-eating-plate
http://www.mpssaa.org/assets/wintersports/wrestling/wrestling%20diet%20guide.htm

Hydration - 96 oz/day

Fluid loss of just 2-3% can lead to:
(1-2.5 lbs for a 150 pound male)

- Decreased concentration and recovery
- Early fatigue and cramps
- High perceived exertion in training/competition

http://hprc-online.org/nutrition/hprc-articles/how-often-should-i-drink-fluids-during-exercise
Recovery Meals/Snacks

Training Day Recovery:
1. Drink one cup per pound lost
2. Eat next meal or snack within one hour
3. Power Hour - Calories in +/- 1 hour

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC
http://drbenkim.com/foam-rolling-health-benefits.htm
http://www.menshealth.com/best-life/foam-rolling

Consistency & Motivation Drive Success

6-7 days per week:
1. Track urine/stool color/consistency
2. Count how much water you drink
3. Weigh daily on the same scale in the morning before breakfast after the bathroom
4. Track calories in and calories out

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC

Weight Management

- Gradual reduction in weight helps athletes retain more muscle, strength and stamina
- Document trends and patterns
- Fat burning range is 120-140 beats per min


Do You Cut to Win?

2012 USA Olympic Medals in Combat Sports
- 10 total medals for the USA
- 6 athletes lost less than 5 pounds the day prior
- 4 athletes were under weight for competition

USA Wrestling Weight Goals for Olympic Team:
Within 8% of competition weight 8 wks out
Within 3% at the start of the competition week

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC
Teach Every Child About Food:
https://www.ted.com/talks/jamie_oliver#t-693486
Weight Management

USA Wrestling’s Rapid Weight Reduction Rule
For all non-Senior level events, the following are prohibited:

A. Saunas
B. Plastic/rubber suits
C. Diuretics, emetics, laxatives, self-induced vomiting
D. Excessive food and fluid restriction

Watch Calories “In”

Nutrition Changes for Fat Loss (pick 3)
1. Change all liquids = water & skim milk (no alcohol, soda or juice)
2. Stop eating after 7pm
3. Eat half of your normal portion for dinner
4. PLATE model for lunch and dinner
5. Replace one meal a day with a calorie controlled shake
6. Limit fast food/resturant food to 2x per month
7. Calorie reduced meal plan to follow every day
8. No skipping meals - no longer than 4 hours without food
9. Carb cycling based on activity

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC


Track Calories “Out”

In addition to training (pick one):
1. Add four low intensity cardio sessions per week outside of typical training
2. Find extra ways to burn calories (eg. bike instead of drive to practice)
3. Metabolic training in the gym (high reps, low weight)
4. Wear a pedometer - go for 10,000 steps outside of training

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC

Drugs & Supplements

What we stand to lose in our obsession to win:

Overtraining and injury
+ Unhealthy early specialization
+ Cutting athletes before they develop
+ Overzealous parents
+ Intolerant coaches

= Athletes looking to use performance-enhancing drugs or taking unhealthy short-cuts to winning

Source: Jenn Gibson, MSc, RD, IOC Dip Sport Nutr, Sport Dietitian, USOC

http://www.usada.org/
Conditioning for Post Injury

Avoid the, “injury-rest-re-injury” cycle by:

1. Carefully controlling work intensity
2. Use residual pain to monitor acceptable levels of intensity

Two Types of Pain

Type I pain (immediate pain):
- Pain perceived during exercise
- Relieved very soon after exercise
- Does not produce lasting effects

Type II pain (residual pain):
- Perceived pain 1.5 hours or more after exercise.

Both must be monitored to assist in the selection of an appropriate exercise window.

The Intensity Window

- Select appropriate level of exercise to produce conditioning effects
- The “Intensity Window” is a narrow range of acceptable exercise
- Excessive exercise may stall recovery or result in re-injury

The Reconditioning Process

Flexibility - Strengthening - Functional Rehabilitation

1. Start with exercises that involve static, pain-free stretching
2. As flexibility improves, use progressive resistance (weights)
3. Gradually add intensity within the movement of your sport

* Select an intensity level that does not increase the Type I or Type II pain.
Growth & Development
Module 4 of 8

USA WRESTLING

Developmental Changes Influencing Learning & Performance
Standard 16

Seven stages within the basic Long Term Athlete Development (LTAD) model:
• Stage 1: Active Start (0-6 years)
• Stage 2: FUNdamental (girls 6-8, boys 6-9)
• Stage 3: Learn to Train (girls 8-11, boys 9-12)
• Stage 4: Train to Train (girls 11-15, boys 12-16)
• Stage 5: Train to Compete (girls 15-21, boys 16-23)
• Stage 6: Train to Win (girls 18+, boys 19+)
• Stage 7: Active for Life (any age participant)

Source: http://canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages

Potential Shortcomings in Coaching

• Younger athletes tend to over-compete and under-train
• Adult training programs are imposed on younger athletes
• Preparation is for short-term winning, not long-term development
• Fundamental skills are not taught properly
• Early specialization attempts to attract and retain participants

Source: http://canadiansportforlife.ca/coaches/issues-sport

Consequences for Our Athletes

• Bad habits/skills form from over-competition and under training
• Children not having fun in adult-based programs
• Poor skill development
• Poor movement abilities
• Next level coaches must deliver remedial training to counter shortcomings of poor athlete development

Source: http://canadiansportforlife.ca/coaches/issues-sport
Shortcomings in Coaching

Long-Term Athlete Development (LTAD) helps coaches focus on important elements of sport science and coaching practices.

10 Key Factors of LTAD include:

1. Physical Literacy
2. Specialization
3. Developmental Age
4. Sensitive Periods
5. Mental, Cognitive and Emotional Development
6. Periodization
7. Competition
8. Excellence Takes Time
9. System Alignment and Integration
10. Continuous Improvement - Kaizen

Source: http://canadiansportforlife.ca/learn-about-canadian-sport-life/ten-key-factors

Positive Sport Experience

Standard 17

Keeping proper perspective in wrestling

The Fight for D1 Wrestling Scholarships

792 Max Division I scholarships (9.9 max per team)

Source: http://www.nwcaonline.com/nwcawebsite/SavingWrestlingHome/maleparticipationgrid

NCAA D1 By the Numbers

- 270,000 high school wrestlers
- Compete for 792 D1 scholarships
- Less than 1/2 of 1% of all high school wrestlers (by statistics)

Source: http://www.nwcaonline.com/nwcawebsite/SavingWrestlingHome/maleparticipationgrid
By the Numbers

The average NCAA athletic scholarship amounts to $10,409 (includes all NCAA sports)

Academics are your athletes best way to pay for college.

Source: NY Times

Keeping Proper Perspective

Bruce Burnett, USA Wrestling Men's National Team FS Coach

Leadership for Maturity

Leaders excel in the following areas:

• Ability to ignore critics
• Strong conviction
• Handling uncertainty
• Optimistic

Leadership is a behavioral process
• Interpersonal in nature
• Motivating a team toward common goals

Teaching & Communication

Module 5 of 8

USA WRESTLING

Positive Learning Environment

Standard 19

- Develop a rapport with the athletes
- Set clear and common goals
- Okay to make mistakes
- Safe environment to learn


Develop & Monitor Goals

Standard 20

6 Steps to Effective Goal Setting:

Step 1: Define Your Career or Long Term Objective
Step 2: Capture Your Current Status
Strengths, weaknesses and obstacles
Step 3: Create Performance Objectives to Develop
Step 4: Develop and Execute Specific Daily Actions
Step 5: Fully Commit, Get Feedback, and Adjust
Step 6: Evaluate and Reinforce Goal Progress

http://www.mattgentry.com/coachs-corner/goal-setting-stanford-wrestling/
### Annual Practice Planning

**Standard 21**

Keys to effective practice planning:

- Organization based on periodization
- Age & skill specific training/volume
- Read/feel the Energy of the Athletes

For free practice plan templates from USA Wrestling, visit: [USAWrestling.org](http://content.themat.com/usawrestling/curriculum_pdf/Folkstyle_Level1_Practice_Plans.pdf)

### Daily Practices & Time on Task

**Standard 22**

- Allocated time
- Engaged time
- Skills learning time

Develop your skills for free at: [http://www.mindtools.com](http://www.mindtools.com)

### Allocated Time

Total amount of time available for learning.

Allocating more time to a specific skill will have athletes achieve at higher levels than those who allocate less time to the same skills.

Standardized skills time in daily practices guarantees athletes have an opportunity to learn skills effectively.

Source: [http://www.mindtools.com](http://www.mindtools.com)

### Allocated Time

**Plan ways to minimize factors that limit learning such as:**

- Unscheduled interruptions
- Uneven transitions between activities
- Inefficient practice room management that disrupts the learning flow
- Over-reliance on uninteresting and overly demanding practice plans

Source: [http://www.mindtools.com](http://www.mindtools.com)
Engaged Time

Highly interactive practices lead to increased learning (3 second window).

- Coaches who actively engage wrestlers during practice have wrestlers who tend to learn and retain more skills
- Athlete engagement drops considerably when not engaged directly by a coach

Highly effective coaches use interactive training with real-match situations and constructive feedback.

Skills Learning Time

**Quality, not quantity**

To deliver lessons designed to maximize learning time:

- Accurately assess each wrestler's knowledge and skill level
- Develop and prescribe learning tasks appropriate to a wrestler's levels
- Structure engaging lessons around the learning tasks and give clear, concise directions

Skills Learning Time (cont.)

**Four management processes promote time-on-task:**

1. Room arrangement
2. Rules and procedures
3. Transitions
4. Preparation and pacing

2 Key Instructional Strategies

**Standard 23**

- Ask, Don’t Tell
- 2 + 2 Positive Coaching
Ask, Don’t Tell Coaching

2 + 2 Positive Coaching

- Balance compliments with suggestions
- Deliver messages with a positive tone
- Good feedback celebrates successes, provides notes for improvement and reduces frustrations

Source: “Formula 2+2, The Simple Solution for Successful Coaching” by Allen & Allen

Enhance Performance & Reduce Anxiety

Attention Control

Bringing awareness to the present moment:

- Knowing what's important now (W.I.N.)
- Knowing how to get there & keep it there
- Knowing how to get back when distracted
Breathing for Environmental Control

http://www.teamusa.org/About-the-USOC/Athlete-Development/Sport-Performance/Psychology

Communication Skills
Standard 25

- Verbal
- Nonverbal - 65-93% of message relies on “tone”
- Coaches deliver objectives - athletes receive emotions

Source: www.humankinetics.com/monographs-professional-communication-skills-are-key-to-successful-athletes

Zone of Optimal Functioning

In which zone does your wrestler compete at his/her best?

Motivational Techniques
Standard 26

- Enthusiasm is positive and contagious
- Set team and individual goals
- Develop team leaders
- Create a fun and inspiring atmosphere

Source: "Coaching Wrestling Successfully" by Dan Gable
Sport Skills & Tactics

Module 6 of 8

USA WRESTLING

7 Basic Skills

1. Stance
2. Motion
3. Level Change
4. Penetration
5. Lifting
6. Back Step
7. Back Arch

http://www.teamusa.org/USA-Wrestling/Membership/Coaches/Core-Curriculum

Strategies & Tactics

Standard 28

Scouting for Practice Planning

Standard 29

- Match Analysis
- Practice Analysis
- Match Prep

Olympic Wrestling: The Path to Folkstyle Success
**Scouting for Match Analysis**

**Defining Opponent's Strengths and Weaknesses**

- **Opponent:**
  - Age or Year in School:
  - School or Town:
  - Date:

  **Strengths:**
  - Arm Bar - Right Side Only
  - Inside Leg Stand-up

  **Weaknesses:**
  - Solid Neutral
  - Weak on Bottom

**Ride Keys:**
- Double Leg
- Arm Bar - RIGHT LEFT
  (Circle one)
  (Reach with RIGHT or LEFT Arm)

**Best Take downs:**
- Front
  - Distance + Hips Out of Pocket, foot
    - Base, Cross Hand, Back Pressure & Wrist (Thigh Block)
  - Leg Counters: (Crawl FWD Off Legs)

**First move on top:**
- Outside Leg Finish

**First move from bottom:**
- Inside Leg Stand-up

Rank your opponent in the following areas (1 poor—10 strong):
- Ability to Scramble
- Strength
- Flexibility
- Conditioning
- Mental Toughness

**Notes:**

**NEUTRAL** (Motion, Contact, Position Fight & Wrestle Through Situations)

**Motion Drilling:** (Focus = 1. Mat Control  2. Good Set Ups  3. Strong 30 second pace)
- A. Shadow Motion (no-touch body fakes w/ partner)
- B. Down Block Drill off His Body-Fake
- C. Add High Shots After Down Block (hi-single, weight off us, height on his leg)

**Position Fighting:**
- A. Gains a Tie Up and (B) Works Out of Tie to Good Position
  1. Russian (if guy #1 gets a russian, guy #2 fights out attacking high hand/far wrist)
  2. Under Hooks (hook, head position and far wrist; partner fights out post/circle away)
  3. Front Head/Spots (get hands to the mat; partner attacks hands/elbow, post & circle)
  4. Pummeling to Offensive Situations

**Position Fight to High Shots:**
- Goal Both Guys Look for Control Ties or Clear Out to Good Position

**Offensive Leg Attacks:**
- 1. Double & Hi-Crotch (turn finish)
- 2. Straight Single (get weight off you; step outside the single and get height)
- 3. Single Sweep & Knee Pull (run inside; reach behind hand to far ankle or lift to table top finish)

**Counter Attack Offense:**
- 1. Straight Single (hand fight & hecic smash)
- 2. Hi-C (smash head with & single counter)
- 3. Sweep (face him; ring to him; foot away, get back out front)
- 4. Double (various + net counts)

**Multiple Attacks:**
- Shot-Finish, Shot-Counter Spot, Shot-Snap-Shot, Down Block to Snap Series

**Scouting for Practice Planning**

- **Create your system or plan**
- **Use match feedback**
- **Execute the plan**
- **Refine and repeat**

**TOP** (Break Base, Wrist Control, Tight Hips)

**Breakdowns to Wrist Control:**
- A. Inside Leg Stand-Up
- B. Hip-pod (Fold Leg Pivot & Knee Slides)
- D. Change Over

**Crab Counter:**
- Distance + Hips Out of Pocket, foot
  - Fight to hip switch (ie: change over)

**Riding Keys:**
- A. Forward Pressure (Off Our Knees)
- B. Wrist Control/Back Off Breakdowns/Returns
- C. Adjust to Cover High Hips
- D. Dual Attack Strategy

**Scoring Moves:**
- A. Legs from Breakdowns (wrist roll to 1/2)
- B. Cross Wrist Tilt (2 count & grind flat)
- C. Bars/Wings/Hammer Locks & Cradles

**Mat Returns:**
- Lift Return, Doubles, Singles

**BOTTOM** (Base, Cross Hand, Back Pressure & Distance Hips)

**Leg Counters:**
- (Gravel FWD Off Legs)
  - A. Block it Coming In (Thumb Down)
  - B. Catch It Coming In (Hook Shot)
  - C. Mule Kick (use hand to unlock his cross-over)
  - D. Shake & Swing
  - E. Smash

**Rear Standing:**
- Back Pressure & Wrist (Thigh Block)

**Mat Returns:**
- Land Solid & Pop Up to Cross Hand
Scouting for Match Prep

- Know your lineup options and key match-ups
- Know your opponent's strengths & weaknesses

Avoid bonus points!

Organization & Administration

Module 7 of 8

Efficient Contest Management

Standard 30

- Even Levels of Competition
- Organized Events
- Recognize Time Management

“Your coaching philosophy needs to ensure that competition is used appropriately to enhance your athletes' motivation.”

- Damon Burton and Thomas Raedeke

Public Relations

Standard 31

- Media Marketing
- Alumni Relations
- Fundraising
Media Marketing

- Invite media to events
- Submit an article for the paper
- Newsletter
- Social Media - use photos, track results
- Seek volunteers

Alumni Relations

- Discuss student-to-alumni transitions
- Host alumni events
- Engage through social media and newsletters
- Utilize alumni for volunteer events
- Build relationships

http://alumnichannel.com/blog/how-to-create-an-alumni-association/

Fundraising

Ways to raise:
- Develop a wide base of supporters
- Focus on a few big fish or many little fish
- Determine your mode of fundraising
- Follow-up

Fundamentals for Fundraising

- Fundraising is not begging
- Capture the emotions of supporters
- Recruit leaders for the drive
- Spell out where the money goes

Source: Fundraising: Hands-On Tactics for Nonprofit Groups by L. Peter Edles
Broaden the Base

- How many workers are needed
- Keep detailed records
- Set a timeline
- Market the fund-drive
- Set an action plan

Big Fish or Little Fish?

- 80% of funds come from 20% of supporters
- 10% of the goal often comes from a single gift
- Find major gift prospects
- Develop relationships

Determine Your Mode of Fundraising

- Restricted vs. unrestricted gifts
- Matching or corporate matching gifts
- Charitable grants
- Planned giving
- Annual vs. Capital campaigns
- Telethon, direct mail, email, sales or events

Fundraising

Follow-Up

- Complete solicitations
- Update prospect files
- Prepare fundraising summary
- Evaluate the drive
- Collect unpaid pledges
- Hold a special “thank you” for workers

Manage Human Resources
Standard 32

- Define boundaries for relationships
- Explain roles, expectations and rewards
- Document interactions, issues and complaints

Manage Fiscal Resources
Standard 33

- Developing budgets
- Track spending
- Reconciliation for expenses

Developing Budgets

- Use previous budgets as a guide
- Plan for changes
- Determine operational “needs” (annual budgets)
- Determine big picture “wants” (capital budgets)

Track Spending

- Log travel, food, equipment, salaries, insurance, into Excel
- Keep receipts on file
- Audit budget regularly

Reconciliation for Expenses

• Attach receipts for expenses
• Complete reports on time
• Keep copies of claims
• Use 3 people to account for cash

http://www.ehow.com/info_11414838_need-reconcile-expenses.html

Emergency Action Plan
Standard 34

Ingredients:
• Contact info for emergency personnel
• Facility name, address and phone
• Evacuation routes, exits, fire extinguishers, etc.
• Emergency reporting procedures

http://ksi.uconn.edu/ksi/assets/File/Website%20EAP.pdf

Information Management
Standard 35

• Develop a system
• Maintain files for athletes and staff
• Use goal sheets for athlete/coach
• Document team awards and statistics
• Back up computer files regularly

http://www.aiim.org/What-is-Information-Management

Legal Responsibilities & Risk Management
Standard 36

• Annual 360 Review of Your Program
• Documented in Writing
• Verified by Administrators
• Posted
• Inspected and Enforced

www.texasarchery.org/Documents/coaching/LegalDuties%20Coach.pdf
Legal Responsibilities

Is a coach responsible for supervision:

• Before practice?
• After practice?
• In the hallways?
• At tournaments?
• At team functions?

Risk Management

Parents have the right to assume coaches teach the sport safely

Integrate coaching competencies:

1. Effective teaching or instruction
2. Effective supervision
3. Effective reaction to emergencies

Some Risk Management Topics

• Cleaning and Skin Policy
• Budgets
• Wrestling Room Safety
• Guests and Visitors
• Coach Conduct
• Coach Certifications
• Athlete Health Plan
• Athletic Trainers

Evaluation

Module 8 of 8
Evaluation Techniques for Team Goals

Standard 37

- Statistical Evaluations
- Results Based Evaluations
- Progressional Evaluations

Statistical Evaluation

- Total team takedowns divided by number of wrestlers
- Points for/against the team
- Bonus points in duals or tournaments
- Count scoring “attempts” vs points scored

Results Based Evaluation

- Team Dual Record
- Team Tournament Finishes
- Individual Placers or Champions at Events

Progressional Evaluations

Utilize both statistics and result evaluations to evaluate team goal progression

http://academicaffairs.uoregon.edu/professional-evaluations
Evaluate Athlete Motivation
Standard 38

Zeke Jones, AZ State Head Coach, World Champion and Olympic Silver

Wrestling Season Review

Name: _________________________________________________________
Current Season: 2012-13 Year Current Year in School ______
Weight Class This Season: _______ Proposed Weight Next Year: ______
Record This Season: _______ Career Record: _________________
Top College Accomplishments: ______________________________________
Goals for Next Season: ____________________________________________

Training Plan for This Summer:
1. Lifting - _______________________________________________________
2. Cardio - _______________________________________________________
3. Flexibility - ___________________________________________________
4. Technique - ____________________________________________________
5. Mental - _______________________________________________________
6. Camps - _______________________________________________________

Are you interested in working our camp this summer July 14-18? Yes / No

Academics:
GPA Cumulative: __________ Estimated GPA This Semester: __________

Individual Athlete Evaluation
Standard 39

Self & Staff Evaluation
Standard 40

- Know the coach and their background
- Document everything
- Provide clear and consistent feedback

Evaluating Your Staff

1. Ensure proper qualifications and background checks
2. Meet frequently to keep expectations clear
3. Provide written summary meetings (keep copies)
4. Evaluate throughout the season and provide feedback
Sample forms will be available in the USA Wrestling reference library.
Summary

This course provides you with:

1. Bronze Level Certification
2. Bronze Certificate of Completion
3. Bronze Certified Hat
4. Links for education
   “Beyond the Bronze!”

Silver Level Certification Requires

- Instruct a Bronze Clinic (or co-host)
- Attend a Silver College Clinic
- Silver Technical Certification
- 8 Written Tasks
  - One on each bronze module
  - 4-7 written pages

Recommended Reading

- The 7 Habits of Highly Effective People by Stephen Covey
- Good to Great by Jim Collins
- The Power of Habit by Charles Duhigg
- The Celestine Prophecy by James Redfield
- Coaching Wrestling Successfully by Dan Gable
- Success Through a Positive Mental Attitude by Napoleon Hill
- Execution: The Discipline of Getting Things Done by Larry Bossidy and Ram Charan
- In Pursuit of Excellence by Terry Orlick, PhD (Sports Psychology)
- Leading Change by John P. Kotter
- Fundraising (2nd Ed) by L. Peter Edles
- Mindset: The New Psychology of Success by Carol S. Dweck, PhD
- Failing Forward by John Maxwell - Sports Psych
- Social Psychology in Sport by Sophia Jowett and David Lavallee
- Formula 2+2 by Douglas B. Allen and Dwight W. Allen
- Execution: The Discipline of Getting Things Done by Larry Bossidy and Ram Charan
Suggested Web Links

Liberty Mutual’s Play Positive: https://play-positive.libertymutual.com
Positive Coaching Alliance: http://www.positivecoach.org
USA Wrestling Core Curriculum: http://www.teamusa.org/USA-Wrestling/Membership/Coaches/Core-Curriculum
USA Wrestling Educational Resources (Concussions, First Aid & CPR, Sport Science, etc): http://www.teamusa.org/USA-Wrestling/Membership/Coaches/Educational-Resources
Canadian Sport For Life: http://canadiansportforlife.ca
Ideas Worth Sharing: www.Ted.com

Additional Links on TheMat.com

Thank you!