



USA Wrestling Presents the 2009 Silver Coaches College in conjunction with the USA Wrestling World Team Trials Council Bluffs, IA May 27th-31st

The Silver Level Coaches College will feature instruction from World class technicians and experts in the sport of wrestling. This allows for outstanding growth & development for America's wrestling coaches, and the opportunity to watch wrestlers compete for the chance to wrestle in the 2009 World Championship to be held in Denmark. Limited to the first 40 applicants.

The cost of the 2009 Silver College is only \$350 and includes all sessions, coaches social, USA Wrestling polo shirt, and a ticket in to the World Team Trials. Coaches arrange their own travel, hotel accommodations and meals.

If you need assistance with hotels and rooming in Council Bluffs, please visit www.theworldteamtrials.com. Be aware that rooms may go quick, so it is recommended to book in advance.

All Silver College participants must be 2009 USAW coach members, and have completed the Bronze Certification course. All participants will receive credit towards Silver Certification. For details on the Silver College, contact Sam Barber, Manager of the National Coaches Education Program, at 719-598-8181 or at sbarber@usawrestling.org.

Wednesday, May 27th: 4:00 PM - 6:00 PM Registration at Lewis Central High School in Council Bluffs, Iowa, with a classroom session to follow. All classroom and technique sessions will be held at Lewis Central High School. Sessions will run from morning into the evening. Coaches should bring wrestling gear. A tentative schedule can be seen on the next page.

Coaches should fill out the information on the last page and return to USA Wrestling, ATTN: Silver College, 6155 Lehman Dr., Colorado Springs, CO 80918. Information can also be faxed to 719-598-9440. Check, money order, VISA, or Mastercard only.

2009 USA Wrestling Silver Coaches College

2009 USA Wrestling Silver Coaches College
Council Bluffs, Iowa – May 27-31, 2009
(Lewis Central High School, 3504 Harry Langdon Blvd.)

Tentative Schedule

Wednesday, May 27

- 4:00-6:00 Registration for Silver College (Lewis Central High School)**
- 6:30 Introduction (Lewis Central HS Class Room #)**
- 7:00-8:30 How to Run a Bronze Clinic (Lewis Central HS Class Room #)**

Thursday, May 28

- 8:30-10:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 10:30-12:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 1:30-3:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 3:30-5:00 Classroom Session (Lewis Central HS Class Room #)**
- 6:30-8:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 9:00 Social**

Friday, May 29

- 8:30-10:00 Classroom Session (Lewis Central HS Class Room #)**
- 10:30-12:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 1:30-3:00 Classroom Session (Lewis Central HS Class Room #)**
- 3:30-5:00 Wrestling Technique (Lewis Central HS Wrestling Room)**
- 6:30-7:30 Classroom Session (Lewis Central HS Class Room #)**
- 7:30-9:00 Wrestling Technique (Lewis Central HS Wrestling Room)**

Saturday, May 30 – Sunday, May 31

Observation of the 2009 U.S World Team Trials – at the Mid-America Center

****Reminder to coaches, you are strongly encouraged to bring wrestling gear so you can be on the mats.**



2009 USA WRESTLING SILVER COACHES COLLEGE

Council Bluffs, IA – May 27th – 31st

In conjunction with the 2009 USA Wrestling World Team Trials, in Council Bluffs, Iowa, USA Wrestling is offering a Silver Level Coaches College to its member coaches. The Silver College is a requirement for coaches wanting to achieve Silver Certification. From Wednesday, May 27th through Sunday, May 31st, coaches from across the country will learn the latest innovations for coaching the sport of wrestling.

The Silver College will include on-the-mat instruction from U.S. World Team and National Team coaches. There will also be sessions focusing on mental skills, nutrition, character coaching, and strength training.

In addition to the Silver College instruction, all participants will receive a ticket for all sessions of the 2009 USA Wrestling World Team Trials. This is a great opportunity for fans and coaches alike the opportunity to see up close the best wrestlers in the United States compete for the right to wrestle in the 2009 World Championships.

All Silver College participants will receive credit towards Silver Certification, and a free USA Wrestling polo shirt. The cost of the Silver College is \$350. Coaches must register by May 1st, 2009.

Detailed information will be sent to the coaches following receipt of their application.

Please Print Clearly. Only check, money order, Visa or MasterCard can be accepted.
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Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ USA Card #: _____

E-mail address: _____

Shirt Size (Adult) Circle One: S M L XL XXL XXXL

Visa or MasterCard Number: _____ - _____ - _____ - _____ (____)
(Must include additional three numbers from the back of the card.)

Name on Card: _____ Expiration Date: _____
(Please include Credit Card Billing Address, if different from shipping address.)

Make checks payable to USA Wrestling for \$350.

Return to: USA Wrestling
Attn: Silver College
6155 Lehman Drive
Colorado Springs, CO 80918

Fax to: 719.598.9440 or email to sbarber@usawrestling.org