

29th Annual Monterey Clinic of Champions for Coaches Agenda

Friday, October 27

6:30 pm -7:30 pm

Roy Hall

The Davison HS program –what makes it work

How to organize your off season program

Motivation and promotion

Preparing your wrestlers for college

Hand and foot drills

Front head lock series – offense and defense

Friday

7:50 pm – 8:50 pm

Wade Schalles

Coaching philosophy

Down wrestling – controlling and being controlled

Organizing and coaching an elementary school & middle school program

Technique progression, drills, how to keep kids interested in continuing wrestling

Saturday, October 28

8:30 am – 9:30 am

Keith Lowrance

The Granby philosophy

Making a successful team and individuals

Top work – Tech fall drills

The Granby Roll series – offense and defense

Saturday

9:45 am – 10:45 am

Mike Polz & Eric Siebert

The Sandburg HS program – what makes it successful

Utilizing your assistants and feeder program coaches and staff

Inside tie series

Underhook series

Saturday

11:00 am – 12:00 noon

Wade Schalles

Pinning basics

Cradle series – everything you need to know about cradles...and more

Lunch 12:15 pm- 1:15 pm at the Embassy

Saturday

1:30 pm – 2:30 pm

Roy Hall

Conditioning and lifting

Drilling structure for practice

Spiral ride series/near wrist series

Sit series

Saturday

2:45 pm – 3:45 pm

Winning your faculty over and packing the gym

Making offense and defense the same

Universal takedown drills

Saturday

4:00 pm – 5:00 pm

California State Coaches Meeting

Agenda Items (please send additional items you would like to see addressed):

1. Irv Oliner Award nominations for Outstanding Contributions to California Wrestling
2. Jeff Roberts – News from the CIF Wrestling Advisory Committee meeting
3. Al Fontes – High School Nationals
4. Mike Wright – The California Wrestler.com
5. Ryan Kane – Wrestlers profiles
6. Spring qualifiers
7. State All-Academic Team
8. California state and sections' weight management program
Question and Answer session with Mike Moyer (NWCA) & Duane Morgan
9. National rules changes with Duane Morgan (California Rules Interpreter)
10. Additional items...(please E-mail your items to billgrant1345@hotmail.com in addition to any questions you may have regarding the weight management program

Saturday

6:00 pm -

Coaches/Clinicians Social at Knuckles Sports Bar at the Hyatt Regency Hotel, Monterey. Exit Embassy left 50 yards to the first light (corner of the hotel) and turn left on Del Monte. Go 1.7 miles and turn left at the fourth light on Sloat St. (far end of the Naval Postgraduate School). Continue up Sloat St. for approximately 1 mile until you can go no further and reach the Hyatt Regency. Drive up the hill to the hotel and take the first right to hotel registration and Knuckles. Driving time 5 minutes from the Embassy.

* Daylight savings time is over, so set your clocks BACK one hour

Sunday, October 29

8:30 am – 9:30 am

Dremiel Byers

Wrestling/Coaching philosophy

Coaching heavyweights

Techniques for heavyweights – what works in middle and high school wrestling
Lead up exercises, drills and techniques for teaching upper body moves to all wrestlers

Sunday

9:50 am – 10:50 am

Mike Polz & Eric Siebert

Organizing your season – What to teach and in what sequence

Preparing for big tournaments and the end of the season

Top Technique – Bars and Mills pinning series

Drills, Drills, Drills

***OVER \$2,000.00 WORTH OF FREE RAFFLE PRIZES DONATED BY OUR SPONSORS, INCLUDING 4 FULL VARSITY SETS OF NEW HEADGEAR (THE GRAND PRIZE OF 14 HEADGEAR IN YOUR SCHOOL COLORS – TO BE DRAWN AFTER SUNDAY’S FINAL SESSION), INSTRUCTIONAL VIDEOS, 2006 WORLD CHAMPIONSHIP DVD’S, TRAVEL BAGS, MONTEREY COUNTY WINE, WRESTLERS PRACTICE LOGS, MONTEREY CHOCOLATE CHIP COOKIES AND MORE...**

****IMPORTANT COACHES COLLEGE CREDIT INFORMATION****

One, two or three Continuing Education Units (CEU) for professional development will be offered for \$85.00 per unit, including registration and all processing fees. Please check with your school and/or district prior to the clinic to assure that CEU units will be accepted for your professional growth. The course title is Teaching and Coaching Wrestling and will be offered through Cal State University Monterey Bay. There can be no exceptions made for the unit credits, because of mandatory State University “seat time” requirements, so please plan on attending all days and sessions and completing the required work within the required time to receive your credits in a timely manner.

Registration will take place between 2:30 pm – 6:30 pm Friday, October 27th in the lobby of the Embassy. Checks are to be made out to “Monterey Clinic of Champions” and all registration forms will be delivered on Monday to the University. Work for two or three units must be completed, typed and mailed to Bill Grant at 220 Alder, Pacific Grove, CA, 93950 by November 13, 2006.

1 Unit = Attending all days and sessions of the clinic – 10 hours

2 Units = Attending all days and sessions; typed clinic notes; and a critique of the California weight management program – 20 hours

3 Units = Attending all days and sessions; typed clinic notes; critique of the California weight management program; project of your choice (examples include: use of drills, techniques, philosophy in weekly/monthly or season long lesson plan; organizing a fund raising event using your booster club; organizing your assistants in teaching and coaching assignments, etc) – 30 hours

Questions/concerns – Please call (831) 649-5237 or E-mail billgrant1345@hotmail.com