

# 2011 USA WRESTLING SILVER COACHES COLLEGE

Oklahoma City, OK – June 7<sup>th</sup> – 11<sup>th</sup>  
(Silver College June 7-9 & World Team Trials June 10-11)

In conjunction with the 2011 USA Wrestling World Team Trials, in Oklahoma City, OK, 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 Tuesday, June 7<sup>th</sup> - Saturday, June 11<sup>th</sup>, coaches from across the country will learn the latest innovations for coaching the sport of wrestling. The World Team Trials will follow the Silver College, with weigh-ins on June 9<sup>th</sup> and competition June 10<sup>th</sup>-11<sup>th</sup>. Please visit [www.theworldteamtrials.com](http://www.theworldteamtrials.com) for more information on the World Team Trials.

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 several aspects of wrestling, which include philosophies both on and off the mat in building future champions.

In addition to the Silver College instruction, all participants will receive a ticket for all sessions of the 2011 USA Wrestling World Team Trials. This is a great opportunity for fans and coaches to see up close the best wrestlers in the United States compete for the right to wrestle at the 2011 World Championships in Istanbul, Turkey.

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 13<sup>th</sup>, 2011.

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

Please Print Clearly. Check, money order, Visa, MasterCard, or Discover can be accepted.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ USA Card #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

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

Credit Card 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 \$350.00

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



Fax to: #719-598-9440 / Email to: [cbickley@usawrestling.org](mailto:cbickley@usawrestling.org)

# 2011 USA Wrestling Silver Coaches College

Sheraton Oklahoma City Hotel  
1 North Broadway Ave – Oklahoma City, OK 73102  
#405-235-2780

## Tuesday, June 7

4:00-6:00 Registration for Silver College  
6:30 Introduction  
7:00-8:30 How to Run a Bronze Clinic

[Cody Bickley](#)  
[Cody Bickley](#)  
[Cody Bickley &  
Randy Hinderliter](#)

## Wednesday, June 8

8:30-10:00 Classroom Session  
[David James - UCO Wrestling](#) – Building & Maintaining A Winning Program

10:30-12:00 Wrestling Technique  
[\\*Ike Anderson – USA Wrestling](#) – Par Terre Offense & Defense - Greco

1:30-3:00 Wrestling Technique  
[\\*Terry Steiner – USA Wrestling](#) – Transitioning From Takedowns To Turns - Freestyle

3:30-5:00 Classroom Session  
[\\*Mark Cody – OU Wrestling](#) – Getting The Most Out Of Your Student-Athletes

6:30-8:00 Classroom Session  
[\\*Brandon Slay – USA Wrestling](#) – The Big Picture

9:00 Social –

## Thursday, June 9

8:30-10:00 Wrestling Technique  
[\\*Bill Zadick – USA Wrestling](#) –

10:30-12:00 Wrestling Technique  
[\\*Zeke Jones – USA Wrestling](#) –

1:30-3:00 Classroom Session  
[\\*Steve Fraser – USA Wrestling](#) – Mental Toughness

3:15-4:45 Wrestling Technique  
[\\*Mitch Hull – USA Wrestling](#) – Systematic Approach To Leg Attacks

6:30-7:30 Classroom Session  
[\\*Rusty Davidson – USA Wrestling Official](#) – From The Eyes Of The Official

7:30-9:00 Classroom Session  
[\\*Mike Hagerty – Blue Springs, MO High School](#) – Practice Planning & Structure

## Friday, June 10 – Saturday, June 11

Observation of the 2011 U.S World Team Trials – Cox Convention Center