



Assignment for COAC 397/597 (Sec 79)
Workshop in Coaching: Training Methods For Folkstyle Wrestling (1-2 credits)
November 6 - 7, 2009

For 1 credit:

1. Attend the WWCA clinic.
2. Briefly critique each clinic speaker and describe one concept each speaker presented that you believe can help your wrestlers improve their performance if implemented.
3. Send your completed paper to:
Johnny Johnson
117 B Health Enhancement Center
UW-Stevens Point
Stevens Point, WI 54481

For 2 credits:

1. Complete the requirements for 1 credit as described above.
 2. Submit a paper or documentation that demonstrates how you will/have implemented one of the concepts presented at the clinic.
- Assignments must be mailed by December 11th or an Incomplete will appear on your grade report.