

WRESTLING CANADA LUTTE TOPS SCHEDULE

Sunday July 9		
TIME	ATHLETES	COACHES
9:00 - 9:30	INTRODUCTION Leigh Vierling - High Performance Director Julie Beaulieu - High Performance Manager	
9:30 - 10:00	Debrief Culture Tonya Verbeek	
10:00 - 10:15	BREAK	
10:15 - 10:45	TESTING & RESULTS Erin Sargent - WCL Physiologist, Lead	
10:45 - 12:15	PHYSIOLOGY & NUTRITION: Maximizing Performance for Tournament Day. Kelly Drager & Erin Sargent	EDGE 10 (COACHES & IST)
12:15 - 1:00	LUNCH AND LEARN - Athlete Council Jasmine Mian - Athlete Representative	
1:00 - 2:00	CARDING AND SELECTION CRITERIA ATHLETE FEEDBACK Leigh Vierling, Tonya Verbeek, Julie Beaulieu	NUTRITION - Data Collection: Outcomes and Benefits in preparing for the Rio Olympic Games 2013-2016. Kelly Drager
2:00 - 2:30		YTP - Event Calendar
2:30 - 3:00	EDGE 10 (ATHLETES)	CARDING AND SELECTION CRITERIA COACHES FEEDBACK Leigh Vierling, Julie Beaulieu
3:00 - 3:30		
3:30-4:00		
	Discussion and Feedback	

Monday July 10

TIME	SENIOR ATHLETES	JUNIOR ATHLETES
9:00 - 11:00	Mat Time	Mat Time
11:00	BREAK	
11-12:30	One on Ones with Erin Sargent Scott Vaas	NUTRITION - <i>Monitoring and adapting to UWW rule changes</i> Kelly Drager
	LUNCH	
2:00 - 4:00	One on Ones with Leigh	PHYSIOLOGY - <i>Warm Up</i> Erin Sargent
4:15 - 5:00	PHYSIOLOGY PRACTICAL: <i>Optimizing Warm-Up and Cool Down Protocols</i> Erin Sargent & CSI Ontario Strength Coaches	OPEN
5:00 - 7:00	Mat Time	Mat Time

Tuesday July 11

TIME	Senior Athletes	Junior Athletes
9:00 - 11:00	Mat Time	Mat Time
11:00 - 11:15	BREAK	
11:15 - 12:30	One on Ones with Erin Sargent/Scott Vaas	
	LUNCH	
PM	Travel to Airport	Mat Time