

**2019 Silver Clinic
Colorado Springs
Olympic Training Center
August 10-13 , 2019**

2019 marks at least the 17th year straight that the ISWA has had coaches attend the fall silver clinic at the Olympic Training Center. This truly is an amazing experience for coaches to learn from not only the national team staffs from Greco Roman freestyle and women's wrestling, but from the Olympic Training Centers strength staffs, dietitians, sport psychologists and more! For every boy growing up wrestling, the Olympic should be the pinnacle of their dreams. This allows our coaches to feel a step closer to that dream and take some part in the process at the OTC. The OTC only accepts 50 coaches per year for this and Indiana has by far had the most coaches attend. For any coach that wants to further their knowledge on all matters dealing with wrestling, this clinic is an awesome way to submerge yourself into training your body, mind, and coaching spirit!

8 Indiana coaches attended this year, here is what they had to say and their favorite item they picked up.

Danny Struck - ISWA state coach- Jeffersonville- Gold Certified

This was my 20th silver clinic. I have attended them at the OTC, world championships and world team trials. I've even had the opportunity to present at 6 or 7 of them. People always ask what you gain by getting a silver. They want something to hold in their hand. But it's not what you get to hold in your hand, it's what you get to hold in your head! The sharing of ideas with the best coaches around the country from all levels elementary to college to Olympic is amazing. We have all heard "we are who we hang out with", and this gives you the chance to become peers with the best in the country.

One of the best things about this clinic isn't the on the mat experience, but the classroom settings. The nutrition, the psychology, the team building ideas that come from the top coaches and people at the OTC is amazing. This clinic gives you a chance to get excited again about new ideas to take to your kids - when your excited your kids are excited!

Pretty awesome being at the OTC when Indiana had so many people wrestling at the Worlds and Pan Ams!!! Made us feel like the celebrity state!

Tyson Skinner - Silver Certified - Madison - Former IHSWCA President - Heartland Duals/Schoolboy/Fargo Coach

This is my 7th silver college and for me the best part are the program building and mental preparation courses that are provided. I love the interaction with coaches from across the country and getting the opportunity to bounce ideas off of one another.

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Attending these clinics have helped me to realize I am not alone in battling issues that I now know most coaches deal with. Everyone sharing the ways they have tackled the problems that we all deal with is priceless to me. I have brought many of these ideas I have gathered from others home to my program and implemented them. I hope I have provided the same type of support for other coaches as they have for me.

The technique sessions are top notch as well we some of the best in the business their to help share what they have learned over the years.

Jason Delois - Ignites/New Pal Coach - ISWA Women's Director

This was my first trip to the OTC. It was an extremely enlightening experience. I took away several key things that I believe are going to help my teams to excel in the future. What I enjoyed most was learning technique from the top coaches and technicians in the world. Just being in the same atmosphere as them was very invigorating.

The classroom portion of this program was also very helpful. I particularly enjoyed the part that John O'Sullivan presented on communicating effectively with our athletes. This made me realize as a coach I had to become a better listener. All too often as coaches we get caught up on coaching technique and running a practice and we are blinded by the needs of our athletes. The part that really sunk in for me was when he asked how many times an athlete invited you to their wedding and when they did do you think it was because you taught them a good shot or because you reached them on a personal level and they cared about you as a person. Ultimately as coaches we need to strive to make this personal connection with our athletes because at the end of the day it's just a game, and the life lessons we can teach them are invaluable as they develop and become members of the community. The only thing I would recommend different for someone else who might be attending is to make time for the sites around town. Colorado Springs is a beautiful place and I will be sure to plan a few extra days the next time I go.

Maurice Swain - Center Grove Head Coach - Fargo Coach - 2011 ISWA Coach of the Year

My first trip to the OTC was a great experience. The on the mat knowledge was great. Being able to learn technique and strategy from some of our country's best coaches was awesome. This clinic not only provided on the mat knowledge, it also included lots of mental preparation and organizational things that I can see myself using with my athletes. The Suples Bulgarian bag clinic was top notch as well. I had a great time.

Brady Eppert - CIA Wrestling Coach - Fargo Team Leader - ISWA Junior Director

This was my first trip to the OTC. It was an amazing experience. I really enjoyed the technique sessions with Coaches Matt Lindland, Gary Mayabb, and Terry Steiner. It was awesome getting to learn from some of the best coaches in the world. I will definitely take some of the techniques I learned back to my room.

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I also enjoyed the E color section with John O'Sullivan. This was beneficial in figuring out what type of coach I am and how I can more effectively work with coaches with different personalities. I would absolutely go back to this clinic.

Walt Gray - Bloomington South Coach - Schoolboy Coach

My initial US OTC experience was the best professional development opportunity of my coaching career. Presentations by Marty Hauck, Mike Clayton, John O'Sullivan, and Steve Fraser supported my recent research efforts into areas not directly related to the technical skill aspects of wrestling: mental toughness, growth mindset, building relationships, and team culture.

Mohammed Abdelfatah, Matt Lindland, and Ike Anderson led on mat technique skill sessions that will greatly impact my ability to provide sound instruction in Greco-Roman.

Unexpectedly, I learned a great from the total immersion of just engaging in informal conversations with coaches, exploring the various training facilities, and observing the resident athletes train. Doing "the Cog" is a MUST!!! Looking forward to additional Silver Certification task and future trips to the US OTC.

Todd Crull - Knights WC - Ignites WC

Attending the Fall Silver coaches college at the Olympic Training Center in Colorado Springs was a great experience. I would love to go again. It is something I would encourage all coaches to attend. It has so many benefits from mental toughness, practice scheduling. Communication on the athletes terms so they understand. The importance of keeping it fun. Amazing learning from some of the best coaches in the world, Unlimited knowledge from technic sessions. One of my favorites was with Terry Stinner. So many little things that make all the difference and some new things that helps keep it interesting for the wrestlers. It is hard to summarize all we learned from the class because there was so much in a short time. It was also great learning and networking with other coaches . we have already started implementing some of it at open mats. Excited to go back through material from the classes and implement more.

Greg Gahl - Wes Del HS- Ignites WC board member/coach

This was my first time to the Olympic Training Center and I can tell you I was absolutely amazed. I can say I went into the experience thinking I am just taking another step into furthering my coaches license and found out it was much more. In just a couple days of class work and mat time we took a deep dive into our own coaching skills and weaknesses along with our own personality and flaws. This started out with Mike Clayton talking about communication and how sometimes what we intend to say or share doesn't come across clearly. The one point that I thought was great about this presentation was the simple count down when it is time to start. I have been frustrated numerous times over as a coach trying to get kids into the center of

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the mat so that I could teach the next action in a series. So I find out I am the problem? I don't communicate clearly because when I say bring it in, each athlete has a different internal clock or drive and so they all come in at different paces. Wow I was the one not creating a clear communication/standard. If we count down from 7 all the way to 1 then start , now the athletes know exactly when we start!

This is just the tip of the iceberg for what was covered and revealed in Colorado Spring. I truly feel each and every coach, no matter the sport, should have this type of training in his/her career.