



USMC Sports Leadership Academy

Wrestling Schedule

- 9:00 – 9:45** Check-in/attendees report to the Chin Up bars and then to the courts with their assigned coach
- 9:45 – 10:00** Welcome and Introduction of Marines and Coaches by Event Director
- 10:00 – 10:20** Marines will guide the clinic attendees through PT warm up session
- 10:20 – 11:05** Skills Evaluations on Each Court (15 Minute Intervals)
- 11:05 – 11:25** Skills Session #1
- 11:25 – 11:45** Skills Session #2
- 11:45 – 12:00** Marine Leadership Session #1
- 12:05 – 12:25** Skills Session #3
- 12:25 – 12:45** Skills Session #4
- 12:45 - 1:00** Marine Leadership Session #2
- 1:00 – 1:30** Lunch – All clinic attendees will stay in the lunch area until dismissed.
- 1:30 – 1:45** Marines will lead clinic attendees through sport specific warm ups for the afternoon session.
- 1:45 – 2:05** Skills Session #5
- 2:05 -2:25** Skills Session #6
- 2:25 – 2:40** Marine Leadership Session #3.
- 2:40 – 3:10** Situational 1 on 1
- 3:10 – 3:25** Marine Leadership Session #4
- 3:25 – 4:30** Live Wrestling/King of the Mat
- 4:30 – 4:45** “Closing Ceremonies” – Awards presentations, event photos, and closing statements from Lead

“Athletes Today. Leaders Tomorrow.”