



USMC Sports Leadership Academy

Wrestling Schedule

7:30	USMC Sports staff arrive at Facility
8:00	Coaches and Marines arrive
8:15	Event briefing for all coaches, staff and Marines
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.”