



Washington State Wrestling Association Silver Level College for Bronze Level Coaches

In July of 2008, WSWA will offer a Silver Level Coaches College to Bronze Coaches of USA Wrestling. The Silver College is a requirement for coaches looking to achieve Silver Certification. **From noon Friday, July 11th through noon Tuesday, July 15th** coaches from across the Northwest will participate in detailed training, learning the latest innovations for coaching the sport of wrestling.

As the members of the Washington Junior National team peak for the upcoming tournament in Fargo, coaches will be right alongside them as they learn advanced techniques from elite athletes and coaches from across the country. Coaches will gain insight into elite training and technique. Also, the coaches will participate in classroom sessions that will focus on mental skills, nutrition, program development, and weight training.

Join WSWA this summer as USA Wrestling brings an exciting Silver Level College to the Spokane area. (Eastern Washington University in Cheney) **The cost of the course is \$400 with room and board or \$300 for commuters, \$350 with lunch-dinner meal ticket. Washington Bronze Coaches will receive a 50% discount off the total cost.** Coaches will receive a WSWA Silver College Shirt as a participant. Register before June 11th and receive a USA Wrestling cap and DVD as a reward for early registration.

***Participate in technique sessions offered by World and Olympic Medallists.**

***See the training of high school athletes just before they participate in the National Championships.**

***Network with coaches from across the country.**

***Deepen your commitment to the sport of wrestling.**

***Begin the process of earning Silver Certification.**

Detailed information will be sent to the coaches following receipt of their application.

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(Please Print Clearly. Only Visa or MasterCard can be accepted.)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Email: _____

Shirt Size (Adult) Circle One: S M L XL XXL XXXL

Visa or MasterCard Number: _____

(Must include additional three numbers from the back of the card.)

Name on Card: _____ Expiration Date: _____

(Please include Credit Card Billing Address, if different from shipping address.)

Make checks payable to **USA Wrestling for \$100.** (The remainder will be due at registration.)

Return to: USA Wrestling
C/O WSWA Silver College
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Colorado Springs, CO 80918
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Questions Contact
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