



WRESTLING LUNCH & LEARN PROGRAM

October 12, 2016

- 8:30 a.m. - 9:00 a.m. – Registration
- 9:00 a.m. - 9:45 a.m. – “Effective Leadership”
Craig Duncan, Head Coach, Huntingdon College
- 9:45 a.m. – 10:00 a.m. – Break
- 10:00 a.m. – 10:45 a.m. – Guided “Buzz” Session with Q & A
- 10:45 a.m. – 11:00 a.m. – Break
- 11:00 a.m. – 11:45 a.m. – AHSAA Updates and Questions & Answers
- 11:45 a.m. - 12:15 p.m. – Lunch and Small Groups (**lunch provided**)
- 12:15 p.m. – 1:00 p.m. – “Practice to Peak”
Craig Duncan, Head Coach, Huntingdon College
- 1:00 p.m. – 1:15 pm. -- Break
- 1:15 p.m. – 2:00 p.m. – “Demonstration of Drills” (off-site at gym)
Craig Duncan, Head Wrestling Coach, Huntingdon College

CERTIFICATE OF ATTENDANCE WILL BE GIVEN AT THE CONCLUSION OF THE CLINIC
Location of Clinic: 7325 Halcyon Summit Drive, Montgomery, AL