

From: Carol Huynh, WCL Next Gen Coach, Calgary

To: CIS Coaches and Club Coaches attending the Dinos Invite Oct 28th 2017

Hello all,

There will be a Next Gen mini-camp for the weekend of the Dinos Invite.

Next Gen would be your targeted athletes between the ages of 16-23 that have Senior Team potential within the next 2 quads (2020-2024). Here are a few things to consider: Past Performance, Work ethic and Commitment to the sport, Coachability (open and eager to learn, ability to make adjustments, etc.), self-regulating (self-motivated, seeking learning opportunities, etc.).

These are the planned sessions:

- 1) Oct. 27th, 4pm Friday: Exercise physiology and nutrition – impact of warm-up and cool-down on performance; Recovery/Regeneration.
- 2) Oct. 29th, 9am Sunday: Self-scouting – learning to analyze yourself and subsequent goal-setting for the season.
- 3) Oct. 29th, 11am Sunday: Technical session – General observations from the tournament and individual time – I think it would be great to utilize our top senior athletes and coaches to assist in the development of our younger athletes.

The attached document is an outline on how to analyze video. I think a good start for our Next Gen athletes is learning more about themselves. It would be ideal to have them prepared with 5-10 moderate to tough matches of themselves to work through after the presenter gives examples. What they see about their wrestling will lead naturally into setting some process goals for themselves. They will have an opportunity to start on those in the following mat session.

Please let me know via email (carol_huynh@hotmail.com) if you will be able attend, which sessions you will attend and how many athletes will be in your group (a list would be fantastic!). This will be helpful in ensuring we have the right amount of space for everyone.

Thank you,

Carol Huynh, WCL Next Gen Coach, Calgary