



UNITED WORLD
WRESTLING

Strength and Conditioning Course

Date: 17th – 20th November 2016

Venue: Kuortane Olympic Training Centre, Finland

Registration Fee: 400 EUR



UWW has partnered with the International Weightlifting Federation to bring you the first ever Strength and Conditioning Course for Wrestling. This special course is being offered to high performance wrestling coaches and S and C experts to exchange knowledge, expertise and functional training techniques.

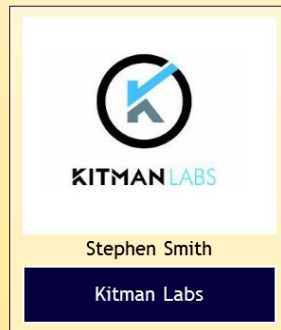
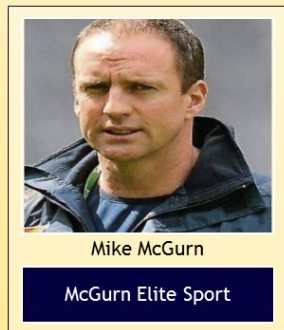
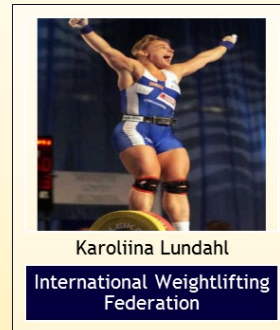
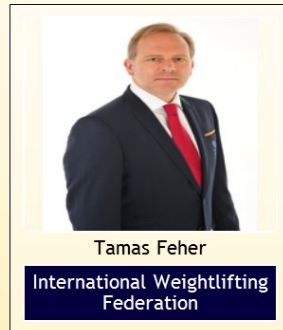
The presenters will cover:

- Olympic Lifts
- Functional training for wrestling
- Using data to improve performance
- Athlete perspectives on Strength & Conditioning



UWW Strength and Conditioning Course

Leading Experts:



Registration covers:

- ◆ Course tuition
- ◆ Accommodation: 4 nights
- ◆ 3 meals per day for the course days
- ◆ Return transport from VAASA Airport or Seinäjoki Railway Station to Kuortane Olympic Training Centre
- ◆ Certificates:
UWW S & C , IWF Level 1 , Suples Fit
- ◆ Uniform



To apply please fill in the application form, have it endorsed by your national federation and send to lei@unitedworldwrestling.org before **19th October 2016**