



ICECP

INTERNATIONAL COACHING
ENRICHMENT CERTIFICATE PROGRAM



U.S: OLYMPIC and PARALYMPIC TRAINING CENTER





SPORT PERFORMANCE

EVALUATE. ELEVATE. DOMINATE.

USOC's Sport Performance Division delivers focused, targeted and performance-increasing sport science, technology and medical services to Team USA's coaches and athletes. This division is second to none in furthering athlete development.



EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Whole Grains

Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Weight Management

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Lean Protein

Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

Vegetables & Fruits

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



HARD TRAINING / RACE DAY:

FATS
2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads

Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Lean Protein

Cooked Veggies
Veggie Soups
Raw Veggies

Vegetables

MODERATE TRAINING:

FATS
1 Tablespoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
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Poultry
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Vegetables

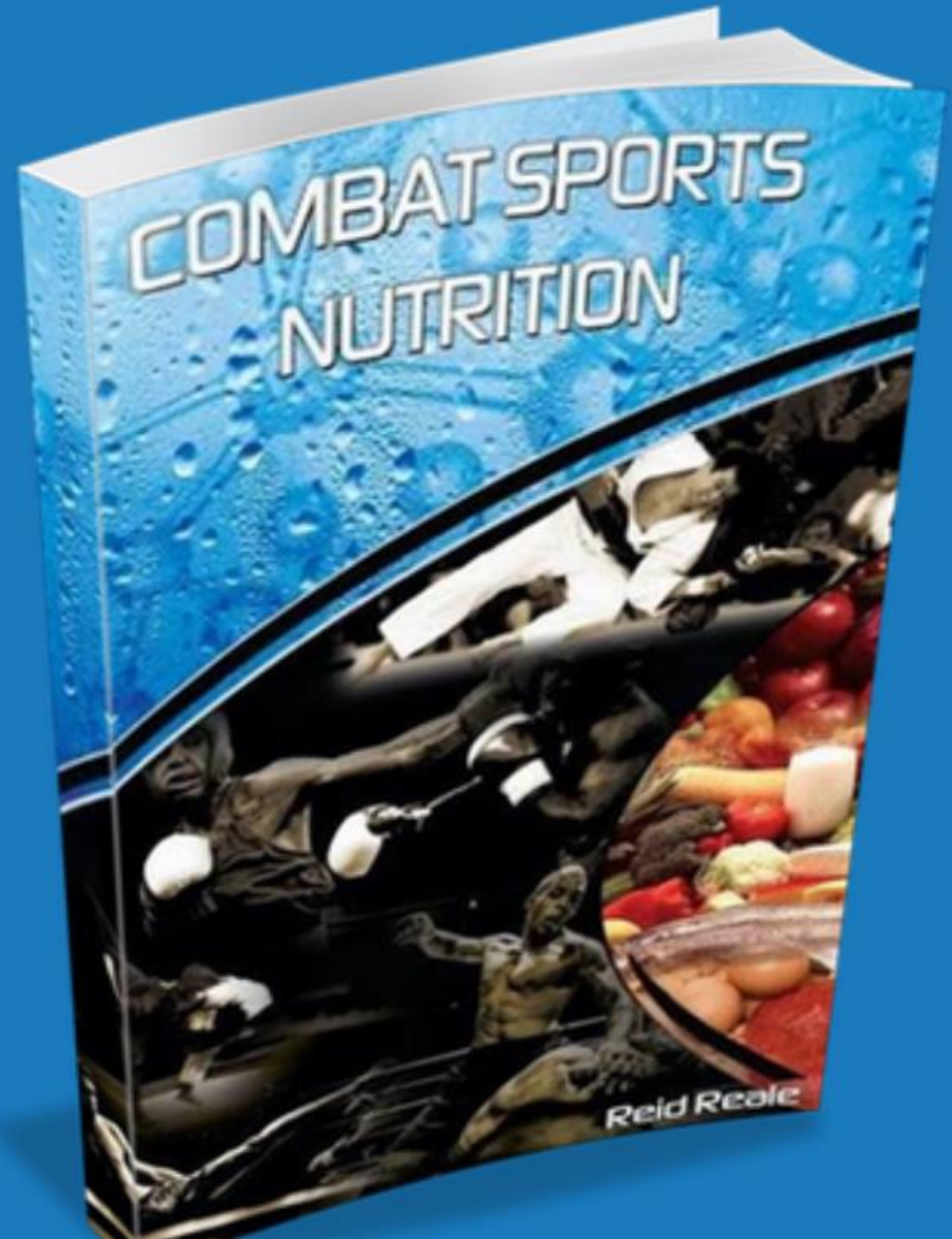




ICECP Module Schedule 10 September - 17 September 2022 United States Olympic Training Center Colorado Springs, Colorado				
Date	Time	Presentation / Event	Moderator	Location/ Details
Sat, 10 Sept.	All Day	Arrival		OTC
Sun, 11 Sept.	7:00-8:30a	Breakfast		Athlete Center Dining Hall
	10:00-Noon	Tour of OPTC		Meet at Visitor's Center
	12:00-1:30p	Lunch		Athlete Center Dining Hall
	1:30-3:30	US Olympic & Paralympic Museum Visit		
	3:30-8:45pm	Garden of the Gods Visit & Welcome Barbeque at Flying W Ranch		
Mon, 12 Sept.	7:00-8:30a	Breakfast		Athlete Center Dining Hall
	8:30-9:15a	Opening Ceremony		
	9:15-10:45a	Morning Session 1: Art and Science of Coaching	Sarah McQuade	
	10:45-11:15a	Break		
	11:15-12:30p	Morning Session 2: Art and Science of Coaching	Sarah McQuade	
	12:30-1:45p	Lunch		Athlete Center Dining Hall
	1:45-3:15p	Afternoon Session 1: Athlete Development	Peter Davis	
	3:15-3:45p	Break		
	3:30-5:15p	Afternoon Session 2: Athlete Development	Peter Davis	
	5:15 – 8:00p	Dinner		Athlete Center Dining Hall
Tues, 13 Sept.	7:00-8:30a	Breakfast		Athlete Center Dining Hall
	9:00-10:30a	Morning Session 1: Performance Nutrition	Sally Baumann	
	10:30-11:00a	Break		
	10:45-12:15p	Morning Session 2: Performance Nutrition	Sally Baumann	
	12:30-1:45p	Lunch		Athlete Center Dining Hall
	1:45-3:15p	Afternoon Session 1: Athlete and Coach Wellbeing/Mental Health	Emily Clark	
	3:15-3:45p	Break		
	3:30-5:15p	Afternoon Session 2: Sport Psychology and Mental Preparation	Karen Cogan	
	5:15 – 8:00p	Dinner		Athlete Center Dining Hall
Wed, 14 Sept.	7:00-10:00a	Breakfast/COVID TESTING		Athlete Center Dining Hall

	10:00-10:30a	Transportation to Boxing Championship		
	11:00 to 2:00	International Boxing Championship Invitational (USA, China, Germany, Azerbaijan, Philippines, and Puerto Rico)		
	12:30-1:45p	Boxed Lunch		Athlete Center Dining Hall
	2:00-5:00pm	Afternoon Session 1: Coaching Leadership and Ethical Aspects of Coaching	Matthew Robinson	
	5:15 – 8:00p	Dinner		Athlete Center Dining Hall
Thur, 15 Sept.	7:00-8:30a	Breakfast		Athlete Center Dining Hall
	9:00-10:30a	Afternoon Session 1: Sport Physiology & Training Design	Randy Wilber	
	10:30-10:45a	Break		
	10:45-12:15p	Afternoon Session 2: Sport Physiology & Training Design	Randy Wilber	
	12:30-1:45p	Lunch		Athlete Center Dining Hall
	1:45-3:15p	Afternoon Session 1: Biomechanics and Sport Technology	Genadijus Sokolovas	
	3:15-3:45p	Break		
	3:30-5:15p	Afternoon Session 2: Biomechanics and Sport Technology	Genadijus Sokolovas	
	5:15 – 8:00p	Dinner		Athlete Center Dining Hall
Fri, 16 Sept	7:00-8:30a	Breakfast		Athlete Center Dining Hall
	9:00-10:30a	Morning Session 1: Athletic Performance and Wellbeing	Matt Robinson	
	10:30-11:00a	Break		
	11:00-12:30p	Morning Session 2: Athletics Performance and Wellbeing	Matt Robinson	
	12:30-1:45p	Lunch		Athlete Center Dining Hall
	1:45-2:00p	Afternoon Session 2: Whats Next	Carolina Bayon	
	2:00-4:30p	NGB Visits		
	5:15 – 8:00p	Dinner		Athlete Center Dining Hall
		Laundry, pack and prepare for Apprenticeships		
Sat, 17 Sept.	All Day	Departures		

INTERAKTÍV ÓRÁK













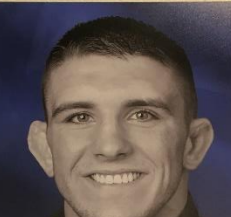






DAVID TAYLOR
NCAA CHAMPION

165 lbs - 2012
165 lbs - 2014



ZAIN RETHERFORD
NCAA CHAMPION

149 lbs - 2016
149 lbs - 2017
149 lbs - 2018



CHAMPIONS

FREESTYLE AND GRECO-ROMAN

KATSUTOSHI NAITO	DICK LEMAYE	CHRIS BEVLACQUA	JOHN PLACE	GREG BLISKY	JIM MARTIN	JIM MARTIN	KEN CHERTOW
KEN CHERTOW	ANDY VOST	KEN CHERTOW	JOHN BOYE	GREG BLISKY	JEFF PRESCOTT	TROY BLUNDERLAND	TROY BLUNDERLAND
TROY BLUNDERLAND	ADAM MARIANO	ADAM MARIANO	JOHN BOYE	GREG BLISKY	DAVE HART	RUBB HUGHES	SHAWN NELSON
KERRY MCCOY	KERRY MCCOY	KERRY MCCOY	JOHN HUGHES	JOHN HUGHES	BANSHIRO ABE	BANSHIRO ABE	RUBB HUGHES
GLENN PRITZLAPP	BIFF WALZER	BANSHIRO ABE	JOHN LANGE	GLENN PRITZLAPP	BIFF WALZER	BANSHIRO ABE	BANSHIRO ABE
KERRY MCCOY	KERRY MCCOY	KERRY MCCOY	KERRY MCCOY	MATT WHITE	KERRY MCCOY	KERRY MCCOY	JAMES WOODGALL
JAMES WOODGALL	JASON WOODGALL	JASON WOODGALL	KERRY MCCOY	KERRY MCCOY	KERRY MCCOY	KERRY MCCOY	KERRY MCCOY
MARAT TOMAEV	KERRY MCCOY	KERRY MCCOY	BURBA JENKINS	BURBA JENKINS	DAVID BELLA	JAKE STRAYER	BRAD PATASKY
DESMOND MOORE	DAVID TAYLOR	QUENTIN WRIGHT	ANDREW LONG	ANDREW ALTON	JAMES ENGLISH	QUENTIN WRIGHT	PAUL LARGALLIS
NICO MEGALIDIS	DAVID TAYLOR	DAVID TAYLOR	ED RUTH	ED RUTH	MARK MCKNIGHT	KADE MOSS	ED RUTH
KADE MOSS	ANTHONY CABBARI	DAVID TAYLOR	NICO MEGALIDIS	MORGAN MCINTOSH	FRANK MOLNARD	NICO MEGALIDIS	MORGAN MCINTOSH
FRANK MOLNARD	MARK HALL B	FRANK MOLNARD	DAVID TAYLOR	MARK HALL B	ZAIN RETHERFORD	MADON MANNVILLE	MARK HALL B
MATT BROWN	DAVID TAYLOR	MARK HALL B	DAVID TAYLOR	BRADY BERRY	DAVID TAYLOR	ZAIN RETHERFORD	ED RUTH
BRADY BERRY	DAVID TAYLOR	ROMAN BRAVO-YOUNG	JASON DOLF	DAVID TAYLOR	DAVID TAYLOR	BEAU BARTLETT	DAVID TAYLOR

PENN STATE WRESTLING

USA BIRKÓZÁS

- ▶ Collage wrestling
- ▶ NCAA
- ▶ Szezon elején mérés!
- ▶ Fizetés: szponzortól, most engedte meg az NCAA. 12 versenyzőjüket fizetik. Van akit azért fizetnek, mert nagyon jó edzőpartner!
- ▶ Válogatási elvük: érmes várja a kihívót
- ▶ Edzés programjuk: Hétfőn egy birkó, kedden kettő edzés, egy köredzés és egy bikró, szerda pihenő (Szauna és HOT/COLD víz 2x max 3x), csütörtökön két edzés, egy lenti és délután egy állás, péntek egy edzés birkó szombat egy erősítés.
- ▶ Edzésfelépítésük
- ▶ Toborzásuk

OKTATÁSI ALAPELVEIK

- ▶ Felnőtt világversenyen is használható fogásokat oktatják már a legelejétől!
- ▶ Mindig olyan helyzeteket akarnak elérni lentről, amivel tudja folytatni. Előnyben részesítik a kanalazást, illetve a karfelszedést.
- ▶ Nagy hangsúly fektetnek a taktikára! Mit miért, hogyan birkózzanak. Pl.: 1perccel a vége előtt vagy 10" előtte stb.
- ▶ Mozgatáskor, léptetés után mindig előre fele mennek!
- ▶ „Chain wrestling”: A mozgáselemeket / fogásokat egymásba fűzve, akár 7-8 lépésben oktatják.









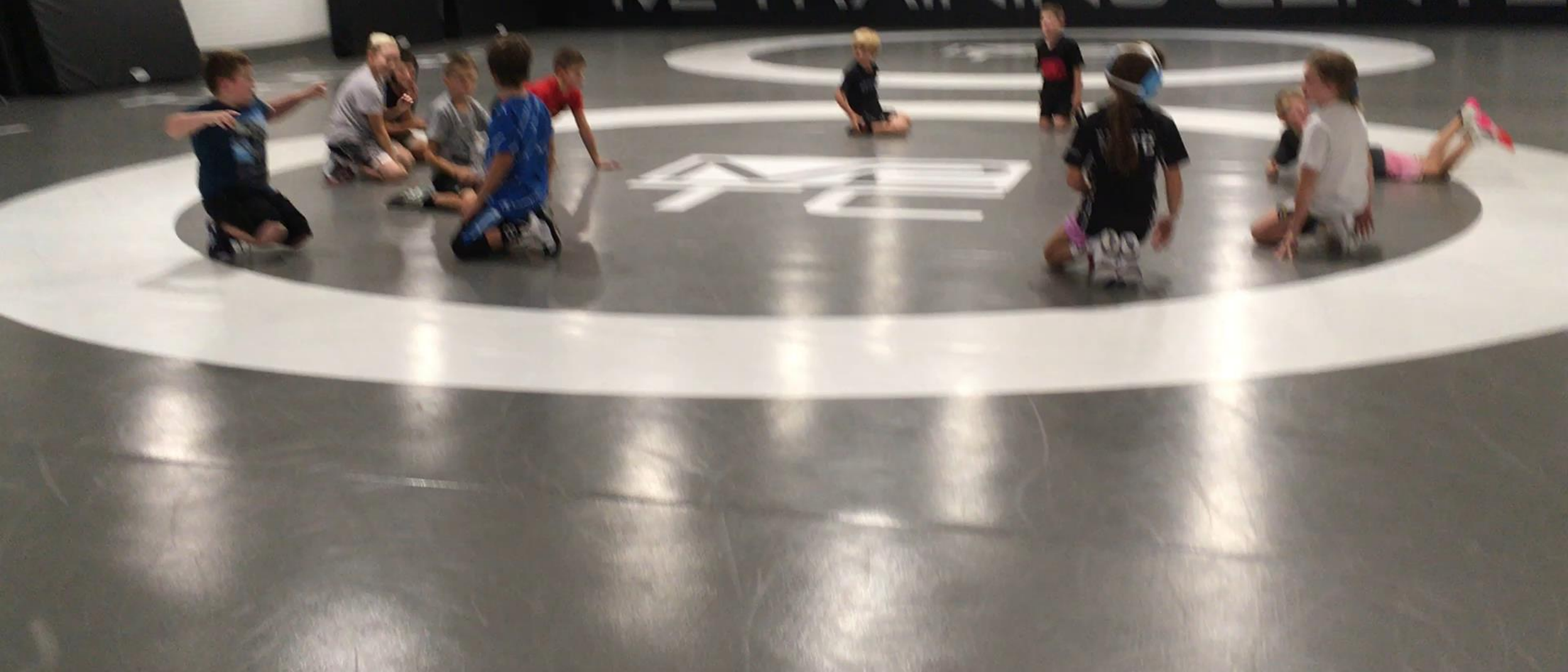
M2 TRAINING CENTER



KÜZDŐJÁTÉKOK

- ▶ Páros:
- ▶ Érints meg két kézzel a bokáját, térdelő támaszban
- ▶ Ue. Magas parterban
- ▶ Alapállásban öleld át a lábat, (térd nem mehet le)
- ▶ Ue. Térd leérhet
- ▶ Csoportos:
- ▶ Kidobó: Párokban vannak. Ha a páros egyik tagját kidobják leül, ha a másikat is kiesnek. Ha az ülő ember kidob vkit felállhat.
- ▶ Spikeball: 2-2 ellen. Hasonló a röplabdához. , 1-et kötelező, 2-őt lehet maximum szerválni. Rá kell ütni a hálóra a labdát, a cél, hogy leessen a labda, az ellenfél ne érje el.
- ▶ Bika fogó: érintés bokára, többiek a zónán mozoghatnak
- ▶ Edzés végén: Cipőt ki old. Le kell venni egymás cipőjét. Ha levette kidobja, ha mindkettőt levették kiesett. Mindenki mindeki ellen, de össze is lehet fogni. Majd kitolással lehet kiejteni a másikat, lent vannak, nem állhatnak fel. Majd 1 cipővel mindenki tovább, itt 1 élet van. Majd kitolás.

M2 TRAINING CENTRE



M2 TRAINING KÖZPONT



NITTANY LIONS WRESTLING CLUB



NITTANY LIONS WRESTLING CLUB







Problem Statement

- Lack of wrestlers
- Lot of talent choose Greco-Roman wrestling for the hope of successful
- We haven't got good senior freestyle wrestling team
- We haven't got modern Athlete development program
- Lack of freestyle coaches in high international level

LECP



KÖSZÖNÖM A FIGYELMET!

