



The 'Official' USA Wrestling Coaches Syllabus, 'Third' Edition

USA Wrestling is pleased to announce the 3rd edition of The Official USA Wrestling Coaches Syllabus in an exciting new format delivered on DVD. The 3rd edition Syllabus gives you instant interactive audio, video and text access to **148 different Freestyle and Greco-Roman wrestling skills and drills** using the proprietary Championship Access® sports training media. Whether you are working with beginning wrestlers or elite athletes, the Official USA Wrestling Coaches Syllabus helps you effectively teach technique and develop more championship level wrestlers within your program.

“These DVDs are the most important advancement in wrestling technology in years. Make sure that your club has the Coaches Syllabus working for its wrestlers.”

Steve Fraser, Olympic Gold Medalist



Kevin Jackson, U.S. National Freestyle Coach, and Steve Fraser, U.S. National Greco-Roman Coach, teach the technique that wins championship matches in this **eight DVD collection of skills, drills and practice demonstrations**. Coach Fraser and Jackson are assisted by athletes from the USOC Colorado Springs Resident Training Center to correctly demonstrate each skill or drill for your personal study and team practice sessions. You learn from two of the most successful coaches in wrestling using the most effective learning technology in sports training today, Championship Access®.



“By bringing the Official Coaches Syllabus into the practice room, coaches will work with wrestlers with greater ease and get more out of practice time each and every day.”

Kevin Jackson, Olympic Gold Medalist

The Official USA Wrestling Coaches Syllabus, 3rd edition, turns any DVD player into a personal computer. You choose what you want the Syllabus to teach and how you want it taught. The **ENTER**, **ARROW** and **ANGLE** buttons let you navigate to every skill, read coaching points, watch national level athletes correctly perform the skills and move anytime between three different camera angles for full motion, slow motion, stop frame or frame-by-frame playback. The **ENTER** button starts and stops the video stream. The **ARROW** button rotates to the skill you want. The **ANGLE** button instantly changes camera angles. **Every video stream** automatically repeats for as long as you want.



“The new addition to the National Coaches Syllabus is definitely something every coach needs as a resource. The new DVD technology allows great instructional value and produces a learning atmosphere never before offered. I encourage every coach serious about teaching technique to add this new Syllabus to their library.”

Terry Steiner, USAW National Women’s Coach.

“Every wrestling program in the country can benefit from the 3rd edition of the USA Wrestling Coaches Syllabus because the technique is presented in such a great user-friendly format.”



Rulon Gardner, Olympic Gold Medalist

BUY NOW!! ** INTRODUCTORY ** LOW PRICE!!

YES!! Please send _____ copy(ies) of the Official USA Wrestling Coaches Syllabus direct from USA Wrestling at this low introductory price of only **\$199.95** plus \$8.00 S&H (\$207.95) for **each 8 DVD** collection of Greco-Roman and Freestyle technique. Place my order today. I am sending check, money order or credit card information to:

USA Wrestling, Attention: Coaches Education, 6155 Lehman Drive, Colorado Springs, CO 80918

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