

WRESTLING

Wrestling Room unless otherwise noted

Tuesday, July 26

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Georgi Ivanov, Nebraska USA Wrestling: *USA Wrestling Opportunities (Male & Female) Outside of the High School Season*
10:05 a.m. – 10:30 a.m. **NCA Wrestling Meeting:** Advisory Committee Nominations/Selections & Milestone Awards Recognition
10:45 a.m. – 11:35 a.m. **Welcome, Celebration of Life - Saundi Fugleberg**
Keynote: Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym
11:35 a.m. – 1:15 p.m. **Lunch on your own – Visit Exhibitors**
1:15 p.m. – 2:05 p.m. Georgi Ivanov, Nebraska USA Wrestling: *Takedowns that Work in All Three Styles*
2:20 p.m. – 3:10 p.m. Ron Higdon, NSAA: *Wrestling Meeting*
3:10 p.m. – 3:45 p.m. Ice Cream Social – Exhibitor Area
3:45 p.m. – 4:35 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* - Auditorium

Wednesday, July 27

7:30 a.m. Registration & Exhibit Areas Open
8:00 a.m. – 8:50 a.m. Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS
9:00 a.m. – 9:50 a.m. Erin Sparrold, ES Sports Nutrition: *Nutrition & Wrestlers*
10:05 a.m. – 10:50 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)
11:05 a.m. – 11:55 a.m. David Martin, The Jason Foundation: *Suicide & Student-Athletes*
11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS**
1:30 p.m. – 2:20 p.m. Dana Vote, Doane University: *Baseline Skills & Drills*
2:35 p.m. – 3:25 p.m. Dana Vote, Doane University: *Front Headlocks*

Thursday, July 28

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Dalton Jensen, University of Nebraska-Kearney: *Single Leg Finishes & Counters*
10:00 a.m. – 10:50 a.m. Dalton Jensen, University of Nebraska-Kearney: *Tilts & Cradles*
11:05 a.m. Drawings – Main Gym